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BOB AND BRAD X6&X6-E

BOB AND BRAD X6 Pro Max Massage Gun User Manual

MODEL: X6 PRO MAX (ULTIMATE HOT & COLD THERAPY)

Brand: BOB AND BRAD

1. SETUP

Upon unboxing your BOB AND BRAD X6 Pro Max Massage Gun, please ensure all components are present: the massage gun unit, 6 versatile attachments, and the USB-C PD fast charging cable. Before initial use, fully charge the device.

1.1 Charging the Device

- Connect the USB-C PD fast charging cable to the massage gun's charging port.
- Plug the other end into a compatible USB power adapter (not included).
- The battery indicator lights will illuminate to show charging progress. A full charge typically takes 180-240 minutes.

1.2 Attaching Massage Heads

The X6 Pro Max comes with 6 precision-designed attachments, including a unique metal head and an auto heat-cold head. To attach, simply align the desired head with the gun's shaft and push firmly until it clicks into place. To remove, pull the head straight off.



Image: The BOB AND BRAD X6 Pro Max Massage Gun displayed with its carrying case and all six interchangeable massage heads, including the specialized heat-cold and metal heads.

2. OPERATING INSTRUCTIONS

2.1 Powering On/Off and Speed Adjustment

- To power on, press and hold the power button located at the back of the gun.
- Once on, short press the power button to cycle through the 5 adjustable speeds: 2000 RPM, 2300 RPM, 2600 RPM, 2900 RPM, and 3200 RPM.
- To power off, press and hold the power button again.

5 Adjustable Speeds



Image: The control panel of the X6 Pro Max massage gun, illustrating the five adjustable speed settings indicated by illuminated dots.

2.2 Using Heat and Cold Therapy

The X6 Pro Max features an innovative auto heat-cold head for dual therapy. This head warms up or cools down in seconds, offering targeted relief.

- Attach the heat-cold head to the massage gun.
- Press the dedicated heat or cold button on the head to activate the desired therapy mode.
- The heat function reaches up to 113°F (45°C) and the cold function cools down to 50°F (10°C).

- Use heat therapy to ease aches and pains, and cold therapy for post-exercise recovery or to reduce inflammation.

Ice it. Heat it.

Pain relief has never been simpler.



Cool Mode

 59 °F

 lights: 50 °F  light: 59 °F

Heat Mode

 113 °F

 light: 104°F  lights: 113 °F

Image: Close-up of the heat-cold head demonstrating both cool mode (59°F) and heat mode (113°F) with corresponding indicator lights.

Bob
AND
Brad®

Cold-Heat Dual Therapy

Offers both warming and cooling options for targeted relief.

Thermal Imaging Effect



Image: A man using the massage gun on his shoulder, with an inset showing a thermal imaging effect to illustrate the cold-heat dual therapy.

2.3 Utilizing the Titanium Alloy Metal Head

The exclusive 100% Titanium Alloy Metal Head is designed for deeper tissue penetration and enhanced therapy. It offers greater density, is more skin-friendly, provides precise strokes, and is corrosion-resistant.

World's 1st

Titanium Alloy Metal Massage Head Design
and Heat-Cold Relax



- ✓ Greater density
- ✓ More skin-friendly
- ✓ Precise stroke
- ✓ Corrosion-resistant



- ✓ Greater density
- ✓ More skin-friendly
- ✓ Precise stroke
- ✓ Corrosion-resistant

Image: A visual comparison highlighting the benefits of the titanium alloy metal head and the heat-cold head, emphasizing their material properties and precise stroke capabilities.

2.4 Application Areas

The BOB AND BRAD X6 Pro Max is suitable for use on various body parts, including the arm, back, foot, legs, and shoulder. Always start with a lower speed and gradually increase as comfortable. Avoid using on injured or inflamed areas, or on areas with skin issues. Consult a healthcare professional if you have any pre-existing medical conditions or concerns before using the massage gun.

