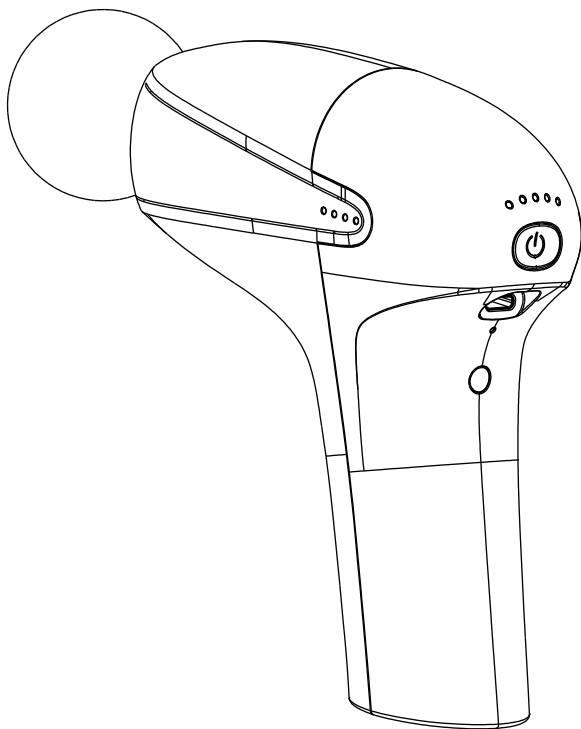


*Bob
AND
Brad*[®]



User Manual

UNI K
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 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.
- Please check the main unit and cable before using. If damaged, it must be replaced by the manufacturer or its appointed professional to avoid danger.
- **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.

It is important to know the following before use, otherwise it may cause damage or become dangerous!

- For use only by healthy adults.
- Use the product only on the soft tissues of the body without causing pain or discomfort.
- **Do not** use on the head, or any hard or bony part of your body.
- Either controlled downward pressure or the application of pressure may produce bruising. Check the massage area frequently and stop using the product as soon as signs of pain or discomfort appear.

- Use only on dry, clean skin surfaces, pressing and moving gently on the skin.
- Keep your fingers, hair or other body parts away from the shaft and back of the vibrating head, as they may get caught.
- **Do not** apply to bony areas where there is less muscle coverage, such as the shins, back of the feet, back of the hands.
- **Do not** use the product on or around sensitive areas such as eyes, teeth, breast implants, genital organs, artificial limbs, etc.
- **Do not** place the product in any area where there is a risk of fracture.
- If the pain is persistent, discontinue use immediately and consult a physician.
- This product is **NOT** a medical device. It is not recommended for medical use, not intended for medical use in hospitals.

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 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:

- Reorient or 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 UNI K 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 use if you have had a recent surgery or have any metal pins or plates in your body.

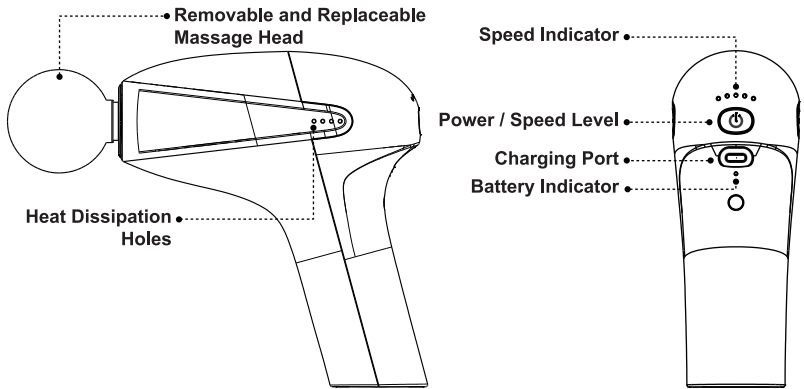
*** THIS PRODUCT IS NOT A MEDICAL PRODUCT.**

IC Warning

This device contains licence-exempt transmitter(s) / receiver(s) that comply with Innovation, Science and Economics 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.

Main Structure and the Fittings



Large Ball Head

For large muscle groups like quads, glutes, extreme muscles and joint soreness.



Fork Head

For spine, neck, shoulder, sensitive muscles and soft tissue.



Air Cushion Head

For sensitive muscle relaxation.



Bullet Head

For joints, deep tissues, trigger points and small muscle areas like feet and wrist.



