

BOB AND BRAD HY-1146

BOB AND BRAD Leg Massager with Heat and Compression (Model HY-1146)

Instruction Manual

1. INTRODUCTION

Thank you for choosing the BOB AND BRAD Leg Massager with Heat and Compression, Model HY-1146. This device is designed to provide air compression massage and heat therapy to your feet, calves, and thighs, aiming to relieve muscle tension, reduce soreness, promote blood circulation, and enhance relaxation. Please read this manual thoroughly before use to ensure safe and effective operation.

2. IMPORTANT SAFETY INFORMATION

WARNING: To reduce the risk of electric shock, burns, fire, or injury, please observe the following precautions:

- Consult a doctor before use if you are pregnant, suffering from skin infections, heart disease, high blood pressure, using a pacemaker, or have other serious medical conditions.
- Do not wrap the massager too tightly or too loosely when fastening the Velcro straps. Ensure a comfortable yet secure fit.
- Ensure proper connection of the power adapter and controller. Verify all air hoses are securely connected before operating the device.
- This massager does not vibrate or have interior rollers. Its function is air compression and heat therapy.
- The massager features an automatic shut-off timer of 15 minutes for safety. Do not exceed recommended usage times.
- Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition. This product is not intended to replace professional medical advice or treatment.

3. PRODUCT FEATURES

- **Full Leg Coverage:** Designed to massage feet, calves, and thighs using four integrated airbags.
- **Heat Therapy:** Two adjustable heating modes (low for daily care, high for stimulating blood flow) for

added comfort and circulation benefits. Heat function is optional.

- **Multiple Massage Modes:** Four distinct massage modes (Foot, Calves, Thigh, Full Leg) to target specific areas or provide a comprehensive massage.
- **Adjustable Intensity:** Four intensity levels allow for a personalized massage experience.
- **Digital Remote Control:** An easy-to-use remote with a backlit LCD screen displays current mode, intensity, heat level, and timer.
- **Adjustable Wraps:** Equipped with double-row Velcro straps for a secure and comfortable fit, accommodating calf sizes up to 19 inches and thigh sizes up to 27 inches.
- **Automatic Shut-off:** Features a 15-minute auto-off timer for safety.



All-Natural Therapy Used by Physical Therapists

Four Airbags for Thighs + Calves + Feet Massage

- • •
- Full Leg Recovery
- Natural Pain Relief
- Blood Flow Increase
- Stress Relief and Relaxation

Bob AND Brad®

Image: The BOB AND BRAD Leg Massager provides full leg recovery, natural pain relief, increased blood flow, and stress relief.

4. SETUP INSTRUCTIONS

1. **Unpack Components:** Carefully remove all items from the packaging. You should have two leg wraps (one for each leg), two thigh wraps, a remote control unit, and a power adapter.
2. **Connect Air Hoses:** Connect the air hoses from the leg wraps to the corresponding ports on the remote

control unit. Ensure a snug fit to prevent air leakage.

3. **Attach Thigh Wraps (Optional):** If using the thigh wraps, attach them to the top of the leg wraps using the integrated connectors.
4. **Wear the Massager:** Place your feet into the foot sections of the wraps. Secure the calf and thigh sections around your legs using the Velcro straps. Adjust the straps to ensure a comfortable and secure fit. The wraps should be snug but not overly tight to allow for proper compression.
5. **Connect Power:** Plug the power adapter into the remote control unit, then plug the adapter into a standard electrical outlet.

Upgrade Digital Remote



2 Heating Levels

High/Low/No Heat



Mode

4 Massage Modes

Feet/Calfes/Thigh/Auto



4 Intensity Levels

Combine with Any Mode



15 mins Auto Off

Ensure Max Security



Backlit
LCD
Screen



Image: The adjustable wraps are designed to fit most leg sizes, with calf wraps extending up to 19 inches and thigh wraps up to 27 inches.

5. OPERATING INSTRUCTIONS

The massager is controlled via the digital remote. Familiarize yourself with the buttons and LCD screen.

*Developed by Physical Therapists
Bob and Brad®*

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Physical Therapists Trusted by Millions of Followers



Image: The digital remote control features a backlit LCD screen for easy operation, offering 2 heating levels, 4 massage modes, 4 intensity levels, and a 15-minute auto-off timer.

5.1 Power On/Off

- Press the **Power** button (red circle) to turn the massager on or off.

5.2 Selecting Massage Modes

The massager offers four distinct modes:

- **M1: Foot Massage**
- **M2: Calves Massage**
- **M3: Thigh Massage**
- **M4: Full Leg Massage (Auto)**

Press the **Mode** button repeatedly to cycle through the available massage modes. The selected mode will be displayed on the LCD screen.

One Size Fits Most

Adjustable Velcro Straps with Greater Adjustment Range



Doesn't Matter If You're 5'1" or 6'2" Tall. Anyone Can Enjoy This Full Leg Massager with the Same Massage Intensity.



Image: Choose from four massage modes to target specific areas: feet, calves, thighs, or a full leg auto-cycle.

5.3 Adjusting Intensity

There are four intensity levels for the air compression. Use the **+** and **-** buttons to increase or decrease the massage intensity. The current intensity level is shown on the LCD screen.

5.4 Heat Therapy

The massager includes an optional heat function for your feet and calves.

- Press the **Heat** button to activate or deactivate the heat function.
- There are two heat levels: Low (104-110°F / 40-43°C) for daily care and High (122-131°F / 50-55°C) for stimulating blood flow.
- The heat level can be adjusted independently of the massage mode and intensity.

4 Massage Modes for Ultimate Massage Experience

M1 Foot Massage

M2 Calves Massage

M3 Thigh Massage

M4 Full Leg Massage



Massage modes, Compression Intensity and Heat Level are Controlled Independently



Image: The massager offers two heat modes, providing warmth to your feet and calves for enhanced relaxation and circulation.

5.5 Automatic Timer

The massager is equipped with a 15-minute automatic shut-off timer for safety and convenience. You can restart the cycle if you wish to continue the massage.

6. MAINTENANCE

- **Cleaning:** Disconnect the massager from the power source before cleaning. Wipe the surface of the wraps with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.
- **Storage:** Store the massager in a cool, dry place away from direct sunlight when not in use. Ensure the air hoses are not kinked or damaged during storage.

7. TROUBLESHOOTING

- **No Power:** Ensure the power adapter is securely plugged into both the remote control unit and a working electrical outlet.

- **No Compression:** Check that all air hoses are properly connected to the massager wraps and the remote control unit. Ensure the wraps are securely fastened around your legs.
- **Uneven Compression:** Verify that the wraps are evenly applied and secured. Check for any kinks or blockages in the air tubes.
- **No Heat:** Ensure the heat function is activated via the remote control. Allow a few minutes for the heat to build up.

If you experience any issues not covered here, please contact customer support.

8. SPECIFICATIONS

Feature	Specification
Model Number	HY-1146
Brand	BOB AND BRAD
Use For	Feet, Calves, Thighs
Power Source	Corded Electric
Material	Breathable Material
Item Weight	4.6 Pounds
Package Dimensions	16.42 x 9.69 x 7.72 inches
Calf Circumference	Up to 19 inches
Thigh Circumference	Up to 27 inches

9. WARRANTY AND SUPPORT

The BOB AND BRAD Leg Massager (Model HY-1146) comes with a 1-year warranty. For any questions, concerns, or support needs, please contact our 24-hour online customer service. We are committed to providing high-quality assistance for our products.