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## BOB AND BRAD A1 4-Head and A7 Pro Massage Guns

# BOB AND BRAD A1 4-Head and A7 Pro Massage Guns User Manual

Models: A1 4-Head Massage Gun, A7 Pro Massage Gun

## 1. IMPORTANT SAFETY INFORMATION

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Please read all instructions carefully before using the massage guns. Keep this manual for future reference.

- Do not immerse the device in water or other liquids.
- Do not use on open wounds, swollen areas, or inflamed skin.
- Consult a physician before use if you have any medical conditions, are pregnant, or have a pacemaker.
- Keep out of reach of children.
- Use only the provided charging cable.
- Do not operate continuously for more than 15 minutes. Allow a 30-minute break between uses.

## 2. PRODUCT OVERVIEW

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The BOB AND BRAD A1 4-Head Massage Gun and A7 Pro Massage Gun are designed for deep tissue muscle relaxation and recovery. The A7 Pro features heat and cold therapy capabilities, while the A1 offers a unique four-head design for broader coverage.

### A7 Pro Massage Gun Components

- Massage Gun Unit
- 5 Specialized Massage Heads:
  - **Hot/Cold Head:** For temperature therapy.
  - **Arc Head:** For curved body areas like arms, calves, and thighs.
  - **Ball Head:** For large muscle groups.
  - **Bullet Head:** For pinpoint accuracy on knots.
  - **Air Cushion Head:** For sensitive areas.
- USB-C Charging Cable

## A1 4-Head Massage Gun Components

- 4-Head Massage Unit
- USB Charging Cable

## 3. SETUP AND CHARGING

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### Initial Charge

Before first use, fully charge your massage gun. Connect the USB-C charging cable to the device and a compatible power adapter. The LED indicator will show charging status and turn solid when fully charged.

The A7 Pro features a 2550 mAh battery with 15W USB-C fast charging, providing up to 6 hours of continuous use.

### Attaching Massage Heads (A7 Pro)

To attach a massage head, gently push it into the front opening of the gun. To remove, pull it straight out. Ensure the head is securely seated before use.



## 5 Reinvented Attachments



### Arc Head

Specifically designed for curved body areas like arms, calves, and thighs, delivering targeted pressure and consistent intensity to mimic professional hand massage techniques.



### Heat and Cold Head



### Cone Head



### Air Cushion Head



### Ball Head

The A7 Pro comes with 5 specialized massage heads, including the Hot/Cold head, Arc head, Ball head, Bullet head, and Air Cushion head. Each head is designed for specific muscle groups and massage techniques.

## 4. OPERATING INSTRUCTIONS

### General Operation

1. **Power On/Off:** Press and hold the power button to turn the device on or off.

2. **Adjust Intensity:** Short press the power button to cycle through intensity levels. Both models feature multiple adjustable intensity settings.
3. **Application:** Gently press the massage head against the desired muscle area. Move the device slowly over the muscle. Do not apply excessive pressure.
4. **Automatic Shut-off:** Both devices are equipped with an intelligent control for a 15-minute massage duration, after which they will automatically power off to prevent overuse.

### A7 Pro Specific Features: Heat and Cold Therapy

The A7 Pro's Hot/Cold head offers dual-temperature therapy for enhanced muscle relief.

- **Activating Temperature Therapy:** Attach the Hot/Cold head. Once the device is on, activate the heat or cold function via the dedicated button on the head or device interface.
- **Adjusting Temperature:** The A7 Pro features 4 adjustable temperature settings for both heat and cold. Cycle through these settings to find your preferred level.
- **Heat Therapy:** Ideal for easing aches and pains, promoting blood circulation, and relaxing stiff muscles. Temperatures range from approximately 104-140°F (40-60°C).
- **Cold Therapy:** Beneficial for reducing swelling, inflammation, and post-exercise recovery. Temperatures range from approximately 50-59°F (10-15°C).



The A7 Pro provides targeted heat therapy, with thermal imaging showing temperatures between 104-140°F for muscle relaxation.

**Massage with Confidence.  
Prevent Injury.**

The Smart LED Guide Ensures  
You're Always in the Safe Zone.

SAFE & EFFECTIVE  
Low

TARGETING KNOTS  
Medium

MAXIMUM INTENSITY  
High

The image shows a woman using the massage gun on her shoulder. The device has a blue handle and a silver head with a red LED light. The background is dark with a blue glow.

The A7 Pro also offers cold therapy, with temperatures between 50-59°F, ideal for reducing inflammation and aiding post-exercise recovery.

## A1 4-Head Massage Gun Usage

The A1 features a unique four-head design for a broader and more gentle massage experience, covering a larger area simultaneously.

