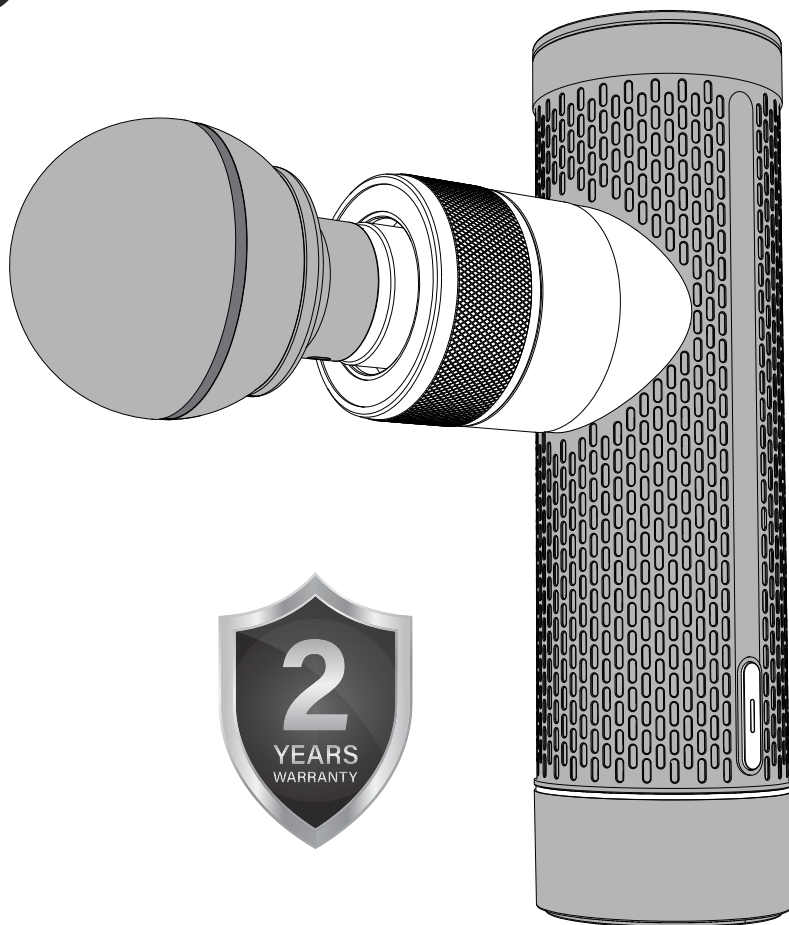


**Bob  
AND  
Brad®**



# **User Manual**

A7 Pro Massage Gun

Model: T1035A

此备注不可印刷  
128g铜版纸，尺寸140\*210mm，骑马钉

## Meet Bob and Brad



**Bob and Brad** are dedicated to creating a healthier world. We bring to you some amazing products that we have personally vetted and truly believe in! We want only the best for you and the best is right here! Enjoy!

NEED HELP?



**SUPPORT@BOBANDBRAD.COM**

[www.bobandbrad.com](http://www.bobandbrad.com)

