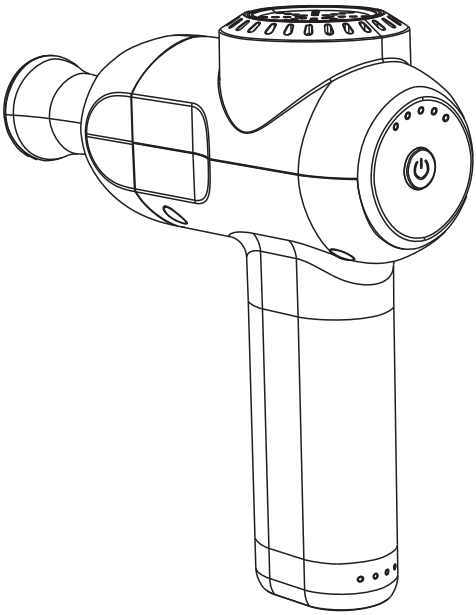
Bob AND Brad®



User Manual

QL/DMS.C2-D

Massage Gun

Maintenance

The battery in this device is not designed to be removed or exchanged by the user. If any problem with the power supply occurs, please contact us directly.

Do not try to open the device, repair it or fix it by taking the device apart yourself. Tampering with the device's mechanics in any way will result in an automatic expiration of the product 's warranty.

Warnings and Safety Concerns

Before connecting the device to the power supply, please ensure that the supply voltage stated on the rating plate is compatible with the unit. Please charge the new batteries before the first use.

Do not submerge the device in water or any other liquid.

Do not use the device for more than 30 minutes at a time. Wait 5 minutes prior to using the device again, following a 30-minute session with the device.

Do not apply to your head or near your genitals.

Do not use the device to supplement or replace any medical treatment. Please consult your physician before using the device if you are experiencing unexplained pain, if you’re receiving medical treatment, or using medical equipment.

FCC Statement

1. This device complies with Pat 15 of the FCC Rules. Operation is subject to the following

two conditions:

(1). This device may not cause harmful interference.

(2). This device must accept any interference received, including interference that may cause undesired operation.

FCC Statement NOTE:

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These

limits are designed to provide reasonable protection against harmful interference in residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause any harmful interference to radio or television receptions, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

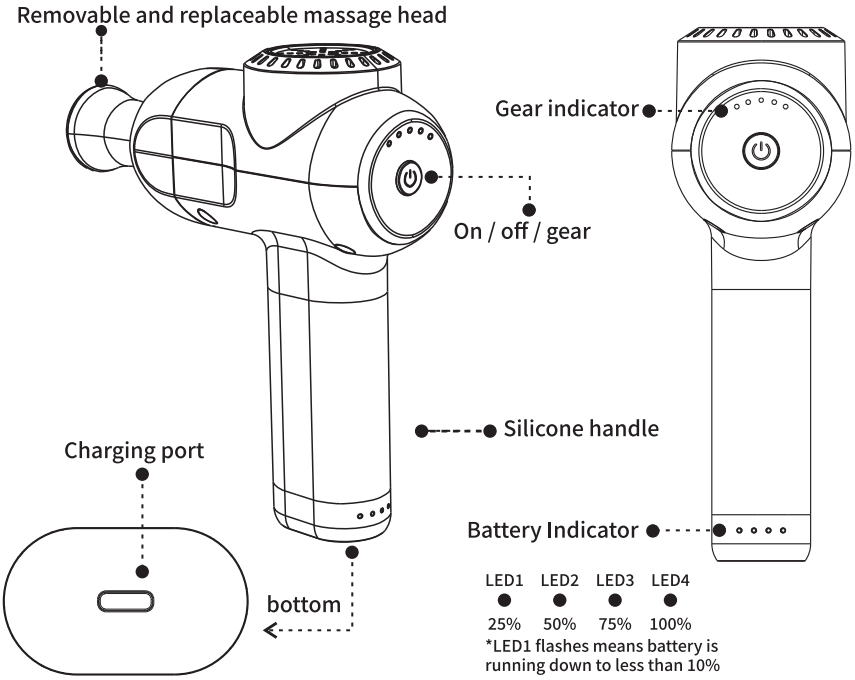
- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help with the supplied fastener. **DO NOT** hang the unit by the power cord.

