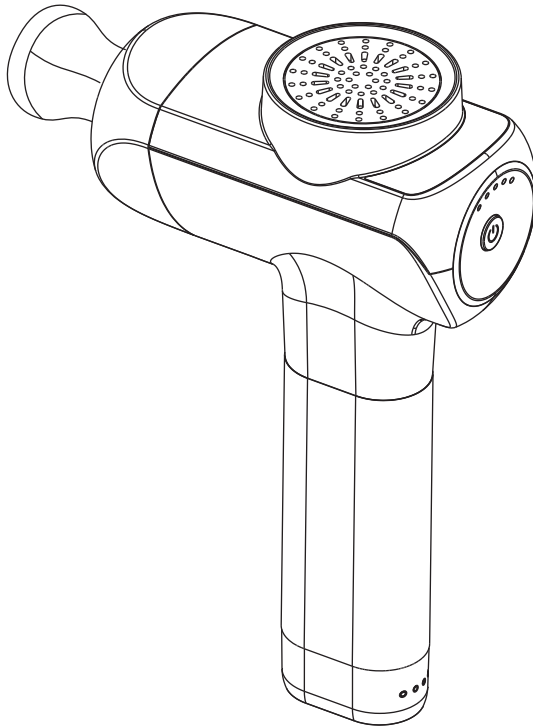


**Bob
AND
Brad®**



User Manual

QL/DMS.X6-C

Massage Gun

Battery Instructions

- ① **Do not** submerge the product into water or get it wet.
- ② **Do not** charge the product near an open flame or in any extremely hot conditions.
- ③ **Do not** use or store the product near heat sources like furnaces or heaters.
- ④ If the battery leaks or emits an odor, remove it immediately from close proximity to an open flame.
- ⑤ **Do not** put the product into a fire or heat it up in any way.
- ⑥ **Do not** disassemble the battery in any way.
- ⑦ **Do not** use the product if, while the battery is in use or charging it emits an odor; gives off excessive heat; shows signs of deformation, discoloration, or any other abnormalities. If the battery is in use or being charged, remove it from the apparatus or charger immediately.
- ⑧ Charge for about three hours before its first use, to a full charge. The device can be connected or disconnected.
- ⑨ Connect the output end of the connection cable to the bottom of the massage instrument's DC charging port. Then, connect the input end of the connection cable to a mobile power adapter or cell phone charger (5V 2A; if less than 2A, the charging time will be longer).
- ⑩ The power indicator light will flash regularly, indicating that the battery is charging.

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 the automatic voiding 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 fully 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 or near your head or 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, receiving medical treatment, or using medical equipment.

FCC Statement

This device complies with Part 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 an 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 a 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:

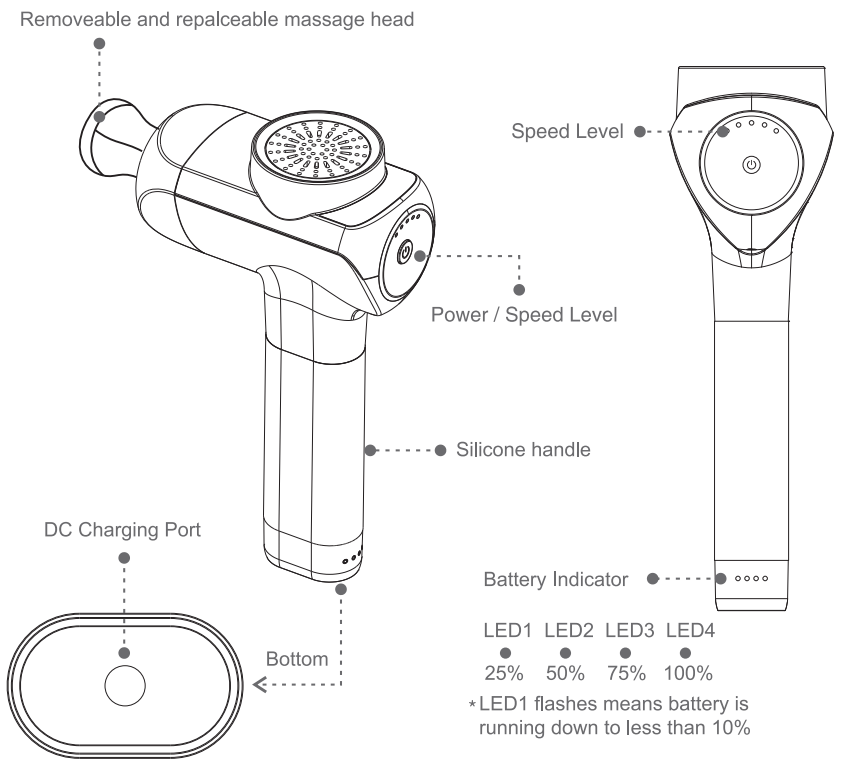
- Relocate the receiving antenna.
- Increase the separation area between the equipment and receiver.
- Connect the equipment to an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help with the supplied fastener.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