Tel: +1(612) 567-3035

M-F 9:00 AM- 5:30 PM

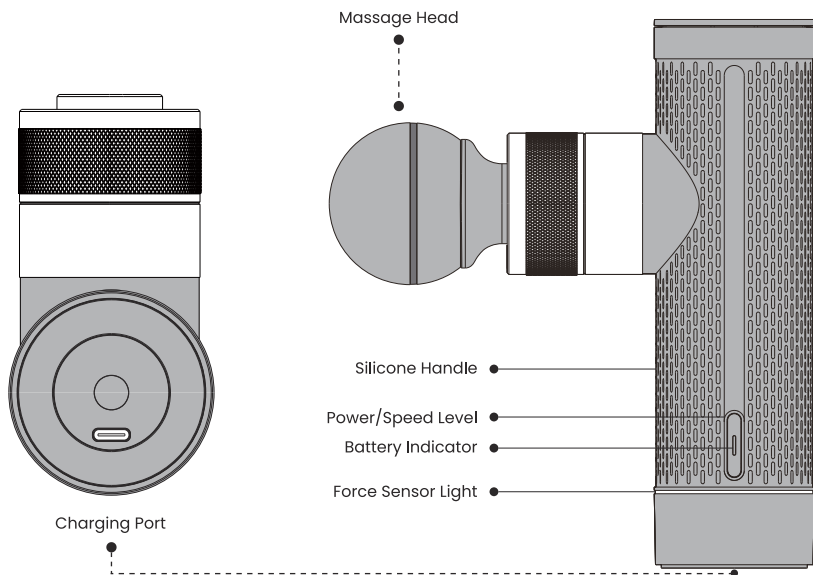
Your guide to being healthy, fit, and pain-free

B&B Innovation LLC  
3310 S Fairview St, Santa Ana, CA 92704

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## Getting To Know The Device



## Technical Specifications

Product Name: MESSAGE GUN

Model: T1035A

Speed: 1600-3000 r/min

Input: 5V $\overline{\text{---}}$  2A

Rated Power: 25W

Dimensions: 4 x 2 x 6.5 in / 102 x 50 x 165mm

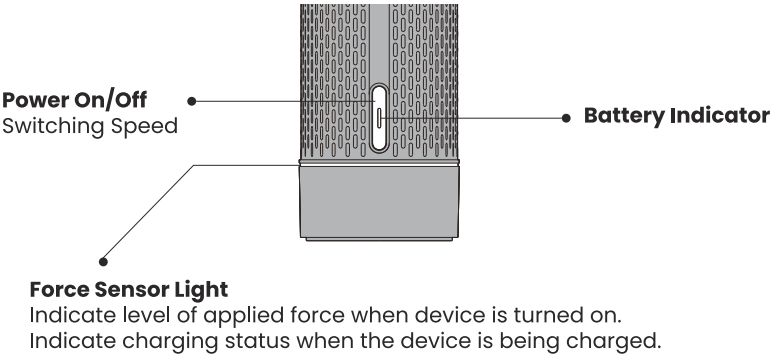
Rated Voltage: 10.8V $\overline{\text{---}}$