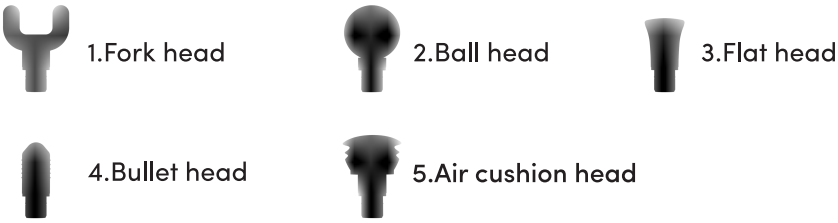
DISCLAIMER

Please contact your physician before using the Bob and Brad **QL/DMS.C2-D** if you have any physical health concerns or have any of the following conditions:

pregnancy, diabetes, epilepsy, migraines, herniated disks, spondylolisthesis, recent joint replacements or IUDs. Please also contact your physician before use if you have undergone recent surgery or have any metal pins or plates in your body.

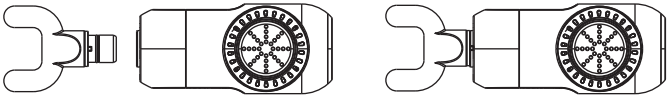
Main structure and the fittings





Operation steps

1. Connect the device with the massage head when the device is turned off, insert the massage head completely with pressure and pull it out when removing the vibrating head (note: The Fork head should be positioned for installation. When the buckle is inserted into the slot, it means the installation is in place. If the massager head is not installed in place, there will be a risk of falling while in use.)



2. Turning the device ON/OFF: Press and hold the" ⏻ " power button for 2 seconds.
3. To change the percussion massage frequency - when the device is on, press the button" ⏻ " to turn on the first setting. If you would like to advance to a higher setting, press the power button" ⏻ " again. The active setting will be indicated by the back light. To pause the massage gun press the power button for 2 seconds. Press for 2 seconds again to resume.

Note:

A. After 10 minutes of operation, the device automatically turns off.

B. LED light indicates the corresponding strike frequency level, the lowest at level 1 and the highest at level 5.

C. When the device is standby mode (0 level), it will automatically shut down without any operation for 20 seconds.

Battery display

LED1	LED2	LED3	LED4
●	●	●	●
25%	50%	75%	100%

*LED1 flashing means the battery is running down to less than 10%

When the first indicator light is on, it's indicating 25% of the battery is remaining.

When the second indicator light is on, it's indicating 50% of the battery is remaining.

When the third indicator light is on, it's indicating 70% of the battery is remaining.

When the fourth indicator light is on, it's indicating 100% of the battery is remaining.

Note:

1. When the first indicator light flashes the battery is running down to less than 10% and a recharge is required.
2. It is not recommended that the battery power be completely depleted to 25%.

Charging

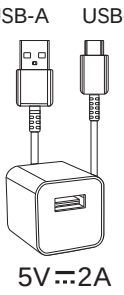
1. Before the first use, please fully charge the device and to charge fully it takes about 3 hours.
2. Connect the output end of the connection line to the DC charging port at the bottom of the device, and then connect the input end of the connection line to the mobile power source or mobile phone charger (5V/2A, if the charging current or voltage is less than 5V/2 A, charging time will be longer. Any regular phone adapters will be able to charge the massage gun without a problem.)
3. The battery icon on the handle flickers regularly. The digital display on the handle shows the battery power and indicates when the battery is being charged and the level of power remaining.
4. When the battery icon on the handle stops flickering and remains on, the digital display shows that 100% of the battery is full. The battery can be recharged at any level of battery power. When charging, please ensure that the device is shutdown.

