

BOB AND BRAD A7 (Model T1035A)

BOB AND BRAD A7 Mini Massage Gun User Manual

Model: A7 (T1035A)

1. INTRODUCTION

The BOB AND BRAD A7 Mini Massage Gun is a portable percussion massager designed for deep tissue muscle relief. This compact device features an 11mm amplitude and 18kg stall force, providing effective massage for various muscle groups. It incorporates an ergonomic design, multiple speed settings, and specialized massage heads to cater to diverse user needs.

2. PACKAGE CONTENTS

Verify that all items are present in your package:

- BOB AND BRAD A7 Mini Massage Gun
- 5 Massage Heads (1 Aerospace Metal Head, 4 ABS/Silicone Heads)
- USB-C Charging Cable
- Carrying Case
- User Manual



Image: The BOB AND BRAD A7 Mini Massage Gun, its five interchangeable massage heads, USB-C charging cable, and a protective carrying case.

3. PRODUCT FEATURES

- **Compact and Portable Design:** Measuring 16.5x9x5cm and weighing 570g, the A7 is designed for easy travel and storage.
- **Deep Tissue Percussion:** Features an 11mm amplitude and 18kg stall force for effective muscle penetration.
- **Adjustable Speed Settings:** Offers 5 speed levels ranging from 1600 to 3000 RPM to suit various massage intensities.
- **Aerospace Metal Massage Head:** Durable and suitable for targeted deep tissue massage. This head is also compatible with hot or cold therapy (pre-cool in refrigerator or warm in water).
- **Automotive-Grade Battery:** Equipped with a 2550mAh Lithium-polymer battery, offering extended lifespan and reliable performance.
- **10-Minute Auto-Off Timer:** Automatically shuts off after 10 minutes of continuous use to prevent overheating and ensure safety.
- **18W PD Fast Charging:** Supports quick charging via USB-C, fully charging in approximately 1.5 to 2 hours.
- **Quiet Operation:** Powered by a brushless motor, operating at a low noise level of 45dB.

- **Intelligent Pressure Feedback:** A light ring at the base indicates the applied pressure: yellow for low force, orange for medium force, and red for high force.



A man with short dark hair and a beard, wearing sunglasses and a dark blue t-shirt, is sitting on a rocky shore. He is smiling and using a blue and silver massage gun on his right arm. A tan backpack is next to him. The background shows the ocean and a cloudy sky.

Puissance pro, format voyage

11MM	18 KG / 40 LBS	1600-3000 tr/min
Amplitude	Force de blocage	Plage de vitesse

Image: A man using the BOB AND BRAD A7 Mini Massage Gun on his arm, demonstrating its portable size and application for muscle relief.

Taille mini ergonomique

Votre compagnon de voyage ! Allie une ultra-portabilité à une excellence ergonomique.



Facilement portable



Silicone antidérapant

Image: The BOB AND BRAD A7 Mini Massage Gun held by a man, highlighting its ergonomic T-shape. Below, two smaller images show a woman easily placing the device into a bag and another woman holding it, emphasizing its portability and anti-slip silicone grip.