Battery Capacity: 2550mAh

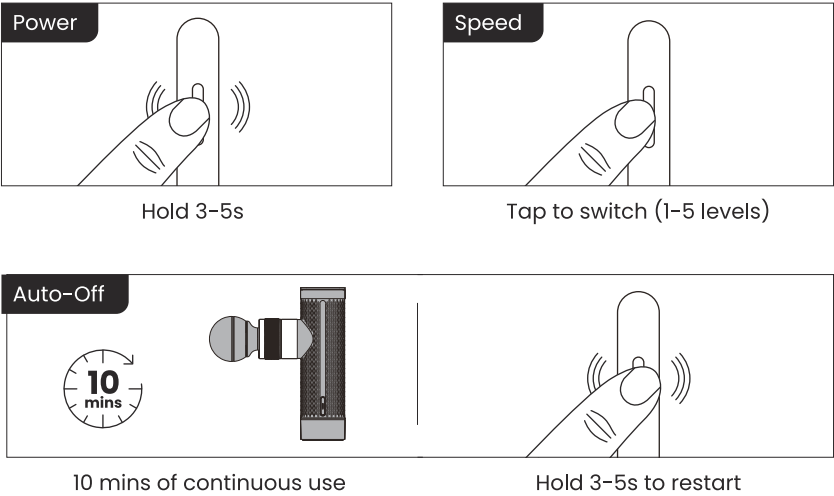
Charging Time: About 4.5 Hours

Automatic Timer: 10 minutes


# Button Instructions

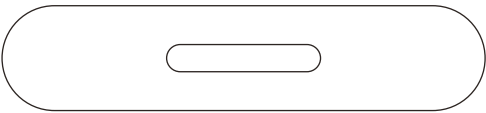


## Power On/Off & Speed Control

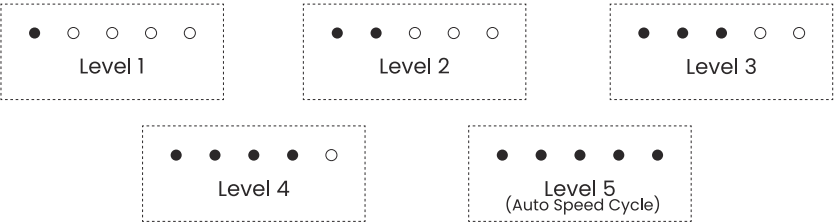


# Adjusting Massage Levels

• When powered on, press the  Power Button to cycle through intensity levels (1–5).







• The massage gun features five speed levels to cater to various needs. Levels 1 to 4 provide a range of consistent speeds from low to high. The fifth speed offers a unique **automatic mode**, alternating between low and high intensity for a dynamic massage experience.



NOTE

**Auto Shutoff:** The device turns off automatically after 10 minutes of continuous use.

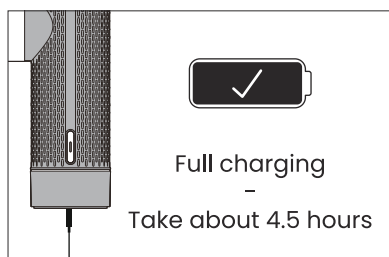
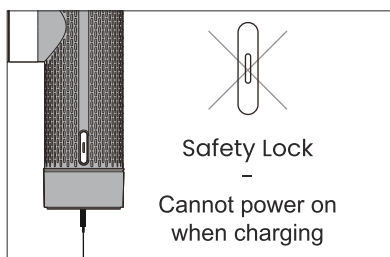
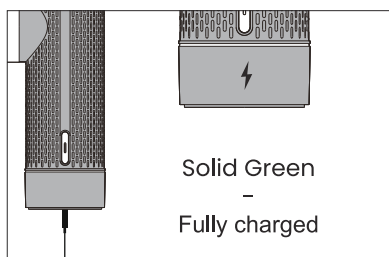
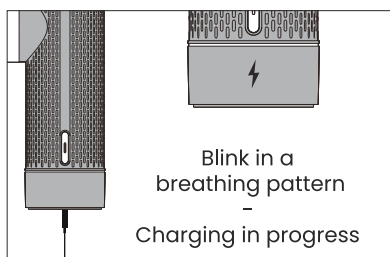
## Battery Indicator

 <p>Solid Green — Battery: <math>\geq 81\%</math></p>	 <p>Solid Orange — Battery: 21%–80%</p>	 <p>Solid Red — Battery: 11%–20% (Charge immediately)</p>	 <p>Flashing Red — Battery: <math>\leq 10\%</math> (Charge immediately)</p>
--	--	--	--



When the massage gun is turned on, the color and status of the battery indicator light will vary according to the battery level.

## Charging



Note: When the massage gun is being charged, the battery indicator light will NOT be illuminated. Instead, the **force sensor light** will indicate the charging status. The light will blink in a breathing pattern, and its color will change according to the battery level (Red  $\rightarrow$  Orange  $\rightarrow$  Green).

When the force sensor light remains green, it is indicating that the massage gun is fully charged.

### After Charging:

Disconnect the cable. Cannot power on when charging.


Long-press the Power Button (3–5 seconds) to power on.





# Charging Instructions


## Preparation:

Use the included USB-A to USB-C cable with a 5V/2A power adapter (e.g., phone charger).

 Avoid low-power sources (<5V/2A) – they significantly slow charging.



Use with 5V  2A



NOTE

**Battery Care Tip:** To ensure your massage gun remains in optimal condition, please avoid fully depleting the battery. If the device won't be used for an extended period, charge it to above 50%. This helps maintain battery health and longevity.

