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BOB AND BRAD C2 Pro (QL/DMS.C2-J)

BOB AND BRAD C2 Pro Massage Gun User Manual

Model: C2 Pro (QL/DMS.C2-J)

1. Product Overview

The BOB AND BRAD C2 Pro Massage Gun is a versatile percussion massager designed for deep tissue muscle recovery, featuring advanced heat and cold therapy capabilities. It is engineered to provide targeted relief from muscle soreness, stiffness, and fatigue, making it suitable for athletes and individuals seeking enhanced recovery and relaxation.



Image 1.1: The C2 Pro Massage Gun, including the main unit, hot/cold therapy head, four additional massage heads, and a portable carrying case.

2. Safety Information

Please read all safety warnings and instructions carefully before using this product to avoid injury or damage.

- Keep away from children.
- Do not immerse the device in water or other liquids.
- Do not operate the device if it has been damaged or dropped.
- Use only the provided charging cable and a compatible 5V/2A adapter.
- Avoid using the device on sensitive areas, open wounds, or bony parts of the body.
- Consult a physician before use if you have any medical conditions, are pregnant, or have a pacemaker.
- The device features an automatic shut-off after 10 minutes to prevent overuse.

3. Components

Your BOB AND BRAD C2 Pro Massage Gun package includes:

- BOB AND BRAD C2 Pro Massage Gun Unit
- Hot/Cold Therapy Head
- Four (4) Standard ABS Massage Heads (e.g., Ball, Flat, Fork, Bullet)
- USB Type-C Charging Cable
- Portable Carrying Case

4. Setup

4.1. Charging the Device

Before first use, fully charge the C2 Pro Massage Gun for approximately 1.5-2 hours. The device supports 15W PD fast charging via its USB Type-C port. Use a 5V/2A charger for optimal performance.



Image 4.1: Connect the USB Type-C cable to the charging port on the device and a compatible power adapter.

4.2. Attaching Massage Heads

To attach a massage head, align the head with the opening on the front of the massage gun and push it firmly into place. To remove, gently pull the head straight out. Ensure the device is powered off before changing heads.

5. Operating Instructions

5.1. Power On/Off

Press and hold the power button on the LED display for 2 seconds to turn the device on or off.

5.2. Adjusting Speed and Force

Once powered on, press the power button repeatedly to cycle through 5 speed settings (2000-2300-2600-2900-3200 RPM). The LED display will show the current speed level. A responsive force meter on the display indicates the applied pressure,

allowing for precise intensity control.



Image 5.1: The intuitive LED display shows the current speed setting and provides visual feedback on applied force.

5.3. Heat and Cold Therapy

The C2 Pro features a specialized hot/cold therapy head. Attach this head to the device. Use the dedicated buttons on the hot/cold head to activate either cold therapy (50°F or 59°F) or heat therapy (104°F or 113°F). The head will illuminate blue for cold and red/orange for heat.



Image 5.2: The hot/cold therapy head offers precise temperature control for targeted relief.



Image 5.3: Cold therapy helps soothe pain and reduce inflammation, ideal for post-exercise recovery.



Image 5.4: Heat therapy helps combat soreness and improve circulation, enhancing muscle rejuvenation.

5.4. Recommended Usage

Gently glide the massage gun over the desired muscle groups. Apply light to moderate pressure. Do not press too hard or stay in one spot for too long. The 10mm amplitude provides deep muscle penetration for effective relief. The device is designed to target up to 80% of your body.

6. Maintenance

6.1. Cleaning

Wipe the device and massage heads with a slightly damp, clean cloth after each use. Do not use harsh chemicals or abrasive cleaners. Ensure the device is completely dry before storing.

6.2. Storage

Store the massage gun and its accessories in the provided carrying case in a cool, dry place, away from direct sunlight and extreme temperatures.

7. Troubleshooting

Problem	Possible Cause	Solution
Device not turning on	Low battery	Charge the device fully using the provided USB-C cable and a 5V/2A adapter.
No percussion/weak vibration	Massage head not properly secured	Ensure the massage head is firmly pushed into the device.
Heat/Cold therapy not working	Hot/Cold head not properly attached or mode not activated	Ensure the hot/cold head is securely attached and the specific heat or cold mode button on the head is pressed.
Device shuts off unexpectedly	Automatic 10-minute shut-off activated or low battery	This is a safety feature. If it happens before 10 minutes, recharge the device.

8. Specifications

Feature	Detail
Model	C2 Pro (QL/DMS.C2-J)
Dimensions	5.71 x 4.72 x 1.57 inches
Weight	1.5 Pounds (0.68 kg)
Battery	2 Lithium Metal batteries (included)
Charging	15W PD fast charging, USB Type-C (5V/2A recommended)
Amplitude	10mm
Stall Force	44 lbs
Speed Settings	5 (2000-2300-2600-2900-3200 RPM)
Noise Level	Approximately 40 decibels
Automatic Shut-off	10 minutes



Image 8.1: Detailed dimensions of the C2 Pro Massage Gun for portability reference.

9. Warranty and Support

The BOB AND BRAD C2 Pro Massage Gun comes with a 2-year warranty, ensuring quality and reliability. For product support, troubleshooting assistance, or warranty claims, please visit the official BOB AND BRAD store or contact their customer service directly.

Visit the Official BOB AND BRAD Store

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