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[Q & A](#) | [Deep Search](#) | [Upload](#)

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› [BOB AND BRAD](#) /

› [BOB AND BRAD D6 Pro Plus Massage Gun with Heat and ThermoRed Heating Pad Belt User Manual](#)

## BOB AND BRAD D6 Pro Plus

# BOB AND BRAD D6 Pro Plus Massage Gun with Heat and ThermoRed Heating Pad Belt User Manual

Model: D6 Pro Plus

[Safety Information](#)

[Product Overview](#)

[Setup](#)

[Operation](#)

[Maintenance](#)

[Troubleshooting](#)

[Specifications](#)

[Warranty & Support](#)

## 1. SAFETY INFORMATION

Please read all instructions and warnings carefully before using the BOB AND BRAD D6 Pro Plus Massage Gun and ThermoRed Heating Pad Belt. Retain this manual for future reference.

### General Safety Warnings:

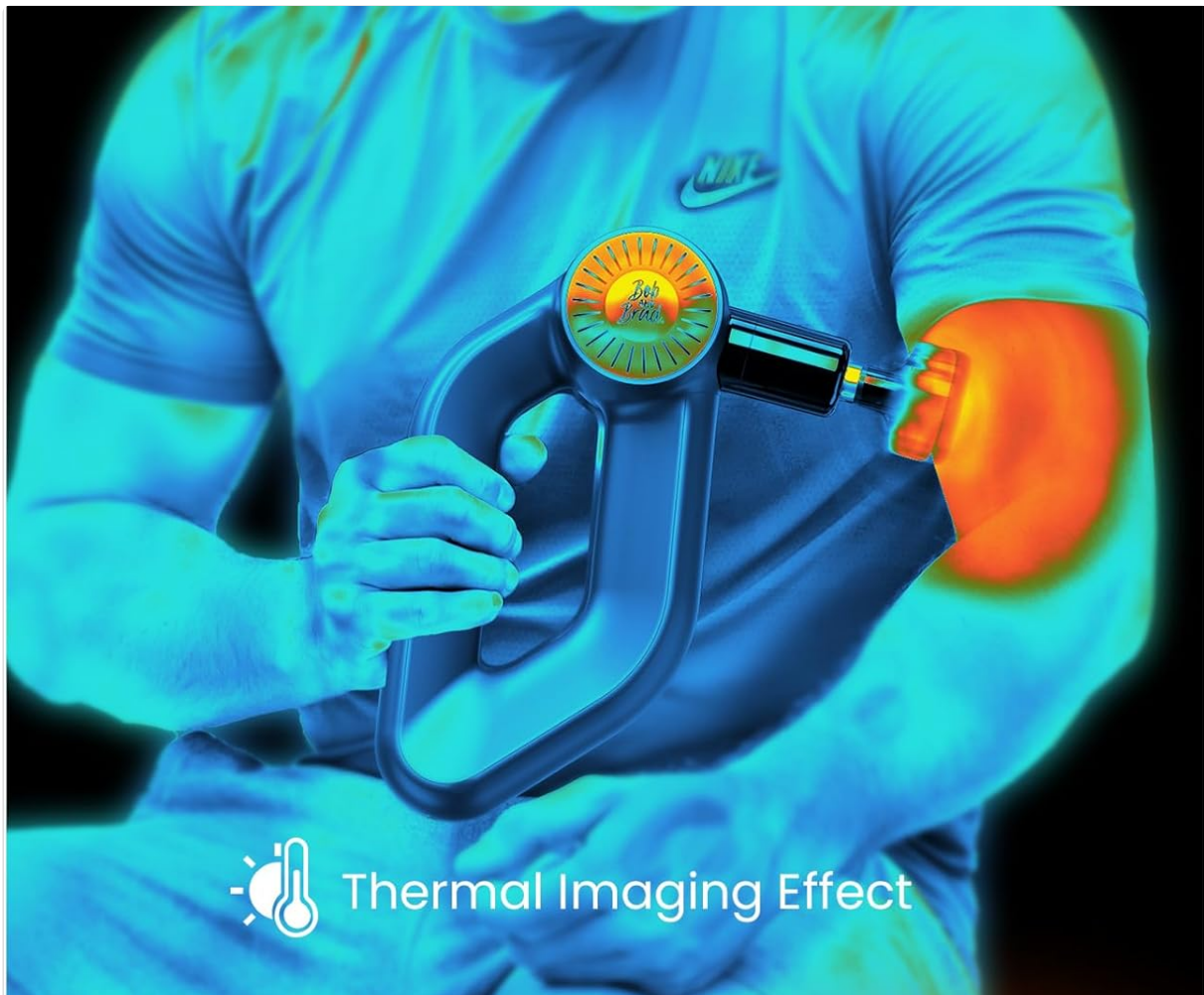
- Do not immerse the device in water or use it in wet environments.
- Keep away from children and pets.
- Do not operate if the device or power cord is damaged.
- Consult a physician before use if you have any medical conditions, are pregnant, or have a pacemaker.
- Do not use on open wounds, swollen areas, or areas with skin disorders.
- Avoid using the massage gun on your head, bony areas, or directly on joints.
- The massage gun has a 10-minute auto shut-off feature to prevent prolonged use and potential muscle damage.
- For the heating pad belt, ensure the function area is flat for best results.
- 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.