# Troubleshooting Guide

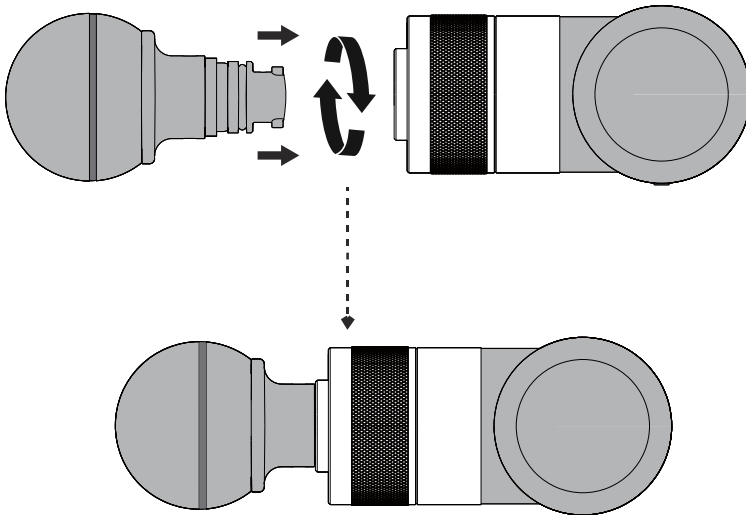
PROBLEM	CAUSE	SOLUTION
Massage gun doesn't turn on.	1. Power is off. 2. Battery is too low. 3. Massage gun shuts off after 10 minutes.	1. Long press the Power Button to turn on the massage gun. 2. Charge the massage gun. 3. Long press the Power Button to turn on the massage gun for another 10 minutes.
Massage gun shuts off automatically.	1. The massage gun's overheat protection will switch off the massage gun automatically when too hot. 2. Massage gun shuts off after 10 minutes.	1. Wait for the massage gun to cool down before powering it back on. 2. Long press the Power Button to turn on the massage gun for another 10 minutes.
Massage head falls out from the device.	Massage head is screwed on too loosely.	Screw the massage head onto the device completely, ensuring it is securely threaded.
If you encounter any other problems, contact: <a href="mailto:support@bobandbrad.com">support@bobandbrad.com</a>		

## Connecting the Attachments

**1. Ensure the device is powered off:** Always confirm the device is completely turned off before connecting, removing, or replacing any attachments to prevent accidents.

**2. Attach the massage head:** Align the massage head with the device socket and rotate it clockwise until fully tightened and securely locked in place. Verify stability after installation.

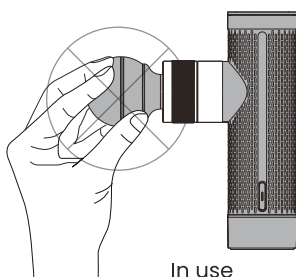
**3. Remove the massage head:** After powering off the device, rotate the massage head counterclockwise to unlock it. Gently pull it out of the socket. If resistance occurs, apply steady rotational force while avoiding abrupt movements.