Disclaimer

Please contact your physician before using the **Bob and Brad X6 PRO** if you have any 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 using if you've had a recent surgery or have any metal pins or plates in your body.

★ THIS PRODUCT IS NOT A MEDICAL PRODUCT.

Main Structure and the fittings



Ball Head
Ball head: For large muscle groups like quads, glutes, extreme muscles, and joint soreness.



U-Shaped Head
U-shaped head: for spine, neck, and shoulder for sensitive muscles and soft tissues.



Air Cushion Head
Air cushion head: for sensitive body meat relaxation.



Metal Falt Head:
Metal Falt Head: For pinpoint muscle treatment, large muscle groups like quads, glutes.



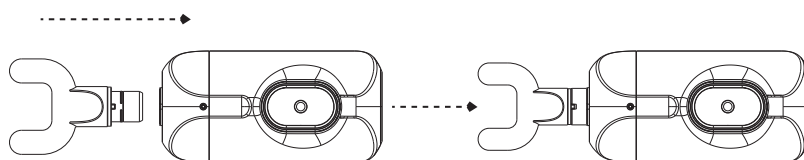
Bullet Head
Bullet head: for joints, deep tissues, trigger points and small muscle areas like feet, and wrist.



Rubber Sleeve
Each massage head is pre-installed with a rubber sleeve, if it is damaged, replace it with a spare one.

Operation Steps

1. Connect 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 U-Shaped head should be positioned for installation. When the buckle is inserted into the slot, it means the installation is in place. If the massage head is not installed in place, there will be a risk of falling out 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 backlight will indicate the active setting. To pause the massage gun, press the power button for 2 seconds. then short press to resume.

Note:

- A. After 10 minutes of operation, the device will automatically turn off.
- B. The LED light indicates the corresponding strike frequency level, the lowest at level 1 and the highest at level 5.
- C. When the device is in standby mode (level 0), it will automatically shut down without any operation for 20 seconds.

Battery Display



* LED1 flashing means the battery is running down to less than 10% and recharging is required.

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:

When the first indicator light flashes, the battery is less than 10% charged and recharging is required.

It is not recommended that the battery power drop below 25% charge.

Charging

1. Before the first use, please fully charge the device. 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. Then connect the charger to a power source.
3. The battery icon on the handle flickers regularly. The light display on the handle shows the battery power and indicates when the battery is being charged and the power level remaining.
4. When the battery icon on the handle stops flickering and remains on, the light display shows that 100% of the battery is complete. The battery can be recharged at any level of the battery power. When charging, please ensure that the device is shut down.

Technical Details

QL/DMS.X6-C Massage Gun

Speed: 2000-3200 r/min

Rated Power: 25W

Dimensions: 24.4 x 14.7 x 7.3cm / 9.6" x 5.7" x 2.9"

Battery Information:

Battery Rated Voltage: 14.8V 

Battery Capacity: 2500mAh

Charging Time: 180 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:

Damage due to improper usage or storage.

Damaged by attempting to repair or disassemble the device.

Period of warranty exceeded.

IC Warning

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

- (1) This device may not cause interference.
- (2) This device must accept any interference, including interference that may cause undesired operation of the device.

Using Massage Gun

1. Important tips before use

1.1 Charging

- Please charge the massage gun before use.



DON'T use the massage gun when charging!

- The indicator light on the massage gun will **BLINK BLUE** during the charging process. The indicator light will be **SOLID BLUE** when charging is complete.
- For safety considerations, the massage gun will NOT work while charging. Additionally, the massage gun will automatically shut off after 10 minutes of continuous use. If you want longer massage, please turn it on then.

