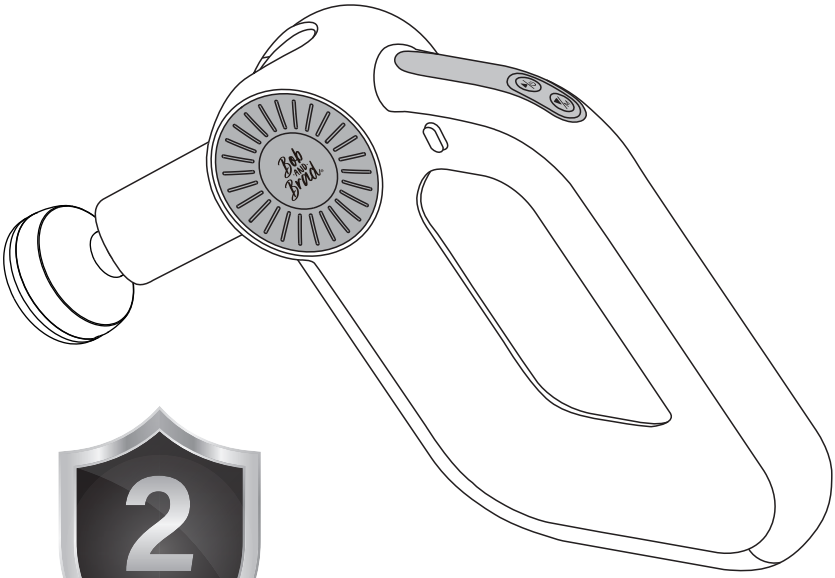
Bob AND Brad®

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



User Manual

D6 Pro Plus Massage Gun

Model: D6 Pro-F

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
Tel: +1(612) 567-3035
M-F 9:00 AM- 5:30 PM

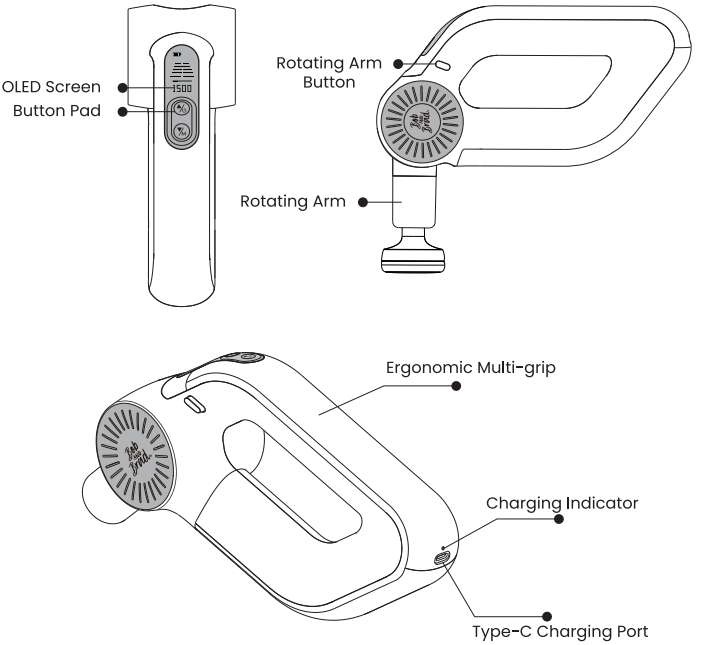
Your guide to being healthy, fit, and pain-free

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

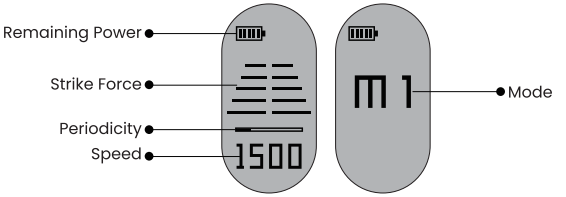
Contents

Getting To Know The Device	2
OLED Screen	2
Button Instructions	2
Power On/Off, Speed Control & Mode Selection	3
Charging	5
Charging Instructions	6
Troubleshooting Guide	6
Connecting the Attachments	7
Warning	8
Safety & Usage	8
Attachment List & Functions	9
Heat Head Operating Instructions	10
Heat Head Charging Instructions	10
Massage Tutorial	12
Warning & Safety Precautions(Must-Read)	15
Limited Two-Year Warranty	16