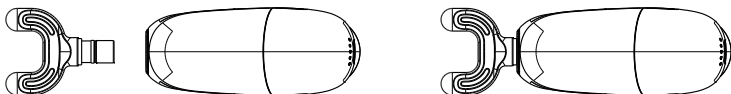
Standard Ball Head

For overall use on large and small muscle groups

Operation Steps

1. Remove or replace a massage head: At first, please make sure the device is turned off. Then, grab the inserted head and firmly pull out to remove it. Finally, insert the stem of a new head into the unit, and press firmly to secure.

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 massage head is not installed in place, there will be a risk of falling out while in use.



2. Turn on the device and change speed level: When the device is off, press and hold the "⏻" button for 2 seconds to turn on the first setting. If you would like to advance to a higher speed level, press the button again. The indicator lights will show the active setting (Level 1-5). To pause the massage gun, press and hold the power button for 2 seconds and the device will enter into the standby mode (Level 0). Press once again to resume working at Level 1 from the standby mode.
3. Turn the device Off: When the device is working at speed Level 1-5, press and hold the "⏻" button for 2 seconds and the device will enter into the standby mode (Level 0). Press and hold the button for another 2 seconds and the device will be turned off.

Note:

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

Battery Display

If the battery indicator light turns red when the device is working, it is indicating that the battery is running down to less than 30%. If the light turns red and flashes in the meantime, it is indicating that the battery is running down to less than 20% and a recharge is required.

Note:

It is NOT recommended that the battery power be completely depleted to 20%.

Charging

1. Before the first use, please fully charge the device. It takes about 3 hours for a full charge.
2. Connect the output end of the charging cable to the DC charging port below the power button of the device. Then, connect the input end of the charging cable to a power source via a power adapter or mobile phone charger (5V/2A; if the charging current or voltage is less than 5V/2A, charging time will be longer. Any regular phone adapter will be able to charge the massage gun without any problem.)



Note: Adapter is NOT included.

3. Please ensure that the device is turned off before starting to charge. The battery can be recharged at any level of battery power. The battery indicator light will remain green during the charging process and goes off when charging is completed.
4. For safety considerations, the massage gun will NOT work while charging.



DON'T use the massage gun when charging!

How to Fix Your Massage Gun if it Stops Working

1. Please check if the battery is exhausted. A recharge is required if there is low battery. A USB-A to USB-C or USB-C to USB-C cable can be used to charge the device.
2. There is possibility that the battery enters into the protection mode and should be reactivated. Please follow the two steps. First, start charging the device. Secondly, press and hold the power button for 3-5 seconds to restart it.

**Only works with
USB-A to USB-C
or USB-C to USB-C cable**

**Use with 5V $\overline{\text{---}}$ 2A
charger output**

Technical Details

UNI K Massage Gun

Speed: 1800-3000 r/min

Rated Power: 25W

Dimensions: 15.4 x 14.2 x 5.8 cm / 6.1" x 5.6" x 2.3"

Rated Voltage: 11.1V 

Battery Capacity: 2000mAh

Charging Time: 180 minutes

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 automatically 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 automatically after 10 minutes.	Long press the Power Button to turn on the massage gun for another 10 minutes.
Massage head falls out from the device	Massage head is inserted too loose.	Insert and push the massage head in completely with pressure.
If you encounter any other problems, contact: support@bobandbrad.com		

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. Damage by attempting to repair or disassemble the device. Period of warranty has expired.

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.
Mild 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