Troubleshooting

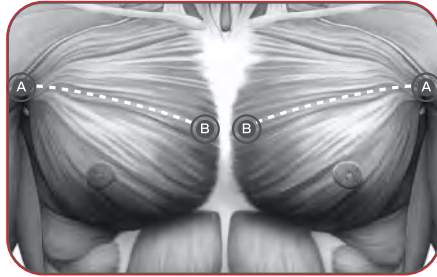
PROBLEM	CAUSE	SOLUTION
Massage gun doesn't turn on.	Power is off.	Long press the Power Button to turn on the massage gun.
	Battery is too low.	Charge the massage gun.
	Massage gun shuts-off after 10 minutes.	Long press the Power Button to turn on the massage gun for another 10 minutes.
Massage gun shuts off automatically.	The massage gun's overheat protection will switch off the massage gun automatically when too hot.	Wait for the massage gun to cool down before powering it back on.
	Massage gun shuts off after 10 Minutes.	Long press the Power Button to turn on the massage gun for another 10 minutes.
Massage gun fails to run.	The massage head is too inserted too tight.	Plug out the massage head a little, then power it on.
If you encounter any other problems, contact: support@bobandbrad.com		

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 the risk of injury.	Level 3	Light to Moderate	30 sec or less	Relaxed. Move along the muscle.	Quick, high speed over the area.
Mid Workout / Myofascial Mobility	Help muscle recovery and reactivation.	Level 4	Heavy (especially for large muscle groups)	8-12 sec	Target specific area.	Localized
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 with the muscle.
Pain Modulation	Reduction in pain to increase movement.	Level 1	Light	10 - 30 sec	Relaxed. Localized 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 - 20 sec	Relaxed or with movement.	Over specific target area or movement over the area.