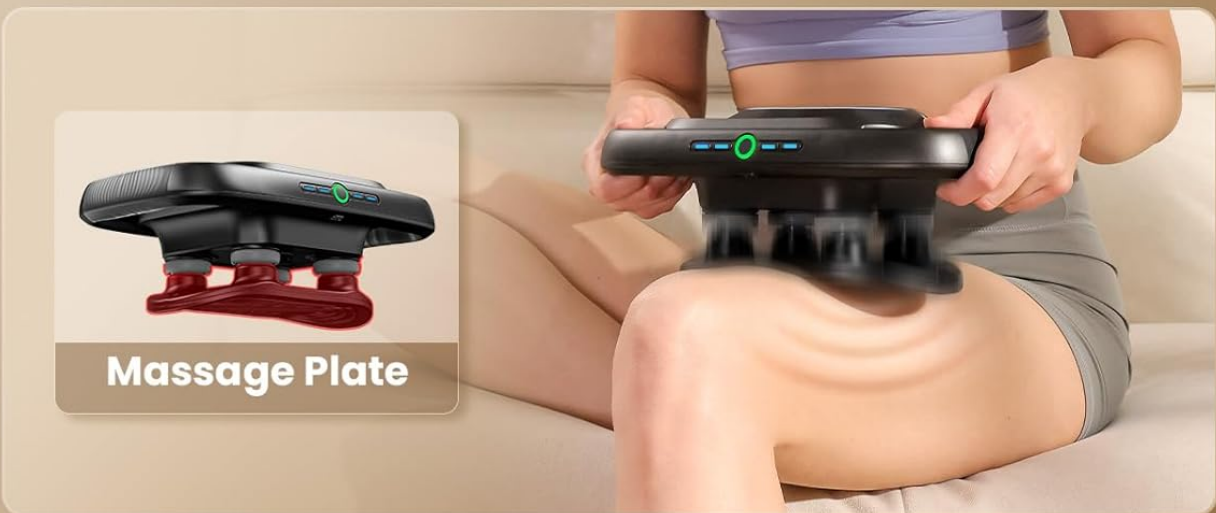
# A Multi-Area Massage



The A1 4-Head Massager is versatile, suitable for massaging various body areas including thighs, calves, back, hamstrings, arms, and feet.

# Two Massage Styles.

A fresh experience to ease fatigue and relax yourself.



2100r/min: Maximum speed: 1200-2100r/min

The A1 offers two massage styles: a traditional massage gun grip and a massage plate style for broader, hands-free application.

## 5. MAINTENANCE AND CARE

- **Cleaning:** Wipe the device with a slightly damp cloth after each use. Do not use abrasive cleaners or immerse in water.
- **Storage:** Store the massage gun in a cool, dry place away from direct sunlight and extreme temperatures.

- **Battery Care:** To prolong battery life, avoid fully discharging the battery frequently. Charge regularly, even if not used for extended periods.

## 6. TROUBLESHOOTING

- **Device not turning on:** Ensure the device is fully charged. If the battery is low, connect it to the charger.
- **Weak massage intensity:** Check the selected intensity level and adjust as needed. Ensure the massage head is properly attached.
- **Unusual noise or vibration:** Turn off the device immediately. Check for any obstructions or damage to the massage head or device. Contact customer support if the issue persists.
- **Heat/Cold head not changing temperature (A7 Pro):** Ensure the Hot/Cold head is securely attached and the temperature function is activated. Allow a few moments for the temperature to adjust.

## 7. SPECIFICATIONS

Feature	A7 Pro Massage Gun	A1 4-Head Massage Gun
Massage Heads	5 (Hot/Cold, Arc, Ball, Bullet, Air Cushion)	4 (Integrated)
Amplitude	11mm	Not specified (Deep tissue)
Stall Force	40 lbs	Not specified
Speed Settings	5 Adjustable Speeds (Max 3000 RPM)	4 Adjustable Intensity Settings (Max 2100 RPM)
Temperature Therapy	Yes (4 Heat/Cold Settings)	No
Battery Capacity	2550 mAh	Not specified (Long-lasting)
Charging	15W USB-C Fast Charging	USB Charging
Battery Life	Up to 6 hours	Not specified
Noise Level	42 dB	60 dB
Auto Shut-off	15 minutes	15 minutes

## 8. WARRANTY AND SUPPORT

### Warranty Information

Your BOB AND BRAD massage gun is covered by a **2-year warranty** from the date of purchase. This warranty covers manufacturing defects and malfunctions under normal use. Please retain your proof of purchase for warranty claims.

### **Customer Support**

For any questions, technical assistance, or warranty claims, please contact BOB AND BRAD customer support. You can find more information and contact details on the official [BOB AND BRAD Store on Amazon](#).

**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.

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