4. SETUP

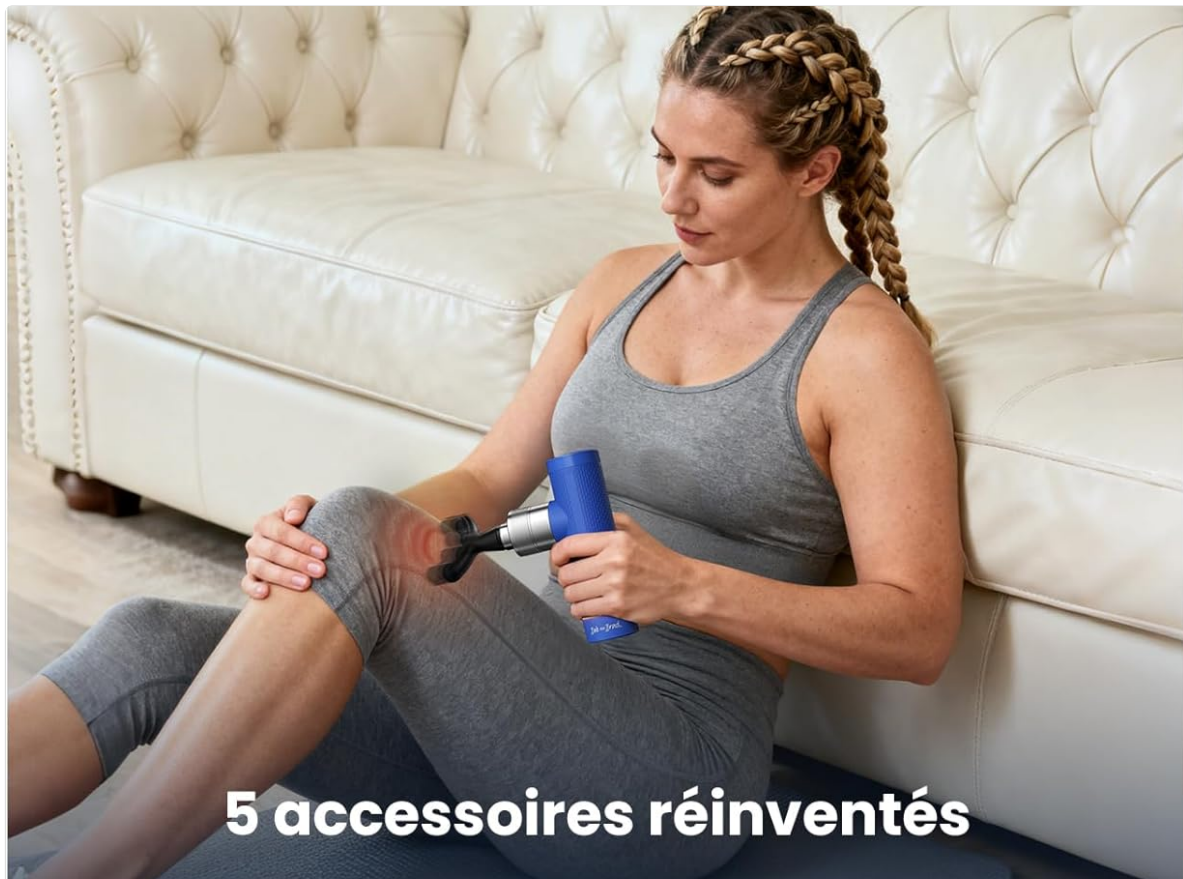
4.1 Initial Charging

Before first use, fully charge the massage gun. Refer to the "Charging" section for detailed instructions.


4.2 Attaching Massage Heads

1. Select the appropriate massage head for your desired muscle group.
2. Firmly insert the stem of the chosen massage head into the opening at the front of the massage gun. Ensure it is securely seated.

3. To remove, gently pull the massage head straight out.




5 accessoires réinventés




Tête à arc


Conçu spécifiquement pour les zones corporelles incurvées comme les bras, les mollets et les cuisses, offrant une pression ciblée et une intensité constante pour imiter les techniques de massage manuel professionnel.




Tête en métal



Tête conique



Tête à coussin d'air



Tête à bille

Image: A woman using the BOB AND BRAD A7 Mini Massage Gun on her knee, with an illustration of the five different massage heads available: an arc head, metal head, conical head, air cushion head, and ball head.

5. OPERATING INSTRUCTIONS

5.1 Power On/Off

- To turn on the device, press and hold the power button located at the base of the handle for 2 seconds.
- To turn off the device, press and hold the power button for 2 seconds.