## Warning

**\*Never replace the massage head while the device is powered on – this may result in personal injury.**

**\*Use only Bob and Brad massage heads – third-party heads can damage the device and void the warranty.**



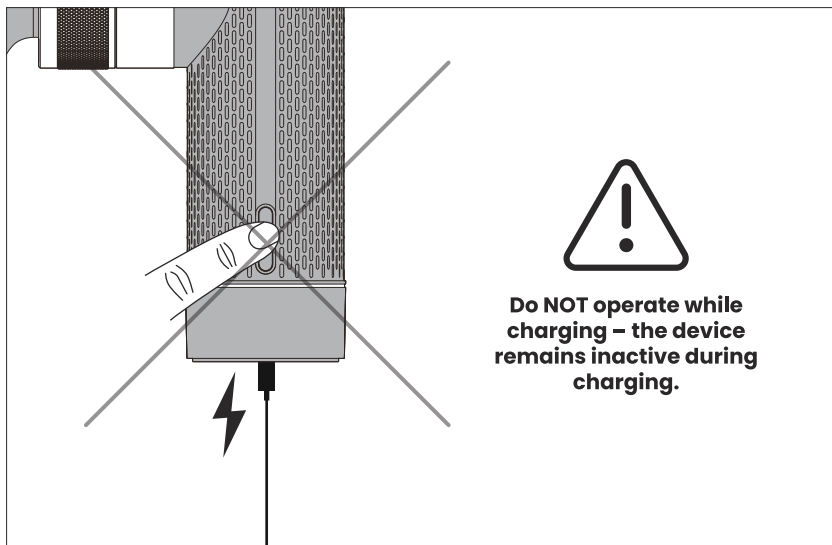
Bob and Brad



third-party heads



## Safety & Usage



Auto Shutoff: Stops after 10 minutes of continuous use.

Restart: If not overheated, press the power button for 3 seconds.

Overheating: Allow it to cool down for 5 minutes before reuse.

# Attachment List & Functions



## Ball Head

Primary Use:

Targets large muscle groups (e.g., quadriceps, gluteus maximus).  
Effective for muscle recovery and joint soreness relief (e.g., post-workout stiffness).

Design:

Spherical shape disperses pressure evenly for broad-area therapy.

---



## Air Cushion Head

Primary Use:

Ideal for sensitive areas (e.g., lower back, calves).  
Provides gentle vibration to reduce tension without excessive pressure.

Design:

Cushioned surface adapts to body contours for comfort.

---



## Cone Head

Primary Use:

Focused therapy for trigger points, deep tissue, and small joints (e.g., feet, wrists).  
Enhances precision in high-pressure applications.

Design:

Concentrated tip delivers targeted penetration.

---



## Arc Head

Primary Use:

For curved body parts like arms, calves, and thighs, delivering targeted pressure and consistent intensity to mimic professional hand massage techniques.

Design:

Curved shape conforms to natural body contours.

---



## Heat and Cold Head

Primary Use:

Versatile for general muscle groups (e.g., thighs, calves, back).  
Suitable for percussive massage across broad surfaces.

Design:

Flat surface ensures stable contact for uniform stimulation.

---



## Rubber Sleeve

Function:

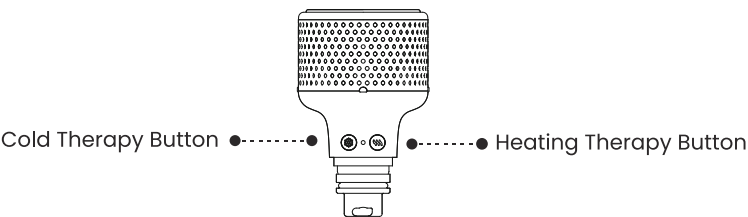
Pre-installed on all heads for enhanced grip and vibration dampening.

Replacement:

Use included spare sleeves if damaged.

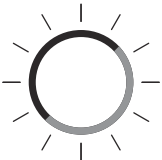

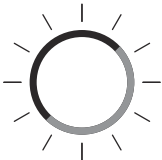
# Heat and Cold Head Operating Instructions

- 1. Heating Therapy Button: Long press to power on/off, short press to switch the temperature level .
- 2. Cold Therapy Button: Long press to power on/off, short press to switch the temperature level.
- 3. The device will automatically turn off after running for 10 minutes after startup.



# Heat and Cold Head Charging Instructions

## Charging Indicator:

		
Blinking Green	Solid Green	Low Power Warning
Charging in progress	Fully charged	Red light flashing (Recharge immediately)

# Heat and Cold Head Technical Details

Input: 5V  $\equiv$  0.8A  
Rated Power: 4W  
Rated Voltage: 3.7V  $\equiv$   
Battery Capacity: 900mAh  
Running Time: 60 minutes  
Charging Time: 120 minutes  
Cold Therapy Temperature: Light Blue LED Light: Up to 10°C/50°F drop, Dark Blue LED Light: Up to 15°C/59°F drop  
Heat Therapy Temperature: Orange LED Light: 40–50°C (104–122°F) , Red LED Light: 50–60°C (122–140°F)  
Automatic Timer: 10 minutes

## Force Sensor Light

When the massage gun is turned on, the force sensor light indicates the level of force.