## 2. PRODUCT OVERVIEW

The BOB AND BRAD D6 Pro Plus combines a powerful heated massage gun with a versatile ThermoRed heating pad belt, designed for comprehensive muscle recovery and pain relief.

### D6 Pro Plus Massage Gun Features:

- **Heated Massage Head:** Provides heat therapy combined with percussion for enhanced blood circulation and muscle relaxation.
- **Deep Tissue Percussion:** Industry-leading 16mm amplitude and 85lbs stall force for effective deep tissue massage.
- **Adjustable Speeds:** 6 speeds ranging from 1500 to 2500 RPM for customized intensity.
- **Ergonomic Design:** Uniquely designed to reach difficult areas with 90° adjustable head.
- **Smart OLED Display:** Shows real-time speed, intensity, and battery status.
- **PD Fast Charging:** 2500mAh automotive-grade battery with faster charging.
- **Auto Shut-off:** 10-minute automatic shut-off for safety.



Thermal Imaging Effect

**Heat.  
Relief on the spot.**

Manage soreness and stiffness  
Post-exercise recovery

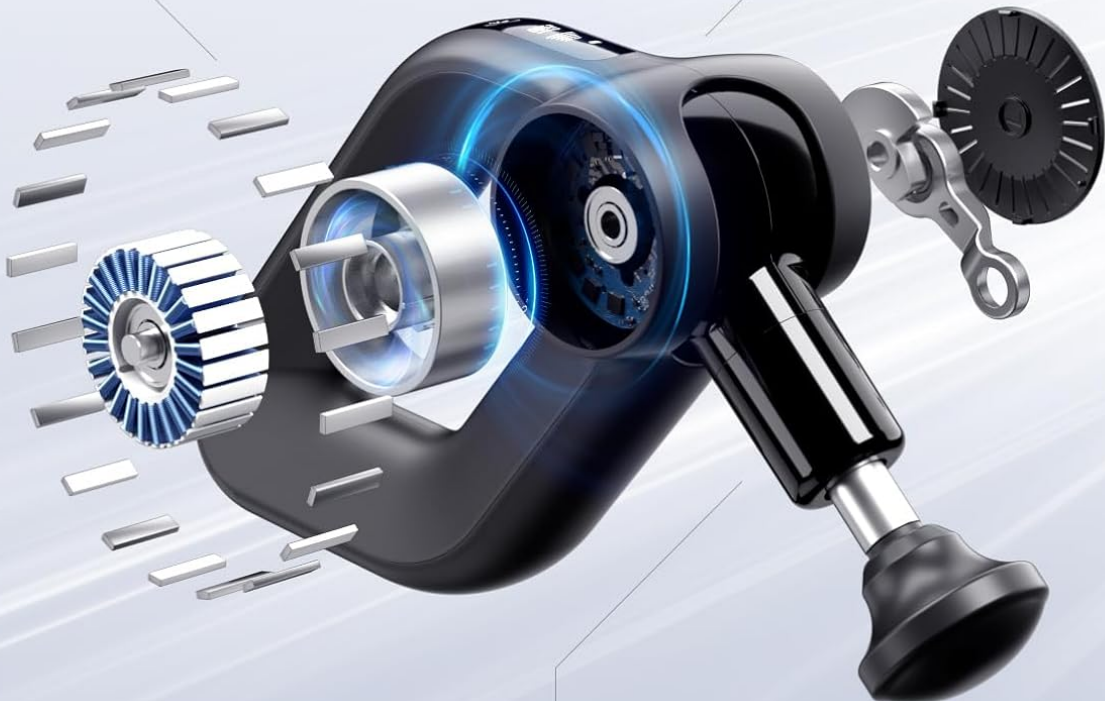


Image: The D6 Pro Plus Massage Gun applying heat to a user's arm, illustrating the thermal imaging effect.

# 85 pounds stall force + 20% Quieter

—  
All of the power.  
None of the sound

—  
The most powerful  
massage gun on the market



—  
Deliver the 85 Pounds  
of power and 20% Quieter

Image: An exploded view of the massage gun's internal mechanism, emphasizing its power and quiet design.

