

BOB AND BRAD Q2 Plus Mini

BOB AND BRAD Q2 Plus Mini Massage Gun with Heat User Manual

Model: Q2 Plus Mini

INTRODUCTION

This manual provides instructions for the safe and effective use of your BOB AND BRAD Q2 Plus Mini Massage Gun with Heat. Please read this manual thoroughly before operation and retain it for future reference.

SAFETY INFORMATION

To ensure safe operation, observe the following precautions:

- Charge the device fully before initial use.
- Attach the desired massage head securely before turning on the device.
- Refer to the user manual for detailed instructions and safety precautions specific to each massage head and body area.
- Do not use the device on open wounds, sensitive skin areas, or over bony prominences.
- Consult a healthcare professional before use if you have any medical conditions, are pregnant, or have a pacemaker.
- To maintain optimal battery health, 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. Charge the device every few weeks to prevent this.

Legal Disclaimer: 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 a medical device.

PACKAGE CONTENTS

Verify that all items are present in your package:

- BOB AND BRAD Q2 Plus Mini Massage Gun with Heat

- Portable Carrying Case
- 5 Interchangeable Massage Heads (Heat Head, U-Shaped Head, Ball Head, Bullet Head, Air Cushion Head)
- USB Type-C Charging Cable
- User Manual (this document)



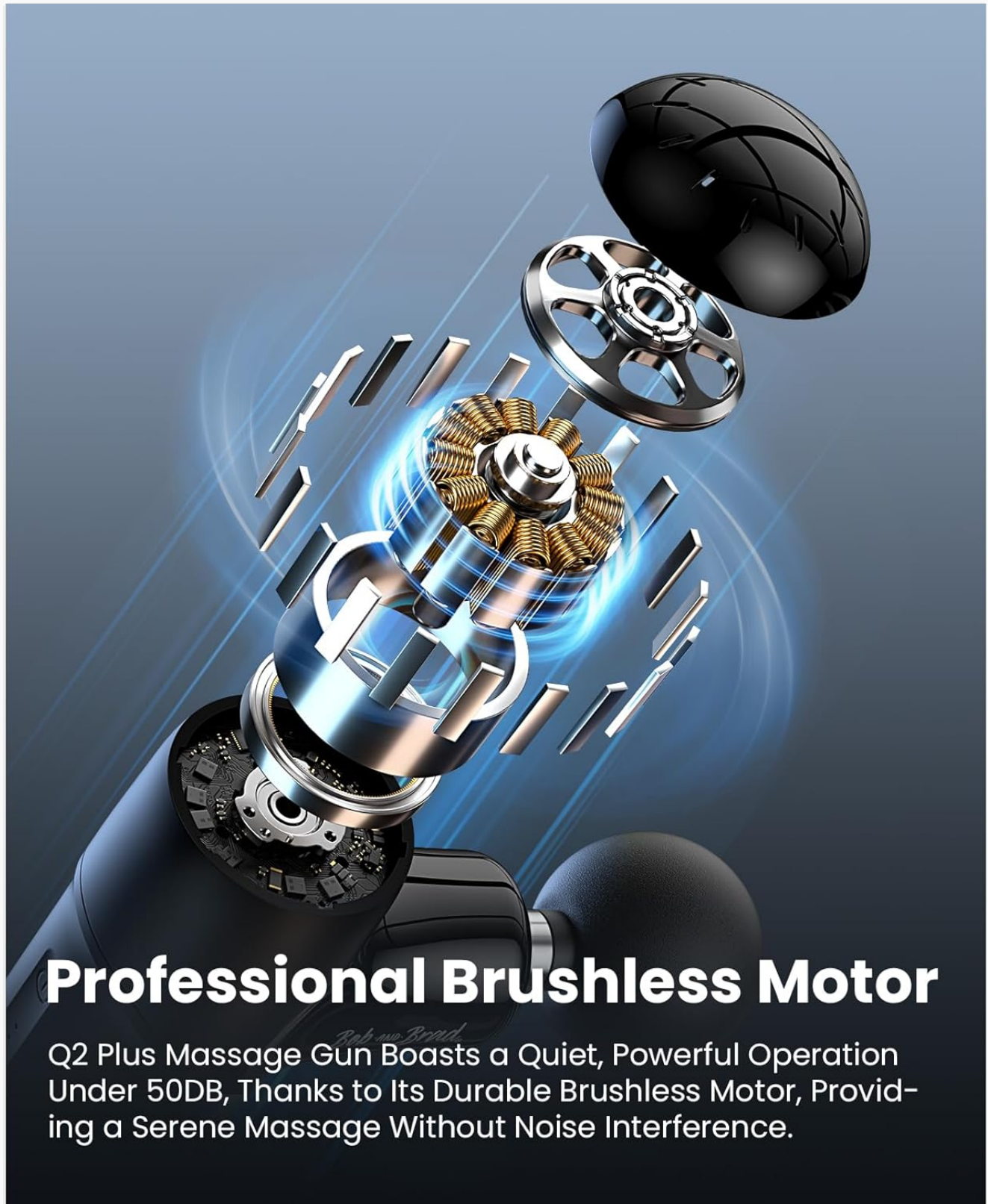
Image: The Q2 Plus Mini Massage Gun, its compact carrying case, and the five included massage heads.