Display Color	Force Level
Yellow	Low
Orange	Medium
Red	High

Utilize the Bob and Brad massage gun before, during, or after your workout for maximum benefits. This massage gun can help accelerate muscle tissue responsiveness by increasing hydration, range of motion and function to tight muscles.

Indication	Action	Speed	Pressure	Duration	Muscle Position	Movement
Warm Up / Activation	Activate and prime muscles prior to exercise. Reduce risk of injury.	Level 3	Light to Moderate	30 sec or less	Relaxed. Move along the muscle	Quick, high speed over area.
Mid Workout / Myofascial Mobility	Help muscle recovery and reactivation.	Level 4	Heavy (especially for large muscle groups)	8 - 12 sec	Target specific area.	Localised
Recovery	Relax muscles and aid recovery. Down-regulate or turn off muscles.	Level 1 or 2	Moderate to Heavy	90 sec or more	Move along the muscle.	Slow movement along the muscle
Pain Modulation	Reduction in pain to increase movement.	Level 1	Light	10 to 30 sec	Relaxed. Localised spot.	Over painful area.
Body Awareness	Improve movement or mechanics of a joint. Activation of a muscle	All Levels	Light to Moderate	10 to 20 sec	Relaxed or with movement	Over specific target area or movement over area.



## Chest

Protocol:  
Sweep from A to B on each side for 1 minute

Duration:  
2 minutes



## Abs

Protocol:  
Sweep from A to B on each side for 1 minute

Duration:  
2 minutes



## Upper back

Protocol:  
Sweep from A to B on each side for 1 minute

Duration:  
2 minutes



## Lower back

Protocol:  
Sweep from A to B on each side for 1 minute

Duration:  
2 minutes



## Shoulders

Protocol:  
Sweep from A to B on each side for 1 minute

Duration:  
2 minutes





## Biceps

Protocol:  
Sweep from A to B on each side for 1 minute

Duration:  
2 minutes



## Triceps

Protocol:  
Sweep from A to B on each side for 2 minutes

Duration:  
4 minutes



## Forearm

Protocol:  
Sweep from A to B on each side for 1 minute

Duration:  
2 minutes



## Hands

Protocol:  
Sweep from A to B on each side for 30 seconds

Duration:  
1 minutes



## Hip flexors

Protocol:  
Sweep from A to B on each side for 1 minute

Duration:  
2 minutes



## Glutes

Protocol:  
Sweep from A to B on each side for 2 minutes

Duration:  
4 minutes



## Hamstrings

Protocol:  
Sweep from A to B on each side for 1 minute

Duration:  
2 minutes



## Calfs

Protocol:  
Sweep from A to B on each side for 1 minute

Duration:  
2 minutes



## Shins

Protocol:  
Sweep from A to B on each side for 30 seconds

Duration:  
1 minutes



## Feet

Protocol:  
Sweep from A to B on each side for 2 minutes

Duration:  
4 minutes

# Warning & Safety Precautions (Must-Read)

## **Do Not Replace Head During Use.**

To avoid any risk of injury or damage, it is strictly forbidden to change the massage head while using the massage gun. Always make sure the device is turned off and unplugged before attempting to remove or insert the massage head. Once the device is safely powered down and unplugged, firmly grasp the inserted head and unscrew it to remove. To attach the new head, screw it onto the unit until it is securely in place.

**The battery in this device is not designed to be removed or exchanged by users. If any problem with the power supply occurs, please contact us directly.**

**Do not** try to open the device, repair it or fix it by taking the device apart yourself. Tampering with the device's mechanics in any way will result in an automatic expiration of the product's warranty.