# Uniquely designed to reach the areas you can't



Image: A user applying the massage gun to their upper back, showcasing the 90-degree adjustable head for extended reach.

## ThermoRed Heating Pad Belt Features:

- **4-in-1 Comfort:** Combines heat therapy, vibration therapy, red LED light therapy (660nm), and near-infrared therapy (850nm).
- **Targeted Warmth:** Dual-wavelength red light and near-infrared technology for deeper penetration.
- **Adjustable Settings:** 4 heat levels and 4 vibration modes.
- **Versatile Use:** Flexible design adapts to lower back, knees, or shoulders.

# ThermoRed 4-in-1 Back Massager Belt

Unwind, Ease, Revive—Back Comfort Redefined.



Heat  
Therapy



Vibration  
Therapy



Red LED  
Therapy



Near Infrared  
Therapy



Image: A woman wearing the ThermoRed Heating Pad Belt, highlighting its heat, vibration, red LED, and near-infrared therapies.

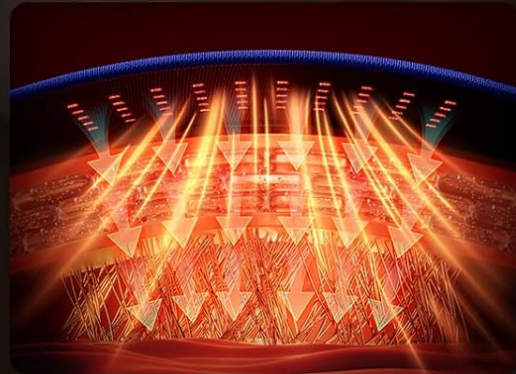


# 4-Intensity Infrared Light Soothing

Stronger Penetration, Comfort – Boosting.



**660nm (Visible Light):**  
Deeply boosts circulation



**850nm (Invisible Light):**  
Soothes Muscles & Fatigue

Image: An illustration detailing the infrared light soothing capabilities of the heating pad belt, showing both visible (660nm) and invisible (850nm) light penetration.

## 3. SETUP

### 3.1 Charging the D6 Pro Plus Massage Gun

1. Connect the PD fast charging adapter to the charging port on the massage gun.
2. Plug the adapter into a suitable power outlet.
3. The OLED display will indicate charging status. A full charge is recommended before first use.