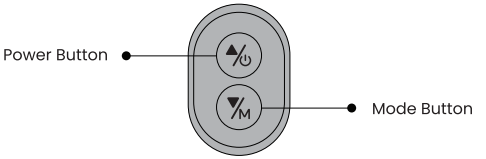
Getting To Know The Device



OLED Screen

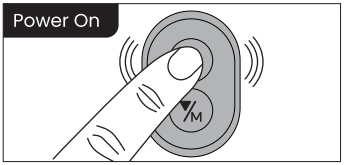


Button Instructions

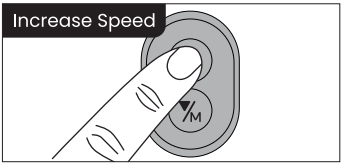


Power On/Off, Speed Control & Mode Selection

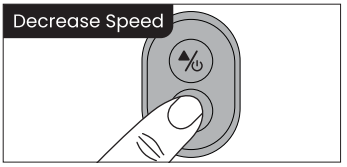
M1 Mode - Standard Manual Mode



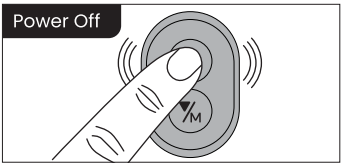
Hold Power button 3-5s



Short Press Power button

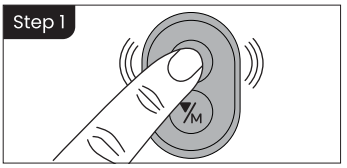


Short Press Mode button

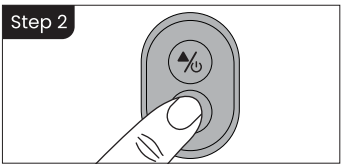


Hold Power button 3-5s

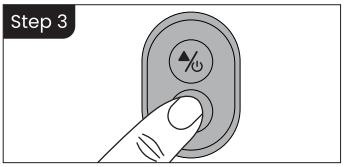
M2/M3/M4 Mode- Auto Mode



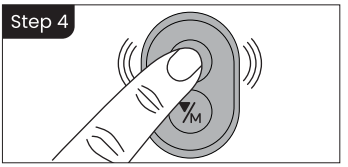
Hold Power button 3-5s to power on.



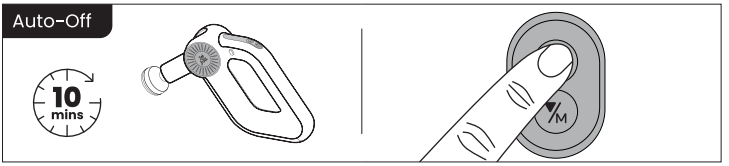
Long press Mode button to enter mode selection.



Short press Mode Button to toggle between Mode 1/2/3/4.



Short press the Power Button to confirm your mode.



10 mins of continuous use

Hold Power button 3-5s to restart.

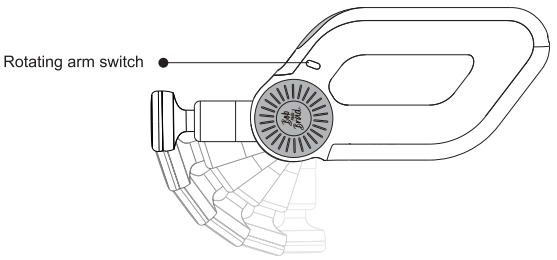
NOTE	
	Auto Shutoff: The device turns off automatically after 10 minutes of continuous use.
	Standby Mode: If left inactive in standby (Level 0), the device shuts down after 60 seconds.