How to Fix Your Massage Gun if it Stops Working

1. Recharge fully using the USB-A to USB-C Cable for 3-4 hours. It will not take charge if you are using USB-C to USB-C cable.
2. The battery lights should be flickering when taking charge. Press and hold the power button for 3-5 seconds.

Only works with USB-A to USB-C cable

Use with 5V⎓2A charger output



Technical details:

QL/DMS.C2-D Massage Gun
Speed: 2000 – 3200 r/min
Rated Power: 25W
Dimensions: 18.6x14.7x6cm / 7.3" x5.7" x2.3"
Battery Information:
Rated Voltage: 7.4V⎓
Battery Capacity: 2500mAh
Charging Time: 210 minutes

Guarantee

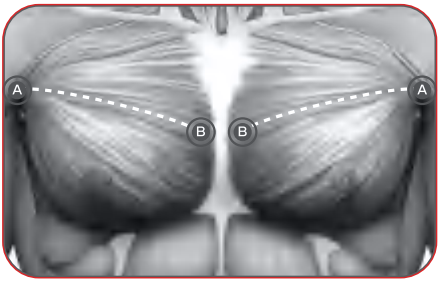
This product comes with a one-year warranty from the date of purchase.
Warranty will be voided due to any of the following:
Damaged due to improper usage or storage.
Damaged by attempting to repair or disassemble the device. Period of warranty exceeded.

Utilize the Bob and Brad massage gun before, during, or after your workout for maximum benefits. This massage gun can help accelerate muscle tissue responsiveness by increasing hydration, range of motion and function to tight muscles.

Indication	Action	Speed	Pressure	Duration	Muscle Position	Movement
Warm Up / Activation	Activate and prime muscles prior to exercise. Reduce risk of injury.	Level 3	Light to Moderate	30 sec or less	Relaxed. Move along the muscle.	Quick, high speed over area.
Mid Workout / Myofascial Mobility	Help muscle recovery and reactivation.	Level 4	Heavy (especially for large muscle groups)	8-12 sec	Target specific area.	Localised
Recovery	Relax muscles and aid recovery. Down-regulate or turn off muscles.	Level 1 or 2	Moderate to Heavy	90 sec or more	Move along the muscle.	Slow movement along the muscle
Pain Modulation	Reduction in pain to increase movement.	Level 1	Light	10 to 30 sec	Relaxed. Localised spot.	Over painful area.
Body Awareness	Improve movement or mechanics of a joint. Activation of a muscle. Draw attention to a muscle	All Levels	Light to Moderate	10 to 20 sec	Relaxed or with movement	Over specific target area or movement over area.

CHEST

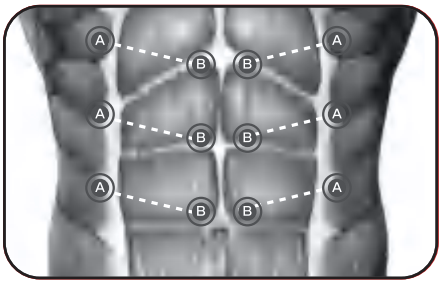
2 Minutes



ATTACHMENT: **BALL HEAD**
PROTOCOL: **Sweep from A to B on each sice for 1 minute**
DURATION: **2 minutes**

ABS

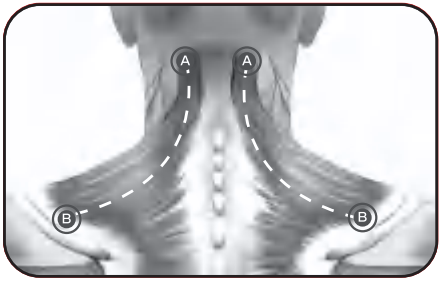
2 Minutes



ATTACHMENT: **BALL HEAD**
PROTOCOL: **Sweep from A to B on each sice for 1 minute**
DURATION: **2 minutes**