CHEST

2 Minutes



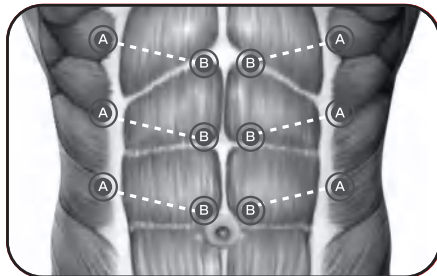
ATTACHMENT: **BALL HEAD**

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

DURATION: **2 minutes**

ABS

2 Minutes



ATTACHMENT: **BALL HEAD**

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

DURATION: **2 minutes**

UPPER TRAPS

1 Minute



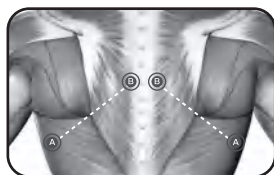
ATTACHMENT: **BALL HEAD**

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

DURATION: **1 minute**

UPPER BACK

4 Minutes

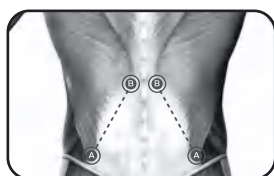


ATTACHMENT: **BALL HEAD**

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

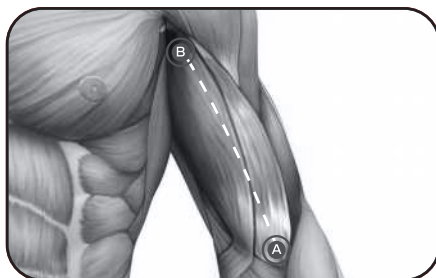
2 Minutes



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

BICEPS

2 Minutes



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

TRICEPS

4 Minutes



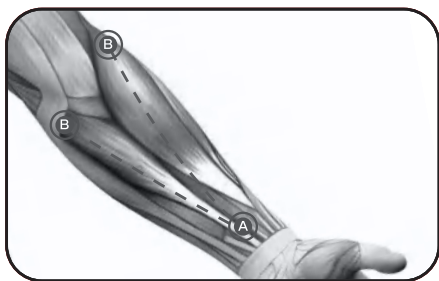
ATTACHMENT: **BALL HEAD**

PROTOCOL: **Sweep from A to B on each side for 2 minutes**

DURATION: **4 minutes**

FOREARM

2 Minutes



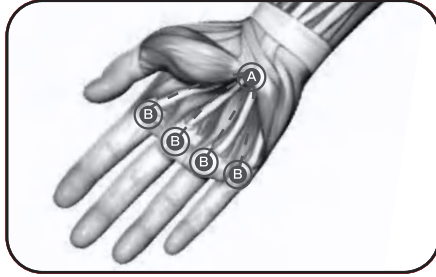
ATTACHMENT: **BALL HEAD**

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

DURATION: **2 minutes**

HANDS

1 Minute



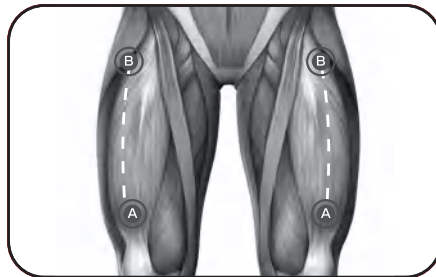
ATTACHMENT: **BALL HEAD**

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

DURATION: **1 minute**

HIP FLEXORS

2 Minutes



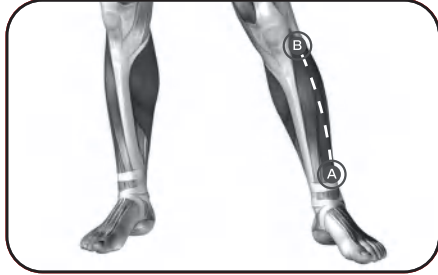
ATTACHMENT: **BALL HEAD**

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

DURATION: **2 minutes**

SHINS

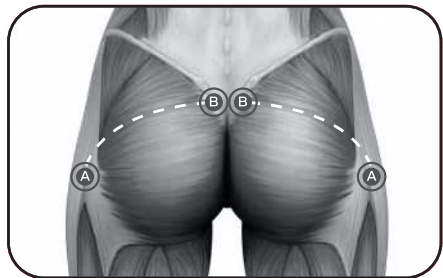
1 Minute



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

GLUTES

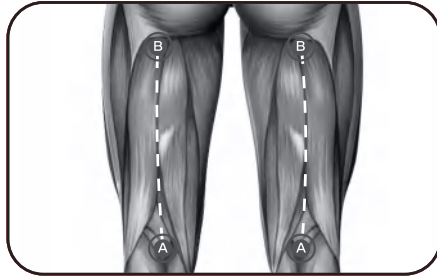
4 Minutes



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

HAMSTRINGS

2 Minutes



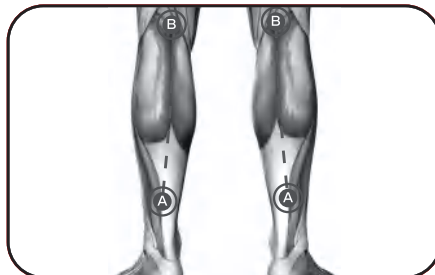
ATTACHMENT: **BALL HEAD**

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

DURATION: **2 minutes**

CALVES

2 Minutes



ATTACHMENT: **BALL HEAD**

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

DURATION: **2 minutes**

FEET

4 Minutes



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

WEEE Instructions

Correct Disposal of this product



This marking indicates that this product should not be disposed with other household wastes throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources. To return your used device, please use the return and collection systems or contact the retailer where the product was purchased. They can take this product for environmental safe recycling.

RoHS Declaration

Our Product is compliant with RoHS 2.0 (2011/65/EU Directive) regarding restriction of hazardous substances, the raw materials and components of our product meet the following toxic and hazardous substance limits.

Cadmium (Cd): < 100 ppm	Lead (Pb): < 1000 ppm
Mercury (Hg): < 1000 ppm	Hexavalent Chromium: (Cr VI) < 1000 ppm
Polybrominated Biphenyls (PBB): < 1000 ppm	Polybrominated Diphenyl Ethers (PBDE): < 1000 ppm
Bis(2-Ethylhexyl) phthalate (DEHP): < 1000 ppm	Benzyl butyl phthalate (BBP): < 1000 ppm
Dibutyl phthalate (DBP): < 1000 ppm	Diisobutyl phthalate (DIBP): < 1000 ppm

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)

Email: support@bobandbrad.com

FLIGE Products LLC

3001 Esperanza Crossing Austin, TX 78758