PRODUCT OVERVIEW

Key Features:

- **5 Adjustable Speeds:** Ranging from 1800 to 3000 RPM for varied intensity.
- **Heated Deep Tissue Massage:** 7mm amplitude percussion combined with thermal therapy for enhanced muscle recovery and relaxation.
- **Compact and Portable Design:** Weighs 0.95lb (0.43KG) with dimensions of 5.7"L x 3.4"W x 1.8"H.
- **Quiet Operation:** Operates at 40 decibels.

- **Fast Charging:** 15W PD fast charging via USB Type-C, fully charged in 1.5-2 hours.
- **Ergonomic Grip:** Designed for comfortable handling and reduced hand vibration.



Professional Brushless Motor

Q2 Plus Massage Gun Boasts a Quiet, Powerful Operation Under 50DB, Thanks to Its Durable Brushless Motor, Providing a Serene Massage Without Noise Interference.

Image: Internal components of the Q2 Plus Mini, highlighting the professional brushless motor for quiet and powerful operation.

SETUP

Initial Charging:

Before first use, fully charge the massage gun. Connect the USB Type-C charging cable to the device and a compatible 15W PD fast charger (not included) or power bank. The charging indicator will show progress. A full

charge typically takes 1.5 to 2 hours.

Attaching Massage Heads:

1. Ensure the device is powered off.
2. Select the desired massage head.
3. Align the stem of the massage head with the opening on the front of the massage gun.
4. Push firmly until the head is securely seated. Do not twist.
5. To remove, pull the head straight out.

OPERATING INSTRUCTIONS

Power On/Off:

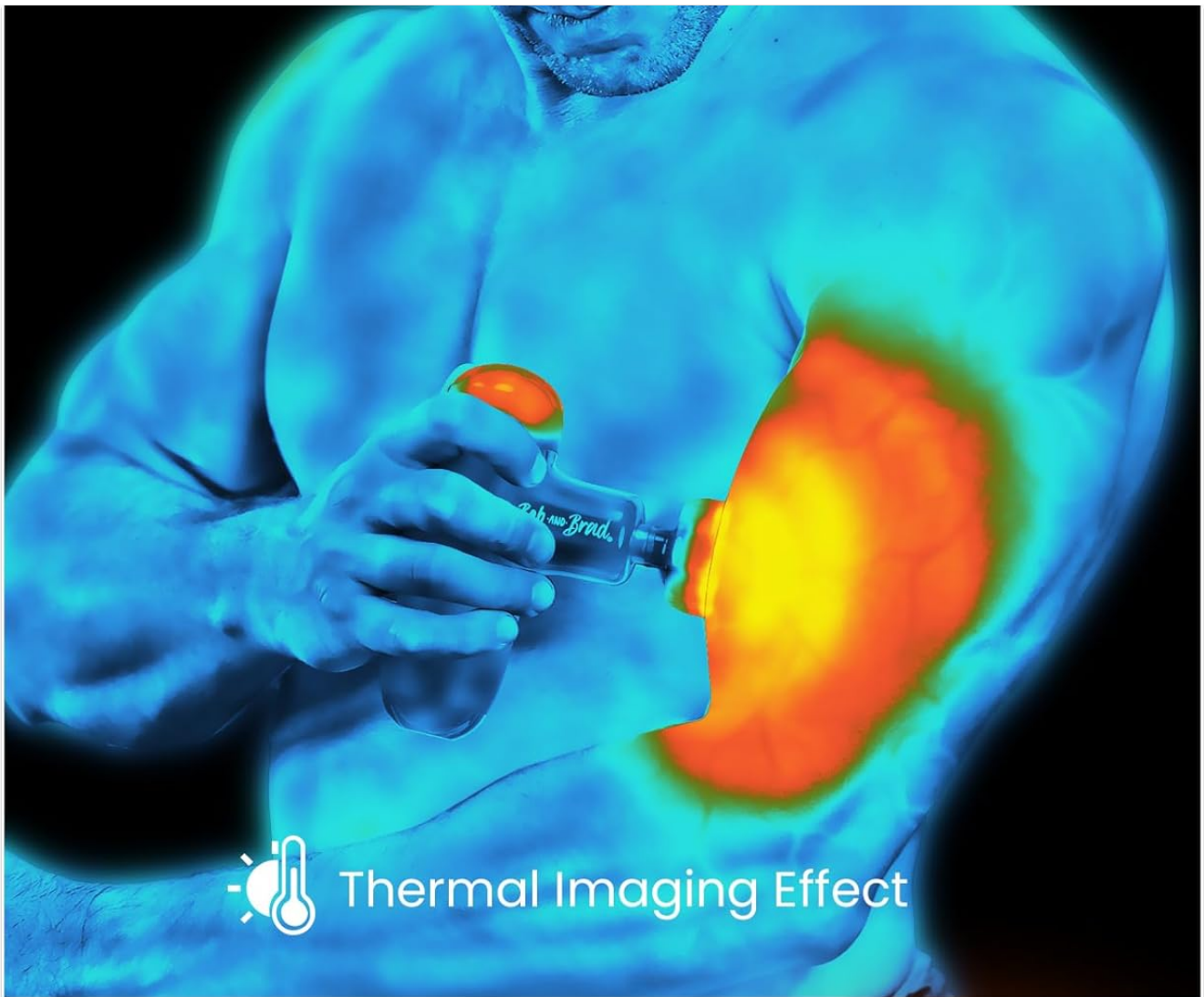
- Press and hold the power button for 2 seconds to turn the device on or off.
- The device will automatically power off after 10 minutes of continuous use to prevent overheating and conserve battery. You can restart it by pressing the power button again.