UPPER TRAPS

1 Minute



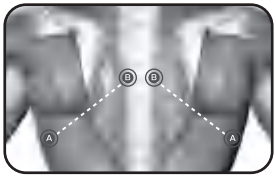
ATTACHMENT: **BALL HEAD**

PROTOCOL: **Sweep from A to B on each side for 30 seconds**

DURATION: **1 minute**

UPPER BACK

4 Minutes

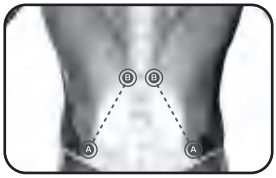


ATTACHMENT: **BALL HEAD**

STEP 1: **Upper back**

PROTOCOL: **Sweep from A to B on each side for 1 minute**

DURATION: **2 minutes**



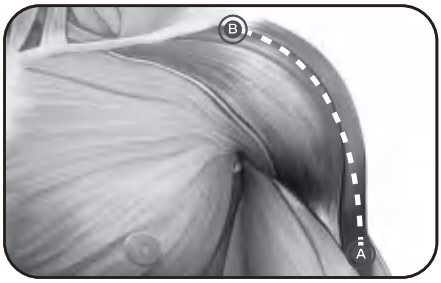
STEP 2: **Lower back**

PROTOCOL: **Sweep from A to B on each side for 1 minute**

DURATION: **2 minutes**

SHOULDERS

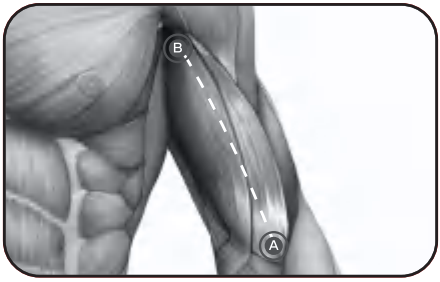
2 Minutes



ATTACHMENT: **BALL HEAD**
PROTOCOL: **Sweep from A to B on each side for 1 minute**
DURATION: **2 minutes**

BICEPS

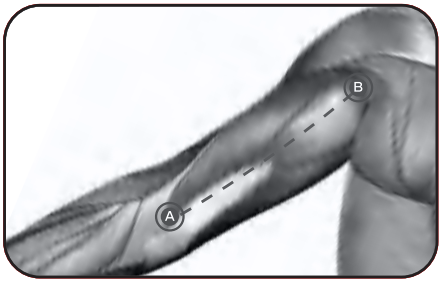
2 Minute



ATTACHMENT: **BALL HEAD**
PROTOCOL: **Sweep from A to B on each side for 1 minute**
DURATION: **2 minutes**

TRICEPS

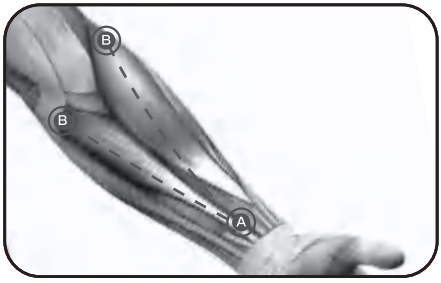
4 Minutes



ATTACHMENT: **BALL HEAD**
PROTOCOL: **Sweep from A to B on each side for 2 minutes**
DURATION: **4 minutes**

FOREARM

2 Minutes



ATTACHMENT: **BALL HEAD**
PROTOCOL: **Sweep from A to B on each sice for 1 minute**
DURATION: **2 minutes**

HANDS

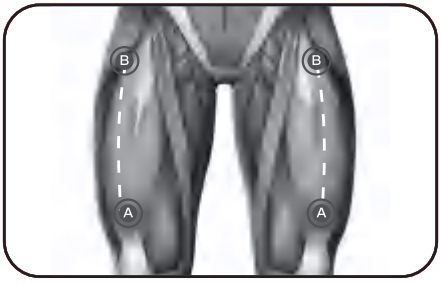
1 Minute



ATTACHMENT: **BALL HEAD**
PROTOCOL: **Sweep from A to B on each side for 30 seconds**
DURATION: **1 minutes**