3200 RPM

True Industrial-Grade
120W Brushless Motor

10.5mm
Amplitude



Up to 3200 Stroke Per Minute
Up To 55 Lbs Force

Image: An internal view of the massage gun highlighting its 150W industrial-grade brushless motor and 11mm amplitude, indicating powerful deep tissue massage capabilities.

Real 11mm Amplitude

*Bob
AND
Brad*

X6-Pro Max Massage Gun

Ordinary vibration
massager



**55+ LBS
OF PRESSURE**

**20+ LBS
OF PRESSURE**



**Percussive Deep
Tissue Massage**

**Surface Level
Massage**

Image: A side-by-side comparison illustrating the X6 Pro Max's 11mm real amplitude and 55+ LBS of pressure for percussive deep tissue massage, contrasted with a surface-level massager.

3. MAINTENANCE

3.1 Cleaning

To clean the massage gun, wipe the surface with a slightly damp cloth. Do not immerse the device in water or use

harsh chemicals. Ensure the device is powered off and unplugged before cleaning.

3.2 Storage

Store the massage gun and its attachments in the provided carrying case when not in use. Store in a cool, dry place away from direct sunlight and extreme temperatures. The compact design and carrying case make it easy to store and transport.

3.3 Battery Care

The X6 Pro Max is equipped with a 2600mAh Lithium Metal battery, offering 180-240 minutes of average use time (based on 10 min/day = 24 days). It features 10 years durability with overload, over-current, and over-temperature protection. The device also has a 10-minute auto shutoff feature for overheat protection. For optimal battery life, avoid fully discharging the battery frequently.

Ultra - Long Endurance Battery



2600mAh
Li Battery

10 Years Durability
overload, over-current
over-temperature protection

180-240 Min
Average Using Time:
10 min/day=24days

10 Min Auto Shutoff
overheat protection

*Use time may differ depending on the speed selected

Image: Details on the massage gun's ultra-long endurance 2600mAh Li Battery, highlighting 10 years durability, 180-240 minutes average using time, and 10-minute auto shutoff for overheat protection.

4. TROUBLESHOOTING

4.1 Common Issues and Solutions

- **Device not turning on:** Ensure the device is fully charged. Press and hold the power button for a few

seconds.

- **Weak percussion:** Check the battery level. If low, recharge the device. Ensure the massage head is securely attached.
- **Overheating:** The device has a 10-minute auto shutoff for overheat protection. Allow the device to cool down before resuming use.
- **Unusual noise:** Ensure no foreign objects are obstructing the massage head's movement. If the noise persists, discontinue use and contact customer support.

4.2 Safety Information

Always adhere to the safety guidelines provided in the product packaging. Avoid using on injured or inflamed areas, or on areas with skin issues. Be cautious when using the heat function to avoid burns. Consult a healthcare professional if you have any pre-existing medical conditions or concerns before using the massage gun.

5. SPECIFICATIONS

Feature	Detail
Brand	BOB AND BRAD
Model Number	X6&X6-E
Product Dimensions	9.61 x 5.79 x 2.87 inches
Item Weight	2.12 Pounds (0.96 Kilograms)
Power Source	Battery Powered, USB-C PD Fast Charging
Battery Type	1 Lithium Metal battery (included)
Battery Capacity	2600mAh
Motor	150W Industrial-Grade Powerful Brushless Motor
Amplitude	Real 11mm
Stall Force	Up to 55 LBS
Speed Settings	5 (2000, 2300, 2600, 2900, 3200 RPM)
Noise Level	30-50dB
Material	Premium Silicone, Quality Plastic
Attachments	6 (Ball head, Air cushion head, U-shaped head, Bullet head, Rubber sleeve, Metal head, Heat-Cold head)
Recommended Use	Arm, Back, Foot, Legs, Shoulder

6. WARRANTY AND SUPPORT

The BOB AND BRAD X6 Pro Max Massage Gun comes with a **2-year warranty**. For any product inquiries, technical support, or warranty claims, please contact BOB AND BRAD customer service through their official website or the retailer where the product was purchased.



Image: A badge indicating a 2-year warranty for the product.

