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BOB AND BRAD Q2 Ultra

BOB AND BRAD Q2 Ultra Mini Massage Gun Instruction Manual

Model: Q2 Ultra (QL/MINI.Q2-J)

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1. SAFETY INFORMATION

Please read all instructions and warnings before using this product. Keep this manual for future reference. Improper use may result in injury or device damage.

- Do not immerse the device in water or use it in wet environments.
- Keep away from heat sources and direct sunlight.
- Do not use on open wounds, inflamed areas, or areas with skin damage.
- 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 disassemble or modify the device.

2. PRODUCT OVERVIEW

The BOB AND BRAD Q2 Ultra Mini Massage Gun is a portable percussion massager designed for deep tissue muscle therapy and pain relief. It features a unique red light infrared heating head for enhanced recovery.

- **Dual-Action Relief with Red Light Infrared Heat:** Specialized heated head delivers thermal waves to warm stiff muscles and boost circulation, complementing percussive therapy.
- **Pocket-Sized Powerhouse:** Weighs just 0.95lbs, making it highly portable. Powered by a high-torque brushless motor, it delivers up to 3000 RPM and 7mm amplitude.
- **Developed by Physical Therapists:** Designed by Bob and Brad for safe and effective recovery, including 5 interchangeable heads for specific muscle groups.

- **USB-C Fast Charging:** Equipped with automotive-grade battery cells and a universal USB-C port for 15W PD fast charging, fully charging in 1.5-2 hours.
- **Premium Ergonomics & Whisper-Quiet Operation:** Soft-touch silicone finish, high-quality ABS, ergonomic grip, and operates at a quiet 40dB. Includes a portable travel case.



Figure 1: BOB AND BRAD Q2 Ultra Mini Massage Gun with Infrared Relief Head. The device is compact and features a comfortable grip.

3. SETUP

Before first use, fully charge the device. Ensure all components are present in the travel case.

1. Unpack the massage gun and all accessories from the portable travel case.
2. Select the desired massage head and attach it to the device. The heads snap in and twist for secure attachment.
3. Ensure the device is fully charged before initial operation.

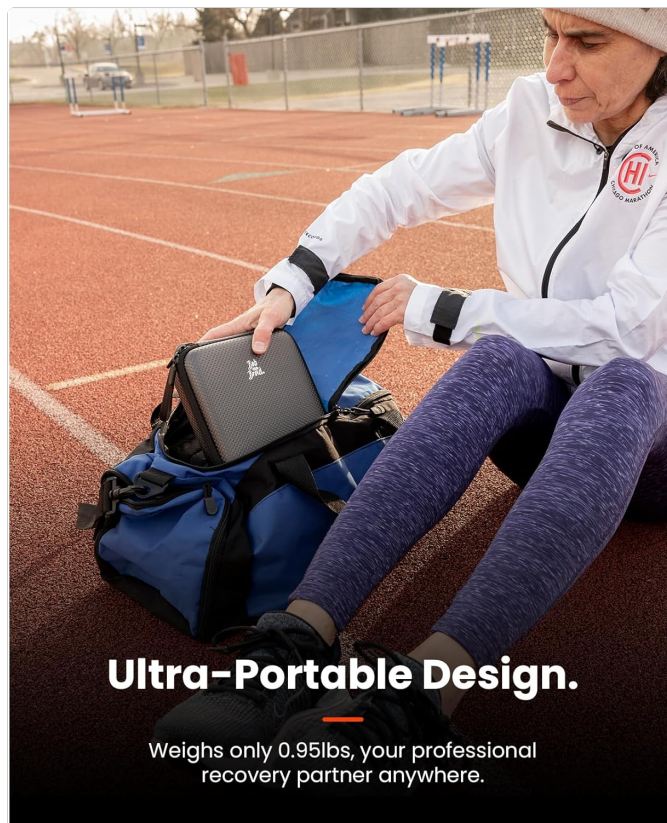


Figure 2: The Q2 Ultra Mini Massage Gun stored in its portable travel case, demonstrating its compact and organized design for easy transport.