5.2 Adjusting Speed Settings

Once the device is powered on, briefly press the power button to cycle through the 5 available speed settings (1600 RPM, 2000 RPM, 2600 RPM, 3000 RPM, and Automatic Mode). The LED indicator will show the current speed level.

Moteur sans balais premium

Conçu pour les hautes performances.



	1600 tr/min Échauffement avant l'entraînement
	2000 tr/min Entraînement de rééducation
	2600 tr/min Relaxation musculaire
	3000 tr/min Massage des tissus profonds



Massage à vitesse cyclique de 1600 à 3000 tr/min

Image: An internal view of the BOB AND BRAD A7 Mini Massage Gun's brushless motor, illustrating its power. Accompanying text lists recommended uses for each of the five speed settings: 1600 RPM for warm-up, 2000 RPM for rehabilitation training, 2600 RPM for muscle relaxation, and 3000 RPM for deep tissue massage. An automatic mode cycles through speeds from 1600 to 3000 RPM.

5.3 Application

1. Gently apply the massage head to the desired muscle area.
2. Move the device slowly over the muscle, applying light to moderate pressure. Avoid pressing too hard, especially on bony areas.
3. The intelligent light ring at the base will change color to indicate the pressure being applied: **Yellow** for low force, **Orange** for medium force, and **Red** for high force. Adjust pressure as needed.

4. The device will automatically shut off after 10 minutes of continuous use. If you wish to continue, simply power it back on.