Adjusting Speed:

- Once powered on, press the power button repeatedly to cycle through the 5 speed settings (1800, 2100, 2400, 2700, and 3000 RPM).
- Start with the lowest speed and gradually increase as desired.

Using the Heat Function:

- Ensure the Heat Head attachment is installed.
- Activate the heat function (specific button or combination of buttons, refer to device markings if available, otherwise assume integrated with power button for simplicity).
- Allow a few moments for the head to warm up.
- Apply the heated head to the desired muscle area. The heat therapy enhances blood circulation and aids in deeper relaxation.



Thermal Imaging Effect

Heat. Relief on the spot.

Manage soreness and stiffness
Post-exercise recovery



Image: A thermal image illustrating the localized heat effect of the massage gun on a muscle area.

Heat it.

Pain relief has never been simpler.



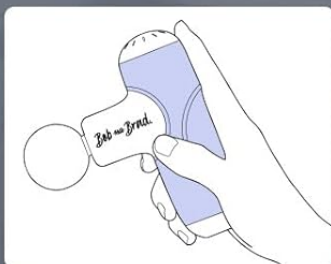
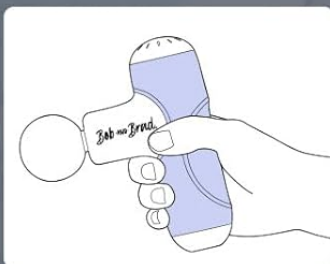
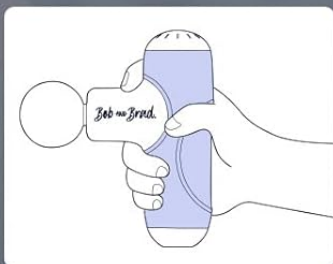
Deep Rooted Therapy

Image: A cross-section diagram demonstrating how the heat from the massage gun penetrates deep into muscle tissue for therapeutic effect.

Application:

Gently press the massage gun onto the target muscle area. Move it slowly across the muscle, avoiding direct contact with bones or joints. The device is suitable for use on the arms, back, legs, shoulders, and other whole-body muscle groups.

Ergonomic, Anti-slip Grip Design.



Smooth, ergonomic grip that is easy to hold. Reducing strain on your hands and wrists, even for people with hand arthritis

Image: A user applying the massage gun to their lower back, accompanied by diagrams demonstrating the ergonomic, anti-slip grip for comfortable use.