4. CHARGING

The Q2 Ultra Mini Massage Gun is equipped with a universal USB-C port for convenient charging.

- Connect the provided USB-C cable to the charging port at the bottom of the massage gun.
- Connect the other end of the USB-C cable to a compatible 15W PD fast charger (not included).
- A full charge typically takes 1.5-2 hours. The battery indicator lights will show charging progress.

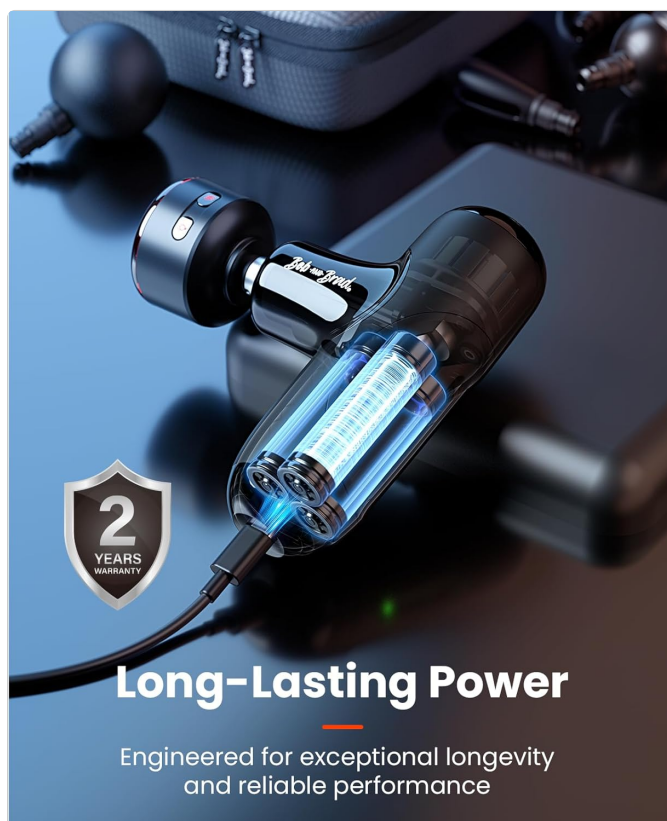


Figure 3: The Q2 Ultra Mini Massage Gun connected to a USB-C charger, illustrating its long-lasting power and convenient charging method.

5. ATTACHMENTS

The Q2 Ultra comes with 5 interchangeable massage heads, each designed for specific muscle groups and therapy needs.

- **Heat Head with Infrared LED Light:** Relieves deep muscle stiffness with soothing heat therapy.
- **Ball Head:** Ideal for large muscle groups such as quads, glutes, and general joint soreness.
- **U-Shaped Head:** Designed for massaging around the spine and shoulder blades.
- **Bullet Head:** Perfect for joints, deep tissue, trigger points, and smaller muscle areas like feet and wrists.
- **Air Cushion Head:** Provides a softer touch for relaxation of sensitive body parts.



Figure 4: The Q2 Ultra Mini Massage Gun displayed with its five interchangeable attachments, including the specialized heat head, ball head, U-shaped head, bullet head, and air cushion head.

6. OPERATING INSTRUCTIONS

Follow these steps to operate your BOB AND BRAD Q2 Ultra Mini Massage Gun.

1. **Power On/Off:** Press and hold the power button located on the device handle for 2 seconds to turn the massager on or off.
2. **Adjust Speed:** Once powered on, short press the power button to cycle through the 5 available percussion speeds.
3. **Activate Heat/Red Light Therapy:** If using the Infrared Relief Head, press the dedicated button on the head to activate the red light and heat functions. Cycle through different heat levels with subsequent presses.
4. **Apply Massager:** Gently press the massage head onto the desired muscle area. Move the device slowly over the muscle, applying comfortable pressure.

5. **Force Sensor:** The LED light bar on the device indicates the amount of pressure being applied. Green indicates light pressure, orange for medium, and red for deep pressure.