# Premium Battery for Longer Service Life



Double the industry  
standard



High temperature  
resistance



Sports Car  
Grade Battery



2

YEARS  
WARRANTY



Image: An illustration of the massage gun's internal battery, emphasizing its premium quality and fast charging capability.

## 3.2 Attaching Massage Heads (D6 Pro Plus Massage Gun)

- Ensure the massage gun is turned off before attaching or removing any massage heads.
- Gently push the desired massage head into the opening at the front of the gun.
- To remove, gently pull the massage head out.

## 3.3 Preparing the ThermoRed Heating Pad Belt

- Ensure the belt is fully charged or connected to a power source if applicable (details not provided, assuming internal battery or power bank).

- Wrap the belt around the desired area (lower back, knee, shoulder) and secure it comfortably. Ensure the function area is flat against the skin for optimal heat transfer.

## 4. OPERATION

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### 4.1 Operating the D6 Pro Plus Massage Gun

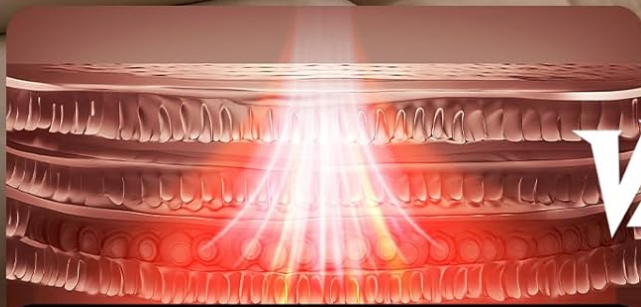
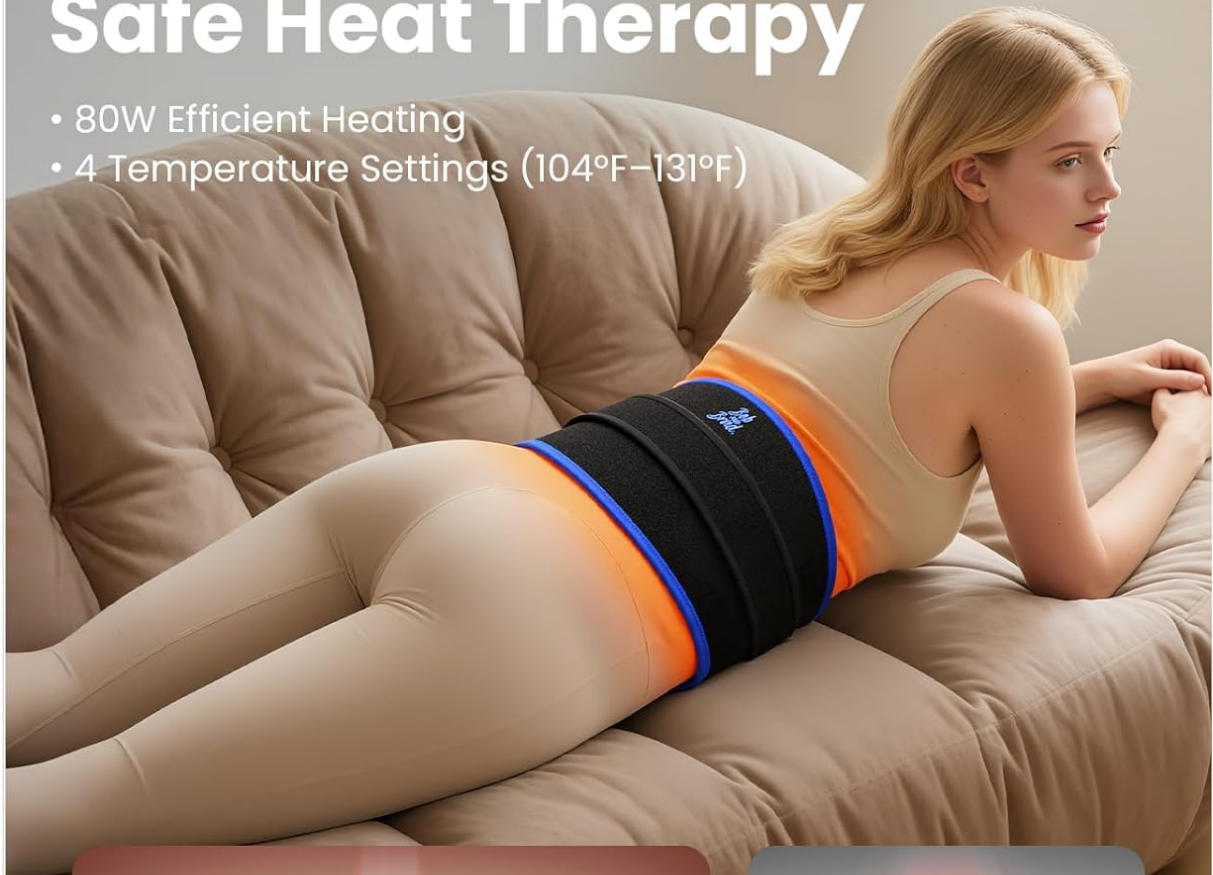
1. **Power On/Off:** Press and hold the power button for 2 seconds to turn the device on or off.
2. **Adjust Speed:** Once powered on, short press the power button to cycle through the 6 available speeds (1500-2500 RPM). The OLED display will show the current speed.
3. **Activate Heat Function:** Locate the heat button (if separate) or follow instructions on the OLED display to activate the heated massage head.
4. **Application:** Gently apply the massage gun to the desired muscle area. Move it slowly across the muscle, avoiding direct contact with bones or joints.
5. **Auto Shut-off:** The device will automatically turn off after 10 minutes of continuous use to prevent overuse.