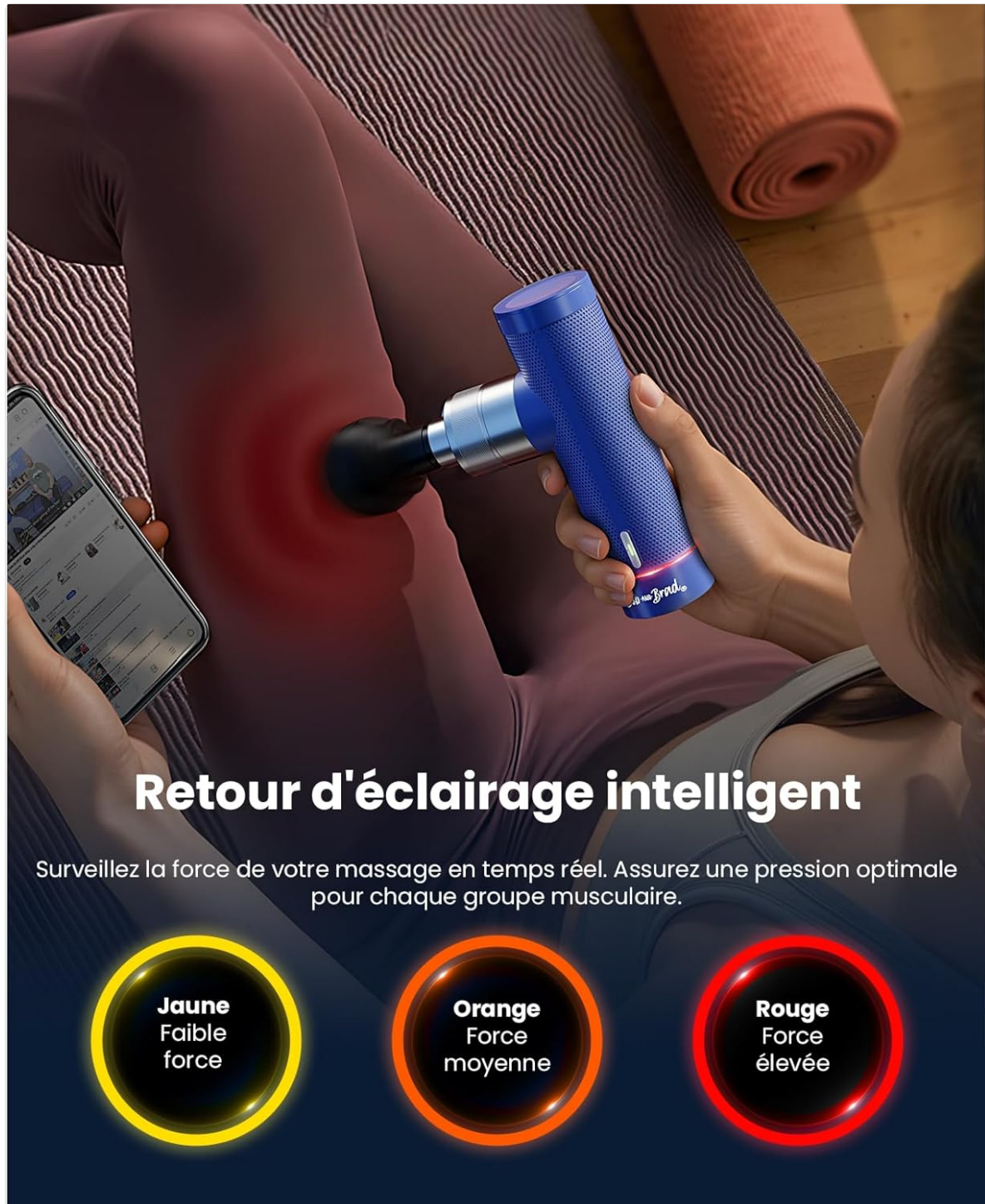


Image: A woman using the BOB AND BRAD A7 Mini Massage Gun on her thigh. The image highlights the intelligent light feedback system at the base of the device, with circles indicating yellow for low force, orange for medium force, and red for high force, guiding users on optimal pressure application.

5.4 Thermotherapy with Metal Head

The aerospace metal massage head can be used for hot or cold therapy:

- **Cold Therapy:** Place the metal head in a refrigerator for at least 30 minutes.
- **Hot Therapy:** Place the metal head in warm water (not boiling) for 5-10 minutes.
- Ensure the metal head is completely dry before attaching it to the massage gun and using it on your skin.

Tête de Massage en Alliage d'Aluminium

Texture durable pour un massage en profondeur des tissus.



Utilisée pour la thérapie par le froid ou la chaleur après avoir été placée dans le réfrigérateur ou dans l'eau chaude.



Refroidir et éliminer les gonflements



Accélère le flux sanguin

Image: A close-up view of the aerospace metal massage head detached from the BOB AND BRAD A7 Mini Massage Gun. Text indicates its use for cold therapy to reduce swelling and hot therapy to accelerate blood flow, by placing it in a refrigerator or warm water respectively.

6. CHARGING

- Connect the provided USB-C charging cable to the charging port at the base of the massage gun.
- Connect the other end of the USB-C cable to an 18W PD fast charger (not included). The device supports both USB-A to USB-C and USB-C to USB-C cables.
- The LED indicator lights will show the charging status.
- A full charge typically takes 1.5 to 2 hours.

7. MAINTENANCE

7.1 Cleaning

- Before cleaning, ensure the device is turned off and disconnected from the charger.
- Wipe the exterior of the massage gun with a slightly damp, soft cloth.
- Do not use abrasive cleaners, solvents, or harsh chemicals.
- Do not immerse the device in water or any other liquid.

7.2 Storage

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

8. TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on.	Low battery or no charge.	Charge the device fully using the USB-C cable and an 18W PD fast charger.
Device stops during use.	10-minute auto-off timer activated. Overheating.	Wait a few moments, then power the device back on. If it feels hot, allow it to cool down before resuming use.
Weak percussion or motor stalls.	Low battery. Excessive pressure applied.	Ensure the device is fully charged. Reduce the pressure applied to the muscle area.
Massage head is difficult to attach/remove.	Incorrect angle or debris in the opening.	Ensure the head is aligned correctly. Clean the opening if necessary. Do not force.