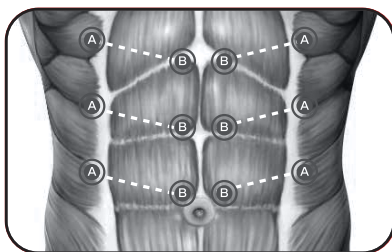
ATTACHMENT: **BALL HEAD**

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

DURATION: **2 minutes**

ABS

2 Minutes



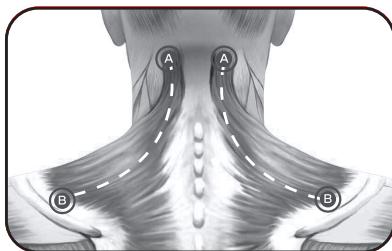
ATTACHMENT: **BALL HEAD**

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

DURATION: **2 minutes**

UPPER TRAPS

1 Minute



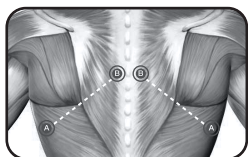
ATTACHMENT: **BALL HEAD**

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

DURATION: **1 minute**

UPPER BACK

4 Minutes

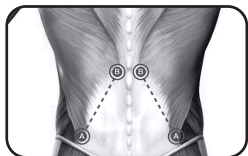


ATTACHMENT: **BALL HEAD**

STEP 1: **Upper back**

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

DURATION: **2 minutes**



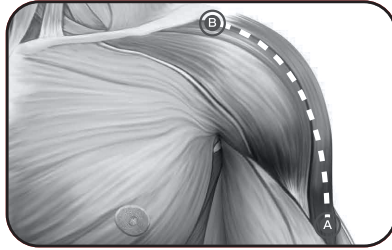
STEP 2: **Lower back**

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

DURATION: **2 minutes**

SHOULDERS

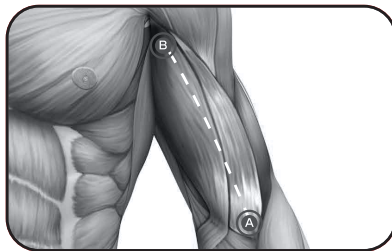
2 Minutes



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



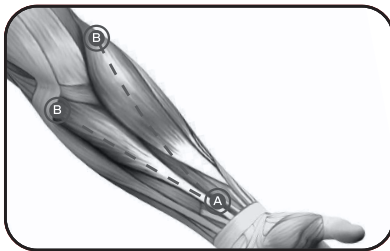
ATTACHMENT: **BALL HEAD**

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

DURATION: **4 minutes**

FOREARM

2 Minutes



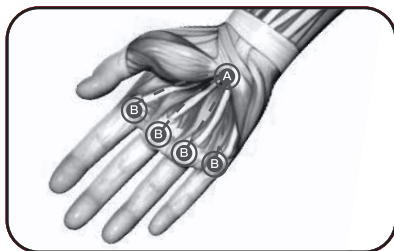
ATTACHMENT: **BALL HEAD**

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

DURATION: **2 minutes**

HANDS

1 Minute



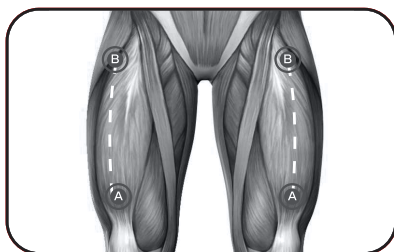
ATTACHMENT: **BALL HEAD**

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

DURATION: **1 minutes**

HIP FLEXORS

2 Minutes



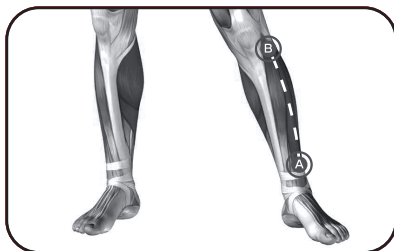
ATTACHMENT: **BALL HEAD**

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

DURATION: **2 minutes**

SHINS

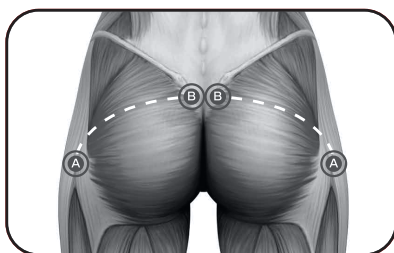
1 Minute



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

GLUTES

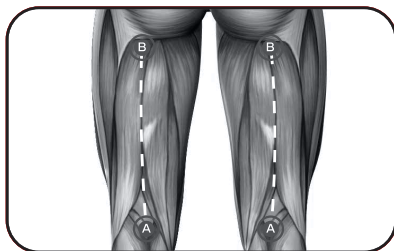
4 Minutes



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

HAMSTRINGS

2 Minutes



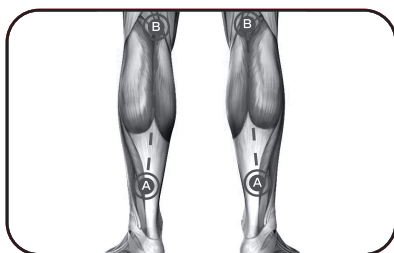
ATTACHMENT: **BALL HEAD**

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.

Battery Instructions

- ❶ **Do not** submerge the product into water or get it wet.
- ❷ **Do not** charge the product near an open flame or in any extremely hot conditions.
- ❸ **Do not** use or store the product near heat sources like furnaces or heaters.
- ❹ If the battery leaks or emits an odor, remove it immediately from close proximity to an open flame.
- ❺ **Do not** put the product into a fire or heat it up in any way.
- ❻ **Do not** disassemble the battery in any way.
- ❼ **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.

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

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