HIP FLEXORS

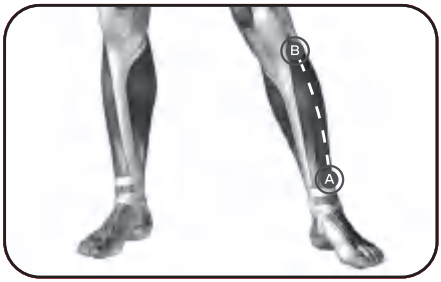
2 Minutes



ATTACHMENT: **BALL HEAD**
PROTOCOL: **Sweep from A to B on each sice for 1 minute**
DURATION: **2 minutes**

SHINS

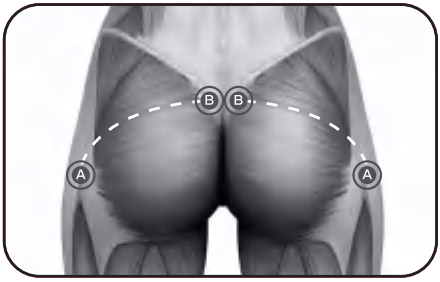
1 Minute



ATTACHMENT: **BALL HEAD**
PROTOCOL: **Sweep from A to B on each sice for 30 seconds**
DURATION: **1 minute**

GLUTES

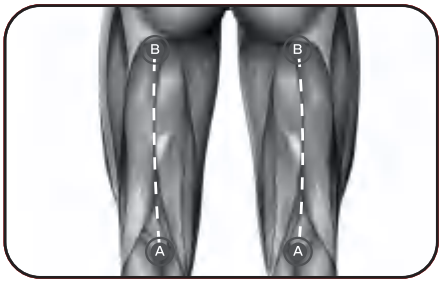
4 Minutes



ATTACHMENT: **FLAT HEAD**
PROTOCOL: **Sweep from A to B on each side for 2 minutes**
DURATION: **4 minutes**

HAMSTRINGS

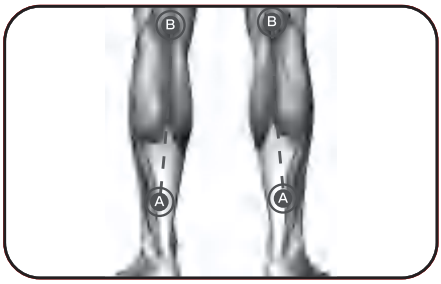
2 Minutes



ATTACHMENT: **BALL HEAD**
PROTOCOL: **Sweep from A to B on each sice for 1 minute**
DURATION: **2 minutes**

CALVES

2 Minutes



ATTACHMENT: **BALL HEAD**
PROTOCOL: **Sweep from A to B on each sice for 1 minute**
DURATION: **2 minutes**

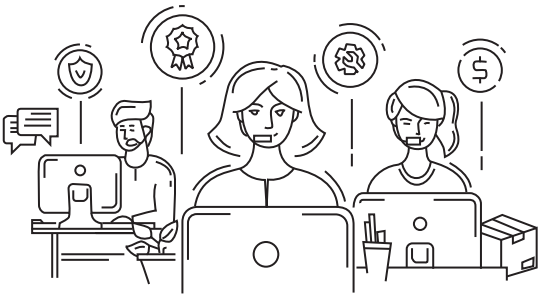
FEET

4 Minutes



ATTACHMENT: **BALL HEAD**
PROTOCOL: **Sweep from A to B on each sice for 2 minutes**
DURATION: **4 minutes**

A Dedicated Team Just For You



Every Bob and Brad product is backed by a 1-year warranty and an award-winning customer service team. If you are in any way dissatisfied with a product you ordered, we'll exchange it, replace it or refund your money under the warranty. Simply email us the problem, and we'll take care of it.

Troubleshoot
Help you solve any issues with your device.

Product Knowledge
Answer questions about your device and best practices.

Initiate Returns
Provide instructions for replacements, returns and refunds.

Place New Orders
Help with placing orders online and/or authorized resellers.

Get in Touch.
Call: +1 (612) 567-3035 Mon-Fri 9:00AM-4:30PM (CST)
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