9. SPECIFICATIONS

- **Model:** A7 (T1035A)
- **Dimensions:** 9 cm (L) x 5 cm (W) x 16.5 cm (H)
- **Weight:** 570 grams
- **Battery Type:** Lithium-polymer
- **Battery Capacity:** 2550mAh
- **Charging Port:** USB-C
- **Charging Input:** 18W PD Fast Charge
- **Charging Time:** 1.5 - 2 hours (approx.)
- **Amplitude:** 11mm
- **Stall Force:** 18kg (40 lbs)
- **Speed Settings:** 5 levels (1600, 2000, 2600, 3000 RPM, Automatic Mode)
- **Noise Level:** <45dB
- **Materials:** Acrylonitrile Butadiene Styrene (ABS), Silicone, Aerospace Metal

10. IMPORTANT SAFETY INFORMATION


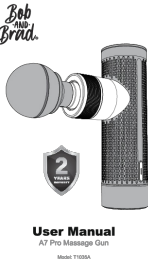
Please read all safety warnings and instructions before using this product to avoid injury or damage.

- Do not use the massage gun on your head, face, bony areas, or any sensitive parts of the body.
- Consult a physician before use if you have any medical conditions, are pregnant, have a pacemaker, or have any concerns about using a massage device.
- Keep the device out of reach of children and pets. This is not a toy.
- Do not modify, disassemble, or attempt to repair the device yourself. Contact customer support if service is required.
- Use only the provided or recommended charging cable and power adapter.
- Do not operate the device in wet or damp conditions.
- Avoid blocking the ventilation ports during use.
- Discontinue use immediately if you experience pain, discomfort, or any adverse reactions.

11. WARRANTY AND SUPPORT

For warranty information, please refer to the documentation included with your product or visit the official BOB AND BRAD website. If you require technical support or have questions regarding your BOB AND BRAD A7 Mini Massage Gun, please contact BOB AND BRAD customer service through their official channels.

Related Documents - A7 (Model T1035A)

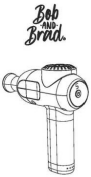
 <p>User Manual A7 Massage Gun Model: T1035A</p>	<p>Bob and Brad A7 Massage Gun User Manual</p> <p>Comprehensive user manual for the Bob and Brad A7 Massage Gun (Model: T1035A), detailing operation, maintenance, safety precautions, troubleshooting, and usage guidelines for various muscle groups.</p>
 <p>User Manual A7 Pro Massage Gun Model: T1035A</p>	<p>Bob and Brad A7 Pro Massage Gun User Manual</p> <p>User manual for the Bob and Brad A7 Pro Massage Gun (Model T1035A), detailing operation, attachments, safety, troubleshooting, and warranty. Enhance muscle recovery and performance.</p>
	<p>Bob and Brad QL/DMS.X6-C Massage Gun User Manual</p> <p>Comprehensive user manual for the Bob and Brad QL/DMS.X6-C Massage Gun, covering setup, operation, battery, safety, troubleshooting, and usage protocols for various muscle groups. Includes technical specifications and warranty information.</p>



User Manual
QL/DMS.C2-D
Massage Gun

[Bob and Brad QL/DMS.C2-D Massage Gun User Manual](#)

Comprehensive user manual for the Bob and Brad QL/DMS.C2-D Massage Gun, detailing its features, operation, maintenance, troubleshooting, and usage protocols for various muscle groups.



User Manual
C2 Pro
Massage Gun
Model: QL/DMS.C2-J

[Bob and Brad C2 Pro Massage Gun User Manual](#)

Comprehensive user manual for the Bob and Brad C2 Pro Massage Gun, covering operation, safety guidelines, technical specifications, and usage protocols for muscle recovery and pain relief.

[Bob and Brad D6 Pro-C Massage Gun User Manual](#)

Comprehensive user manual for the Bob and Brad D6 Pro-C Massage Gun, detailing its features, operation, maintenance, safety precautions, and troubleshooting.