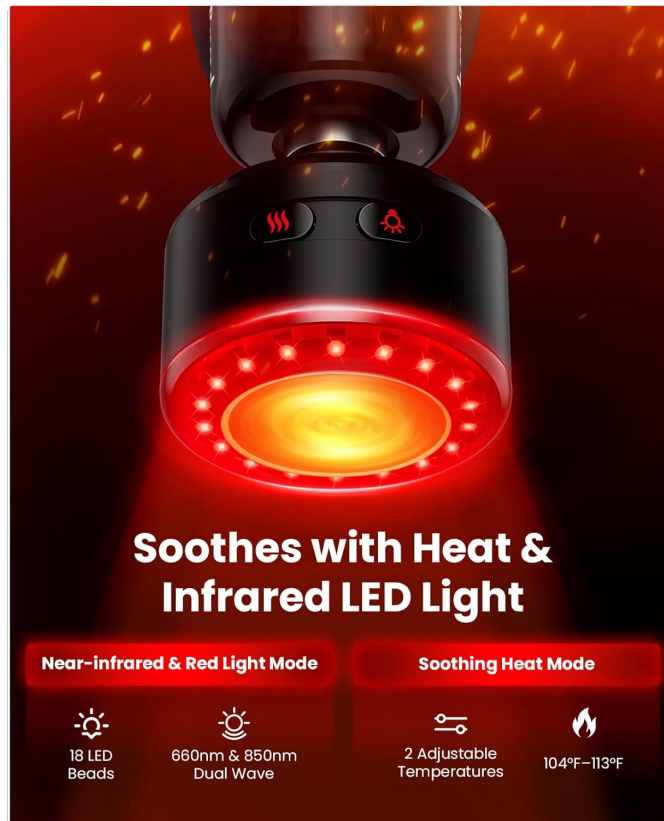


Figure 5: Close-up of the Q2 Ultra Mini Massage Gun's infrared heating head, showing the red light therapy in action. This head provides dual-action relief by combining heat with percussion.



Figure 6: Illustration of the Q2 Ultra Mini Massage Gun's four targeted therapies: Red LED Therapy (660nm), Near Infrared Therapy (850nm), Heat Therapy, and Percussive Therapy, with a thermal imaging effect showing heat distribution.



Figure 7: The ergonomic anti-slip grip of the Q2 Ultra Mini Massage Gun, designed for comfort and control during extended use, minimizing hand fatigue and vibrations.

7. MAINTENANCE

- Clean the device with a slightly damp cloth after each use. Do not use harsh chemicals.
- Store the massager in its portable travel case in a cool, dry place.
- Regularly inspect massage heads for wear and tear. Replace if necessary.

8. TROUBLESHOOTING

- **Device not turning on:** Ensure the device is fully charged. Press and hold the power button for 2 seconds.
- **No percussion:** Check if the massage head is securely attached. Ensure the device is powered on and not in standby mode.
- **Heat/Red Light not working:** Ensure the Infrared Relief Head is properly attached and charged (if it has a separate charge). Press the dedicated button on the head to activate.
- **Unusual noise/vibration:** Discontinue use and contact customer support.

9. SPECIFICATIONS

Feature	Detail
Product Dimensions	5.71 x 3.39 x 1.81 inches
Item Model Number	QL/MINI.Q2-J
Item Weight	0.43 Kilograms (15.17 ounces)
Power Source	Battery Powered, USB-C Fast Charging

Battery Type	1 Lithium Metal battery (included)
Material	ABS Plastic, Silicone (Ergonomic Design)
Amplitude	7mm
RPM	Up to 3000 RPM
Noise Level	40dB

10. WARRANTY & SUPPORT

BOB AND BRAD stands behind the quality of its products.

- **2-Year Warranty:** This product is covered by a 2-year warranty against manufacturing defects.
- **100% Satisfaction:** Your satisfaction is our promise.
- **US Customer Support:** For any questions, concerns, or warranty claims, please contact BOB AND BRAD Direct customer support.

For more information or to contact support, please visit the [BOB AND BRAD Direct store on Amazon](#).