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› BOB AND BRAD ThermArmor HXR-A130 User Manual

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3-in-1 Electric Ice Pack for Heat, Cold & Contrast Therapy

INTRODUCTION

The BOB AND BRAD ThermArmor HXR-A130 is a versatile 3-in-1 electric device designed to provide targeted thermal therapy. It offers instant heat, rapid cold, and dynamic contrast modes to support joint comfort and muscle recovery. This manual provides essential information for safe and effective use of your ThermArmor device.

SAFETY INFORMATION

Important Safety Precautions:

- Always begin therapy at the lowest heat or cold setting. Adjust intensity gradually as your body adapts.
- For sensitive skin, use the device over thin clothing to prevent direct skin contact.
- Do not apply the device to open wounds or inflamed skin.
- Consult a healthcare professional before use if you are pregnant.
- Do not use the device while sleeping.

PRODUCT OVERVIEW

The ThermArmor HXR-A130 features a compact, ultralight design (14oz / 394g) with a unique dual-wing architecture and Snug-Hinge for optimal contouring to joints like the knee, shoulder, and elbow. It utilizes a Peltier-driven engine for rapid temperature changes and a Turbo-Airflow engine for efficient cooling.



Bob
AND
Brad®

Dissolve Tension, Reclaim Mobility

Triple-Action Relief & Hinged Contour Fit



Targeted Cold
Instant Chill



Contrast
Dynamic Circulation



Soothing Heat
Loosens Stiffness

Image: The ThermArmor device showcasing its flexible, hinged design for adapting to body contours.

Key Features:

- **Instant 3s Thermal Relief:** The ThermArmor utilizes a Peltier-driven engine to achieve precise, localized thermal support in approximately 3 seconds. This rapid response technology provides efficient thermal transfer for immediate post-activity comfort.
- **3-in-1 Heat & Cold Relief (Contrast Therapy):** The device offers dynamic thermal cycling by alternating between heat (100°F, 104°F, 108°F) and cold (41°F, 50°F, 59°F). This contrast therapy supports joint comfort.
- **Form-Fitting Joint Contour:** The dual-wing architecture and Snug-Hinge design conform to the natural curves of the knee, shoulder, and elbow, minimizing air gaps and ensuring optimal thermal transfer. Three strap sizes (S: 20"/50cm, M: 30"/75cm, L: 43"/110cm) are included for a secure and even fit.
- **Unbound Active Mobility:** Weighing 14oz (394g), this compact device provides hands-free thermal support. Its cordless design and 60dB Turbo-Airflow engine for cooling allow for use during various activities, offering a portable solution for on-the-go relief.
- **Safe & Consistent Operation:** NTC Controlled Timing features Smart Temp Control, which monitors output every

second to maintain a safe temperature range, preventing over-cooling or over-heating.

SETUP

1. Charging the Device

Before first use, fully charge your ThermArmor device. Connect the provided USB-C cable to the device and a 5V | 2A adapter (not included). Lower-output adapters may result in slower charging times. The battery indicator lights will show charging progress.

2. Attaching Straps

The ThermArmor comes with three adjustable straps (S: 20"/50cm, M: 30"/75cm, L: 43"/110cm) to secure the device to various body parts. Select the appropriate strap size for the area you intend to treat. Insert the strap ends into the designated slots on both sides of the device until they click securely.



Image: A user demonstrating how to attach the adjustable straps to the ThermArmor device for a secure fit.

OPERATING INSTRUCTIONS

The ThermArmor device offers three primary modes: Instant Heat, Rapid Cold, and Dynamic Contrast. Each session has an automatic shut-off timer for safety and convenience.

1. Power On and Mode Selection

1. Press and hold the power button to turn on the device.
2. Press the mode button to cycle through the available therapy modes:
 - **Heat Mode:** Indicated by a red light. Offers 3 levels: 100°F, 104°F, 108°F.
 - **Cold Mode:** Indicated by a blue light. Offers 3 levels: 41°F, 50°F, 59°F.
 - **Contrast Mode:** Alternates between heat and cold for dynamic circulation.
3. Use the intensity buttons (+/-) to select your desired temperature level within the chosen mode.