### 4.2 Operating the ThermoRed Heating Pad Belt

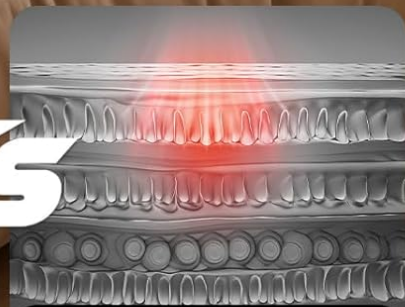
1. **Power On/Off:** Press and hold the power button on the control panel of the belt to turn it on or off.
2. **Adjust Heat Levels:** Short press the heat button to cycle through the 4 available heat levels (104°F - 131°F).
3. **Select Vibration Mode:** Short press the vibration button to choose from the 4 vibration modes.
4. **Red Light/Near-Infrared:** These therapies activate automatically with the heating function or can be controlled separately if indicated on the device.
5. **Usage:** Wear the belt for targeted relief. Adjust settings as needed for comfort.

# Fast, Steady & Safe Heat Therapy

- 80W Efficient Heating
- 4 Temperature Settings (104°F–131°F)

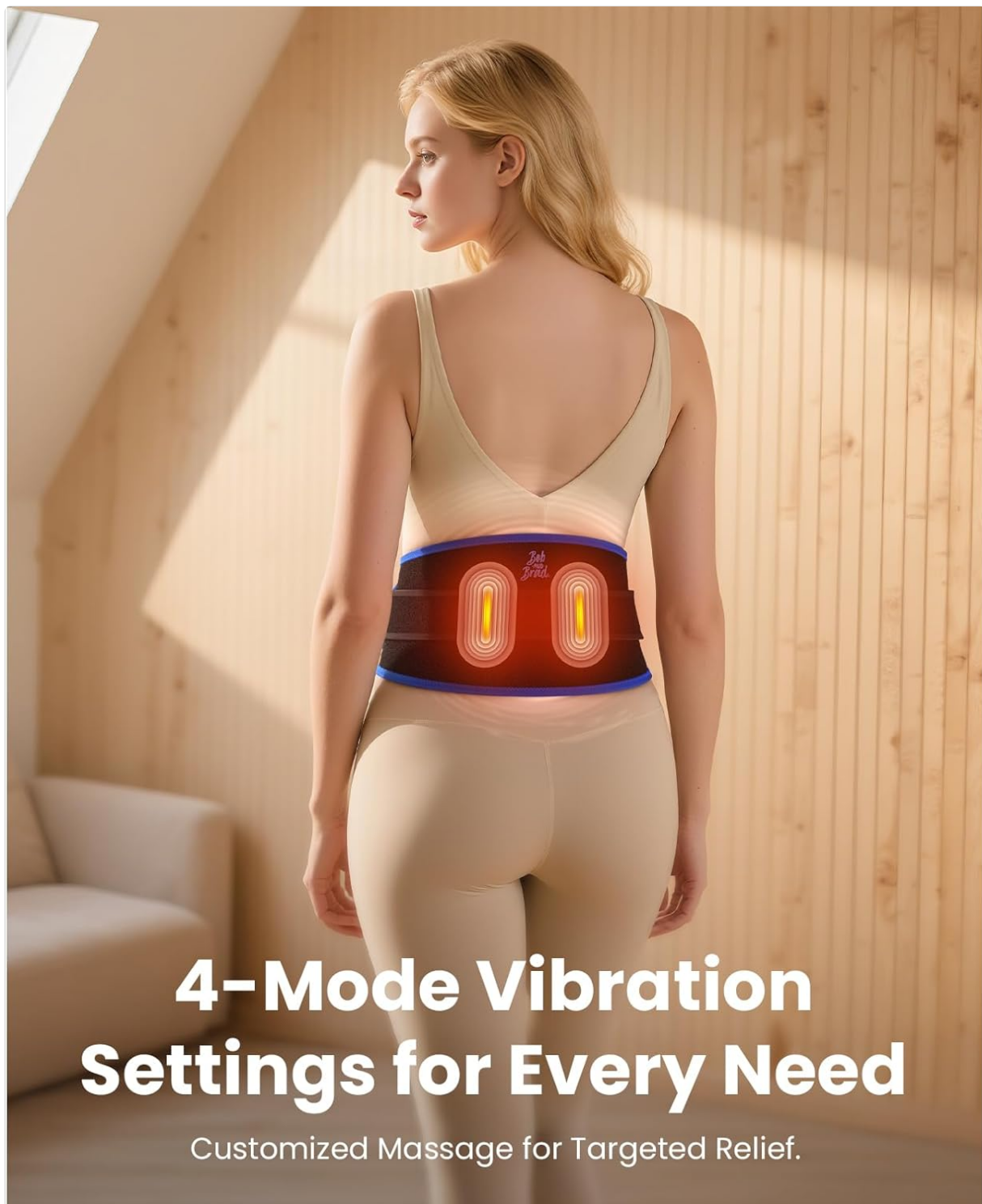


**- BOB AND BRAD -**  
Deep muscle penetration with  
NTC-controlled heating



**- Others -**  
Heat remains  
only on skin surface

Image: A woman relaxing with the heating pad belt on her lower back, demonstrating its effective and safe heat therapy.



# 4-Mode Vibration Settings for Every Need

Customized Massage for Targeted Relief.

Image: A woman wearing the heating pad belt, highlighting the four customizable vibration settings for targeted relief.

## 5. MAINTENANCE

### 5.1 Cleaning

- Ensure both devices are turned off and unplugged before cleaning.
- Wipe the surfaces of the massage gun and heating pad belt with a slightly damp, soft cloth.
- Do not use abrasive cleaners, solvents, or harsh chemicals.
- Do not immerse either device in water.

### 5.2 Storage

- Store the devices in a cool, dry place, away from direct sunlight and extreme temperatures.

- Keep out of reach of children.
- If storing for an extended period, ensure the devices are fully charged to maintain battery health.