## **Please be aware of the following to ensure a safe use of the product.**

- The battery cannot be removed from the product. Do not disassemble the product or the battery.
- Before connecting the device to the power supply, please ensure that the supply voltage stated on the rating plate is compatible with the unit.
- Please check the massage gun and the charging cable before using them. If you notice damages, please report it to us or the retailer and do not use the product.
- Do not hang the product by the power cable.
- This product is not a medical product and is not intended to be used as a treatment for medical conditions.
- This product is only intended for healthy adults, seniors, children, or people with limited cognitive capacity should not use this product or can only use it under supervision.
- Please consult your physician in case you have concerns over your health or experience pain or discomfort while using the product.
- Avoid use the product on your body parts with little muscle coverage, like your head, shins, and back of your hands and feet.
- Avoid use the product on or around your sensitive body parts like neck, eyes, teeth, genitals, or breast implants.
- Do not use the product in any area where there is a risk of bone fracture.
- Use this product gently. Using this product with too much force or too high a speed might cause bruising. Check the massaged area frequently and stop using the product as soon as you experience any pain or discomfort.
- Be careful that your fingers, hair, or other body parts might get caught between the massage head and the shaft of the massage gun.
- Do not use the product in water or get it wet. Use the product only on dry and clean skin.
- Do not put the product in fire or heat it up in any way.
- Do not charge, use, or store the product near heat sources or under extremely hot conditions.
- If the battery leaks or emits an odor, keep it away from fire.
- Do not use the product if the battery:
  - emits an odor;
  - gives off excessive heat;
  - shows signs of deformation, discoloration, or any of abnormalities.

**\* THIS PRODUCT IS NOT A MEDICAL DEVICE.**

# Limited Two-Year Warranty

## 1. Warranty Coverage

Bob and Brad ("the Company") warrants to the original purchaser ("the Purchaser") that the device (the "Product") shall be free from defects in materials and workmanship under normal use and service for a period of twenty-four (24) months from the date of the original retail purchase (the "Warranty Period"). During the Warranty Period, the Company shall, at its sole discretion, repair or replace the defective Product or its components at no cost to the Purchaser.

## 2. Exclusions and Limitations

This Limited Warranty does not cover, and the Company shall not be liable for, any failure or damage arising from:

- (a) Accidental Damage: Damage caused by misuse, abuse, negligence, accidents, or improper transportation.
- (b) Unauthorized Modifications: Alterations, repairs, or servicing performed by parties not expressly authorized by the Company.
- (c) Non-Compliance: Failure to operate, maintain, or store the Product in accordance with the instructions provided in the official

## 3. Need Assistance?

Reach out to Bob and Brad's customer service via

[SUPPORT@BOBANDBRAD.COM](mailto:SUPPORT@BOBANDBRAD.COM)

Provide proof of purchase and a detailed issue description.

Follow instructions for return, or repair.

**FCC Statement**

This device complies with Part-15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference.
- (2) This device must accept any interference received, including interference that may cause undesired operation.

**FCC Statement NOTE**

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in residential installation. This equipment generates, uses, and can radiate radio frequency energy, and if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause any harmful interference to radio or television receptions, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.

Increase the separation between the equipment and receiver.

- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

- Consult the dealer or an experienced radio/TV technician for help with the supplied fastener.

- DO NOT hang the unit by the power cord.

**Disclaimer**

Please contact your physician before using the Bob and Brad Massage Gun if you have any physical health concerns or have any of the following conditions:

- Metal implants like pins or plates in your body.

