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› BOB AND BRAD Q2 Pro Mini Massage Gun with Heat and Cold Head Instruction Manual

BOB AND BRAD QL/MINI.Q2-F

BOB AND BRAD Q2 Pro Mini Massage Gun User Manual

Model: QL/MINI.Q2-F

INTRODUCTION

The BOB AND BRAD Q2 Pro Mini Massage Gun is a portable percussion massager designed for deep tissue relief, muscle recovery, and pain management. Developed by physical therapists Bob and Brad, this device integrates both heat and cold therapy to provide comprehensive muscle care. Its compact size and quiet operation make it ideal for use at home, the gym, or while traveling.



Figure 1: BOB AND BRAD Q2 Pro Mini Massage Gun with accessories.

Key Features

- **Developed by Physical Therapists Bob and Brad:** Expert-designed for effective warmup, pain relief, and recovery.
- **Heat and Cold Therapy:** Seamlessly switch between 2 optimized presets for targeted pain relief and inflammation reduction.
- **5 Adjustable Speeds:** Ranging from 1800 to 3000 percussions per minute with a 7mm amplitude for deep tissue massage.
- **15W PD Fast Charging & Whisper Quiet:** USB-C charging for quick power-ups and operation as low as 40 decibels.
- **Compact & Portable Design:** Weighing only 0.95lb (0.43KG) and measuring 5.7"L x 3.4"W x 1.8"H, it's easy to carry with its portable hand case.
- **5 Interchangeable Massage Heads:** Designed to target different muscle groups and needs.

SETUP GUIDE

Charging the Device


Before first use, fully charge your Q2 Pro Mini Massage Gun. The device can be fully charged in just 1.5-2 hours using a fast charger (not included). The multifunctional USB-C port allows for charging with either A-C or C-C cables, making it compatible with any adapter or power bank for convenient fast charging. To maintain optimal battery health, it is recommended to charge the device regularly, even when not in use. If the battery is completely drained for an extended period, it may become difficult to recharge.



Figure 2: USB-C charging port and internal battery indicator.

Attaching Massage Heads

The Q2 Pro comes with 5 interchangeable massage heads, each designed for specific muscle groups and massage types. To attach a head, simply align it with the massage gun's shaft and push firmly until it clicks into place. To remove, pull the head straight off.

The logo for Bob and Brad, featuring the names 'Bob' and 'Brad' in a white, cursive font with 'AND' in a smaller, sans-serif font between them, all set against a dark red background.A photograph of a middle-aged man with grey hair, smiling, wearing a blue and grey t-shirt. He is holding a black Bob and Brad massage gun in his right hand. The background is a gradient of blue and red. The text 'Developed by Bob and Brad' is overlaid in white, bold font. Below it, a small orange horizontal line is followed by the text 'Intentionally built to improve patient and athlete recovery.' in white font.

Developed by Bob and Brad

Intentionally built to improve patient and athlete recovery.

Figure 3: Five interchangeable massage heads and their applications.

OPERATING INSTRUCTIONS

Power On/Off and Speed Adjustment

To power on the device, long press the power button for 2-3 seconds. The indicator lights will illuminate. Once on, short press the power button to cycle through the 5 adjustable speed settings (1800, 2100, 2400, 2700, 3000 percussions per minute). To power off, long press the power button again for 2-3 seconds.

Video 1: Demonstration of power on, speed adjustment, and thermal imaging effect of the massage gun.

Heat and Cold Therapy

The Q2 Pro Mini Massage Gun features integrated heat and cold therapy. The heat therapy helps combat

soreness and ease aches and pains, while cold therapy supports sore muscles and joints and reduces inflammation. Simply attach the specialized heat or cold head and select your desired temperature preset for fast and precise temperature control.

Ice it. Heat it.

Pain relief has never been simpler.



Green LED
lights: 50 °F



Blue LED
light: 59 °F



Orange LED
light: 104°F



Red LED
lights: 113 °F

Figure 4: Heat and Cold Head temperature settings and LED indicators.

Cold. Hot. Spot-On Relief.

Dual temperature therapy quickly eases muscle pain and stiffness.

Thermal Imaging Effect



Figure 5: Thermal imaging effect demonstrating hot and cold therapy application.

MAINTENANCE

Cleaning

To clean your massage gun, simply wipe down the surface of the device and massage heads with a damp cloth after each use. Do not submerge the device in water or use harsh chemicals.

Battery Care

To keep your massage gun performing at its best, we recommend charging it regularly, even when not in use. If the battery is completely drained for an extended period, it may become difficult to recharge. Simply charge the device every few weeks to maintain optimal battery health.

TROUBLESHOOTING

If your massage gun is not functioning as expected, please refer to the following common issues:

- **Device not turning on:** Ensure the device is fully charged. Long press the power button for 2-3 seconds.
- **Massage head not staying in place:** Ensure the massage head is pushed firmly onto the shaft until it clicks.
- **Reduced power or inconsistent performance:** The battery may be low. Recharge the device fully.
- **Heat/Cold function not working:** Ensure the specific heat/cold head is properly attached and fully charged (for the heat head).

For further assistance, please contact customer support.

SPECIFICATIONS

Feature	Detail
Product Dimensions	3.39 x 1.81 x 5.75 inches
Item Weight	0.43 Kilograms (15.17 ounces)
Item Model Number	QL/MINI.Q2-F
Power Source	Battery Powered, USB-C Fast Charging
Battery Type	1 Lithium Metal battery (included)
Material	ABS Plastic, Silicone Grip
Manufacturer	BOB AND BRAD

IMPORTANT SAFETY INFORMATION

Please read all safety warnings and directions carefully before using the device. Improper use may result in injury or device damage.

- **General Safety Warnings:** Always consult a healthcare professional before using any massage device, especially if you have pre-existing medical conditions.
- **Usage Precautions:** Do not use on open wounds, swollen areas, or areas with skin irritation. Avoid using on the head, face, or directly over bones.
- **Charging Safety:** Use only the provided or recommended charging cables. Do not attempt to disassemble or modify the battery.

WARRANTY AND SUPPORT

The BOB AND BRAD Q2 Pro Mini Massage Gun comes with a 2-Year Protection Plan. For any product-related inquiries, technical support, or warranty claims, please contact Bob and Brad Direct customer service.

Visit the official BOB AND BRAD Store for more products and support:[BOB AND BRAD Store](#)