## 6. TROUBLESHOOTING

If you encounter any issues, please refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Device does not turn on.	Low battery or not charged.	Charge the device fully using the provided adapter.
Massage gun stops during use.	10-minute auto shut-off activated or low battery.	Restart the device if desired, or recharge if battery is low.
Heat function not working on massage gun/belt.	Heat function not activated or device not properly positioned (belt).	Ensure heat function is turned on. For the belt, ensure it is flat against the skin.
Vibration on belt is weak or not working.	Incorrect vibration mode selected or low battery.	Cycle through vibration modes. Recharge the belt if necessary.
OLED display is blank.	Device is off or battery is completely drained.	Turn on the device. Charge the device.

If the problem persists, please contact customer support.

## 7. SPECIFICATIONS

### D6 Pro Plus Massage Gun:

- **Amplitude:** 16mm
- **Stall Force:** 85 lbs
- **Speed Settings:** 6 (1500-2500 RPM)
- **Battery:** 2500mAh automotive-grade battery
- **Charging:** PD Fast Charging
- **Auto Shut-off:** 10 minutes

### ThermoRed Heating Pad Belt:

- **Heat Levels:** 4 (104°F - 131°F)
- **Vibration Modes:** 4
- **Red Light Wavelength:** 660nm (Visible Light)
- **Near-Infrared Wavelength:** 850nm (Invisible Light)
- **Heating Power:** 80W Efficient Heating

**ASIN:** B0FMKCJSMS

**Date First Available:** April 18, 2025

## 8. WARRANTY & SUPPORT

BOB AND BRAD products are designed for durability and performance. We stand by our commitment to quality and customer satisfaction.

- **2-Year Warranty:** Your BOB AND BRAD D6 Pro Plus Massage Gun and ThermoRed Heating Pad Belt are covered by a 2-year warranty from the date of purchase. This warranty covers manufacturing defects and ensures your product is built to last.
- **100% Satisfaction:** We are committed to your happiness. If you are not completely satisfied with your purchase, please contact us.
- **US Customer Support:** Real people, real help. Our dedicated customer service team is available 24/7 to assist you with any questions or concerns.

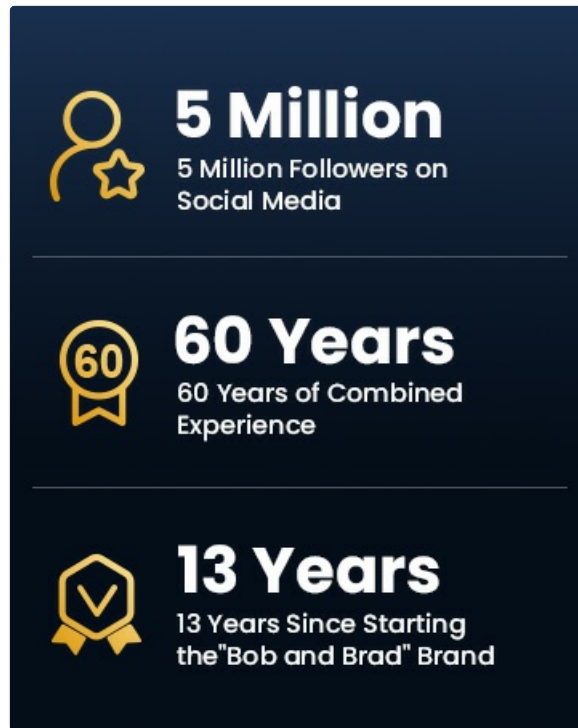


Image: An illustration detailing the Bob and Brad Promise, including a 2-year warranty, 100% satisfaction guarantee, and US customer support.

For support, please visit the official BOB AND BRAD store or contact us through the platform where you purchased the product.

**BOB AND BRAD Store:** <https://www.amazon.com/stores/BOBANDBRAD/page/C3113FF8-512F-4048-BBE2-5A03E741296E>