- Recent joint replacements

- Pregnancy

- Intrauterine device

- Diabetes

- Epilepsy

- Migraine

- Herniated disks

- Spondylolisthesis (a vertebra slipping forward)

**Get in Touch.**

Call: +1 (612) 567-3035 Mon-Fri 9:00AM-5:30PM (CST)

Email: [support@bobandbrad.com](mailto:support@bobandbrad.com)

B&B Innovation LLC

3310 S Fairview St


Santa Ana, CA 92704

**RoHS Declaration**

Our Product is compliant with RoHS 2.0 (2011/65/EU Directive) regarding restriction of hazardous substances, the raw materials and components of our product meet the following toxic and hazardous substance limits.

Cadmium (Cd): < 100 ppm	Lead (Pb): < 1000 ppm
Mercury (Hg): < 1000 ppm	Hexavalent Chromium: (Cr VI) < 1000 ppm
Polybrominated Biphenyls (PBB): < 1000 ppm	Polybrominated Diphenyl Ethers (PBDE): < 1000 ppm
Bis(2-Ethylhexyl) phthalate (DEHP): < 1000 ppm	Benzyl butyl phthalate (BBP): < 1000 ppm
Dibutyl phthalate (DBP): < 1000 ppm	Diisobutyl phthalate (DIBP): < 1000 ppm

**WEEE Instructions**

Correct Disposal of this product	
	This marking indicates that this product should not be disposed with other household wastes throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources. To return your used device, please use the return and collection systems or contact the retailer where the product was purchased. They can take this product for environmental safe recycling.

US Importer:

B&B Innovation LLC

3310 S Fairview St, Santa Ana, CA 92704

EU Importer:

XDH Tech

37 passage du Ponceau Bureau 270, Paris, 75002, France

[xdh.tech@outlook.com](mailto:xdh.tech@outlook.com)

+33652768898

UK Importer:

KOVA ASSOCIATES LTD

72a Kingston Road, Portsmouth, Hampshire, PO2 7PA, United Kingdom

[KOVA.Compliance@outlook.com](mailto:KOVA.Compliance@outlook.com)

0044 (0) 7542988998

Manufacturer:

Shenzhen Laige Technology Co.Ltd.

Room 401, 4/F, Building 5, Yunli Intelligent Park, No.3 Changfa Middle Road, Yangmei Community, Bantian Street, Longgang District, Shenzhen, Guangdong, 518129, China

[support@bobandbrad.com](mailto:support@bobandbrad.com)

# EC Declaration of Conformity

**We(UK Importer is responsible for this declaration**

KOVA ASSOCIATES LTD

(Company name)

72a Kingston Road, Portsmouth, Hampshire, PO2 7PA, United Kingdom

(Company address)

KOVA.Compliance@outlook.com

(Email Address)

Declare under our sole responsibility that the product

**Tradename:** BOB AND BRAD

**Equipment:** Massage Gun

**Model No.:** T1035A

**ASIN:** B0DWSX1J7G

to which this declaration relates is in conformity with the essential requirement set out in the Council Directive on the Approximation of the laws of the Member States relating to LVD Directive(2014/35/EU) & EMC Directive(2014/30/EU) &RoHS(2002/95/EC) product is responsible to affix CE marking, the following standards were applied:

**EN 60335-1: 2012+A11: 2014+A13: 2017**

**EN 60335-2-32: 2003+A1: 2008+A2: 2015**

**EN 62233: 2008**

**EN 55014-1: 2017**

**EN 55014-2: 2015**

**EN 61000-3-2: 2014**

**EN 61000-3-3: 2013**

Full Name: Taozirui

Position: Manager

Signature: 

Date: 2021.5.6



## We Stand Behind Our Products!



### 2-Year Limited Warranty & Troubleshooting **Support@bobandbrad.com**

At Bob and Brad, your happiness comes first. Our products come with a **2-year** warranty, and our Customer Happiness Team is always here to help--anytime you need us. Happiness, Guaranteed.



#### Troubleshoot

Help you solve any issues with your device.



#### Product Knowledge

Answer questions about your device and best practices.



#### Initiate Returns

Provide instructions for replacements, returns and refunds.



#### Place New Orders

Help with placing orders online or via authorized resellers.