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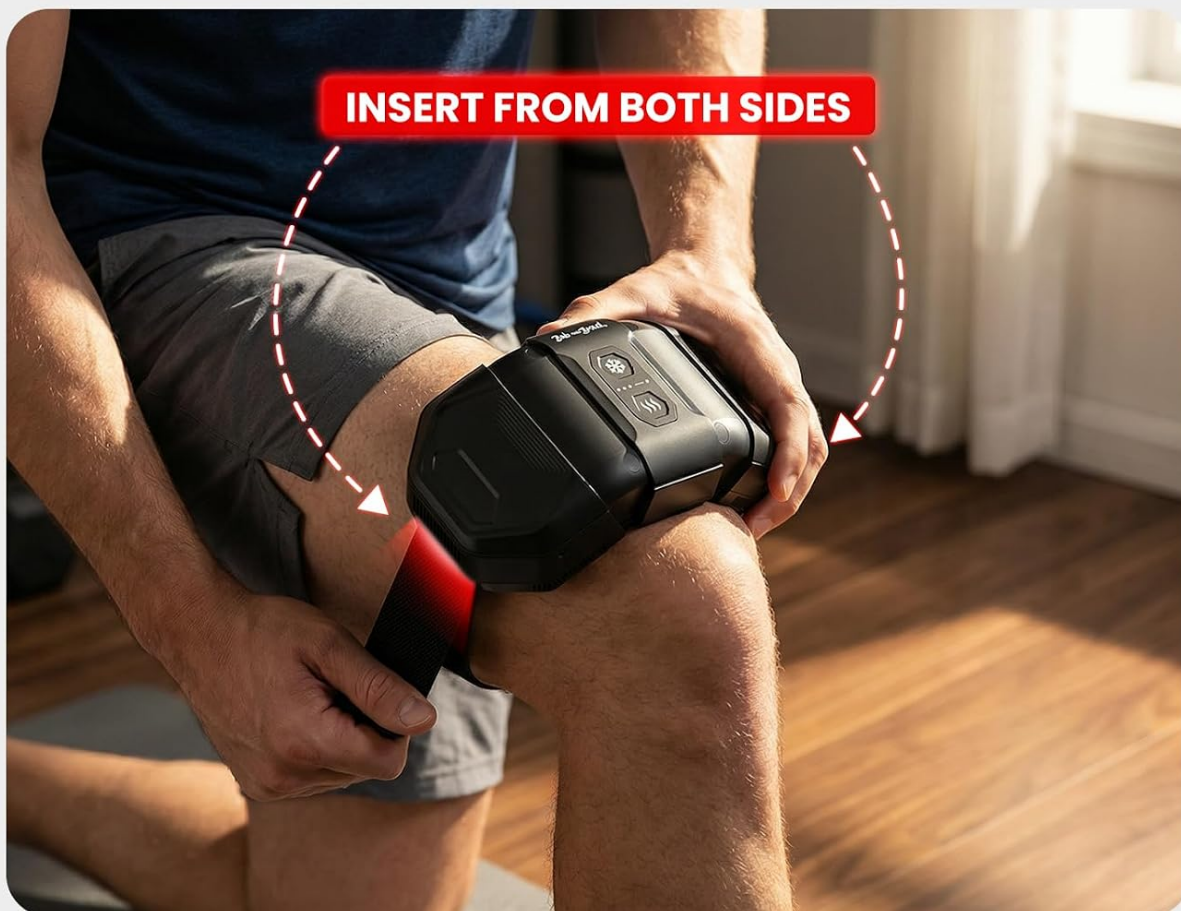
Video: Official product video demonstrating the ThermArmor Cube's full body joint comfort features, including mode selection and application.

2. Application and Fit

1. Secure the device to the target area (e.g., knee, elbow, shoulder) using the adjustable straps.
2. Ensure the device's contact plate maintains precise contact with your skin for optimal thermal transfer. Tighten the straps for a snug fit.
3. The 45° Snug-Hinge is engineered for an ergonomic fit, adapting to natural body curves.

Stays Put, Goes Deep

Active Compression for Max Penetration



Move Freely

14oz Ultralight

CHOOSE S/M/L

For different body areas

SECURE FIT

Start with S Size up as needed

Image: A person using the ThermArmor device on their elbow, demonstrating its contoured fit.

3. Session Duration

Each therapy session is set for 15 minutes, after which the device will automatically shut off. This auto-shutoff timer ensures a worry-free experience and prevents prolonged exposure to extreme temperatures.

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Video: Official product video highlighting the instant thermal therapy and portable nature of the device.

MAINTENANCE

To ensure hygiene and longevity of your ThermArmor device:

- After each use, wipe the contact plate clean with a soft, damp cloth.
- Do not submerge the device in water or use harsh chemicals for cleaning.

- Store the device in a cool, dry place away from direct sunlight.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Device not charging or charging slowly.	Using a low-output power adapter.	Ensure you are using a 5V 2A adapter for optimal charging.
Cooling or warming effect feels mild.	Insufficient contact with skin or low intensity setting.	Select Level 3 (if comfortable) and tighten the strap to ensure full contact with the skin.
Device is noisy during operation.	Normal fan operation for cooling.	The 60dB Turbo-Airflow engine produces fan noise, which is normal for high-performance cooling.

SPECIFICATIONS

- **Model Number:** HXR-A130
- **Product Dimensions:** 2.99 x 1.97 x 5.87 inches
- **Item Weight:** 13.93 ounces (395 g)
- **Battery:** 1 Nonstandard Battery (included), 3200mAh
- **Charging:** Universal USB-C (requires 5V | 2A adapter)
- **Heat Levels:** 100°F, 104°F, 108°F
- **Cold Levels:** 41°F, 50°F, 59°F
- **Number of Settings:** 3 (for each mode)
- **Automatic Shut Off:** 15 minutes
- **Material Type:** Aluminum Alloy, Premium ABS and Nylon
- **Color:** Black

WARRANTY AND SUPPORT

Your BOB AND BRAD ThermArmor HXR-A130 comes with a **2-Year Manufacturer Warranty**. For any questions, concerns, or support needs, please contact our US-Based Customer Care team. We are committed to providing reliable assistance.

This product is also **FSA/HSA Eligible**, making it a convenient health-conscious choice.

INDICATIONS FOR USE

The ThermArmor HXR-A130 is intended for:

- Active recovery after fitness training, soothing muscles for athletes.
- Targeted thermal support during outdoor activities like hiking and climbing.
- Relief from travel fatigue during long journeys.
- Addressing stiffness from prolonged sitting for office professionals.

- Daily joint maintenance at home.

LEGAL DISCLAIMER

Statements regarding this device 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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ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question