MESSAGE HEAD USAGE GUIDE

The Q2 Plus Mini includes 5 specialized massage heads, each designed for specific muscle groups and therapeutic needs:

Head Type	Description	Recommended Use
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Head Type	Description	Recommended Use
Heat Head	Provides targeted thermal therapy.	For all body parts, to enhance blood circulation and relaxation.
U-Shaped Head	Contoured for specific areas.	Ideal for spine, back, and shoulder muscles, avoiding direct contact with bones.
Ball Head	General purpose head.	Suitable for large muscle groups like quads, glutes, and tight muscles, as well as general joint soreness.
Bullet Head	Pointed design for precision.	For joints, deep tissue, trigger points, and small muscle areas such as feet and wrists.
Air Cushion Head	Soft, cushioned surface.	For relaxation of sensitive body parts and areas requiring a gentler touch.



5 Attachments Developed by Physical Therapists



Heat Head

For all body parts.



U-Shaped Head

For spine, back and shoulder.



Ball Head

For large muscle groups like quads, glutes, tight muscles, and joint soreness.



Air Cushion Head

For relaxation of sensitive body parts.



Bullet Head

For joints, deep tissue, trigger points and small muscle areas like feet and wrists.



Elevate your recovery with the re-invented attachments developed by therapists.

Image: Visual guide to the five interchangeable massage heads and their recommended applications.

CHARGING

The Q2 Plus Mini Massage Gun is equipped with a USB Type-C port for convenient charging. It supports 15W PD fast charging.

- Connect the provided USB Type-C cable to the charging port on the device.
- Connect the other end of the cable to a compatible USB power adapter (not included) or power bank.
- A full charge takes approximately 1.5 to 2 hours.

- For optimal battery longevity, avoid completely draining the battery for extended periods. Charge the device every few weeks, even if not in regular use.

MAINTENANCE

Cleaning:

- Ensure the device is powered off and unplugged before cleaning.
- Wipe the surface of the massage gun with a slightly damp cloth. Do not use abrasive cleaners or immerse the device in water.
- Clean massage heads with a mild soap and water solution, then rinse and dry thoroughly before reattaching.

Storage:

- Store the massage gun and its accessories in the provided portable carrying case when not in use.
- Store in a cool, dry place, away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on.	Low battery or device is off.	Charge the device fully. Press and hold the power button for 2 seconds to turn on.
Device stops during use.	Automatic 10-minute shut-off or low battery.	Press the power button to restart. If it continues to stop, charge the device.
Heat function not working.	Heat Head not attached or function not activated.	Ensure the Heat Head is securely attached and the heat function is activated according to operating instructions.
Massage head is loose.	Head not properly seated.	Ensure the device is off, then firmly push the massage head straight into the opening until secure.

If you encounter issues not listed here, please contact customer support.

SPECIFICATIONS

Brand	BOB AND BRAD
Model Name	Q2 Plus Mini
Item Model Number	QL/MINI.Q2-G
Product Dimensions	5.75 x 1.81 x 3.39 inches
Item Weight	0.95 lb (0.43 Kilograms)
Power Source	Battery Powered, USB-C Fast Charging
Battery Type	1 Lithium Metal battery (included)

Material	ABS Plastic, Rubber, Silicone (Ergonomic Design, Non-Slip Handle, Skin-Friendly)
Speed Settings	5 (1800, 2100, 2400, 2700, 3000 RPM)
Massage Amplitude	7mm
Noise Level	As low as 40 decibels

WARRANTY AND SUPPORT


BOB AND BRAD products are developed by physical therapists with extensive experience. We are committed to providing quality products.




- Warranty:** This product typically comes with a 2-year warranty. Please refer to your purchase documentation for specific warranty terms and conditions.
- Customer Support:** For any questions, concerns, or support needs, please contact BOB AND BRAD customer service. Contact information can usually be found on the product packaging or the official BOB AND BRAD website.



Image: The BOB AND BRAD team, representing the brand's commitment to product quality and support.

Related Documents - Q2 Plus Mini

	<p>Bob and Brad QL/MINI.Q2-D Mini Massage Gun User Manual</p> <p>This user manual provides instructions and safety precautions for the Bob and Brad QL/MINI.Q2-D Mini Massage Gun. Learn about its features, operation, charging, and troubleshooting.</p>
	<p>Bob and Brad QL/DMS.C2-D Massage Gun User Manual</p> <p>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.</p>

 <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 QL/DMS.T2-C Massage Gun</p>	<p>Bob and Brad QL/DMS.T2-C Massage Gun User Manual and Usage Guide</p> <p>Comprehensive user manual for the Bob and Brad QL/DMS.T2-C Massage Gun, covering operation, maintenance, safety, troubleshooting, and detailed usage protocols for various muscle groups.</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>
 <p>User Manual C2 Pro Massage Gun Model: QL/DMS C2-J</p>	<p>Bob and Brad C2 Pro Massage Gun User Manual</p> <p>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.</p>