Mode Explanation

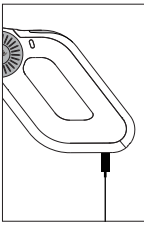
Mode	Introduction	Application	Features
M2	Automatic incremental mode. 1500, 1700, 1900, 2100, 2300, and 2500 rpm work for 5 seconds respectively, cycle and repeat. The OLED screen will show the speed it's in, The massage gun will automatically turn off in about 10 minutes.	Muscle relex and recovery after workout	Low initial speed, speed will change from lowest to highest and repeat
M3	Automatic decreasing mode. 2500, 2300, 2100, 1900, 1700, and 1500 rpm work for 5 seconds respectively, cycle and repeat. The OLED screen will show the speed it's in, The massage gun will automatically turn off in about 10 minutes.	Activate muscle before workout	High initial speed, speed will change from highest to lowest and repeat
M4	Triangle wave mode. 1700, 1800, 1900, 2000, 2100, 2200, 2300, 2200, 2100, 2000, 1900, 1800 work for 2 seconds respectively, cycle and repeat. The OLED screen will show the speed it's in. The massage gun will automatically turn off in about 10 minutes.	For all needs	The speed will change rapidly

Using Rotating Arm

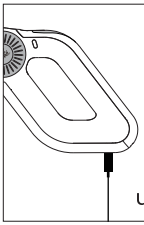
The rotating arm orientation of this device adjusts to 6 positions, with a total adjustment range of 0-90°. Press the arm rotating switch on the left side of the device to adjust the arm.



Charging



Safety Lock
–
Cannot power on when charging



Full Charging
–
Take about 3.5 hours using the original adapter.

Flashing Icon + Green Light
–
Charging.

Solid Icon + Light off
–
Fully charged.

Low Battery
–
Charge immediately.

Battery in Overheat Protection
–
Wait 30+ minutes before reuse.

Abnormal charging. Please replace the power adapter.

A 5V power adapter is being used for charging.

A 9V power adapter is being used for charging.

A 12V power adapter is being used for charging.

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-C to USB-C cable with the power adapter that comes with the product.

⚠ Avoid low-power sources (< 5V/3A) - they significantly slow charging.



Use with
5V⎓ 3A / 9V⎓ 2.22A / 12V⎓1.67A

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: support@bobandbrad.com

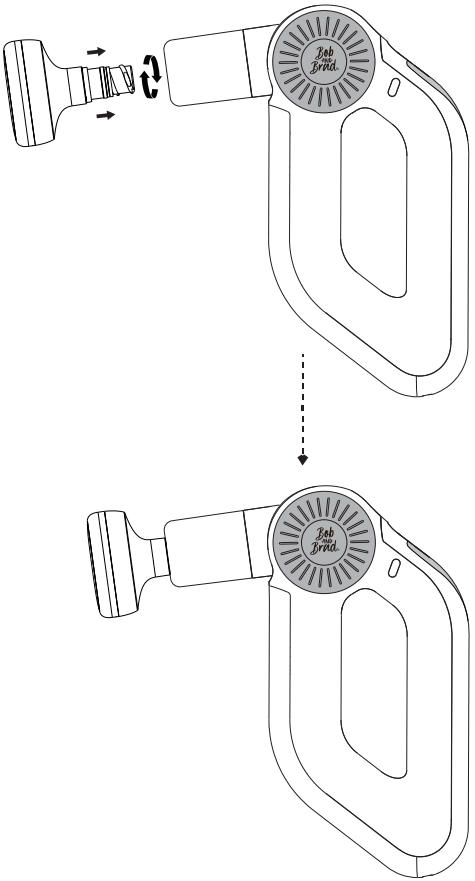
Connecting the Attachments

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 aft er installation.

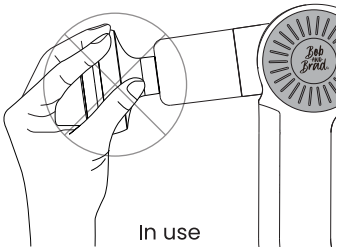
3. Remove the massage head: After powering off the device, rotate the massage head counterclockwise to unlock it. Gently pull it out of the socket. If resistance occurs, apply steady rotational force while avoiding abrupt movements.



Warning

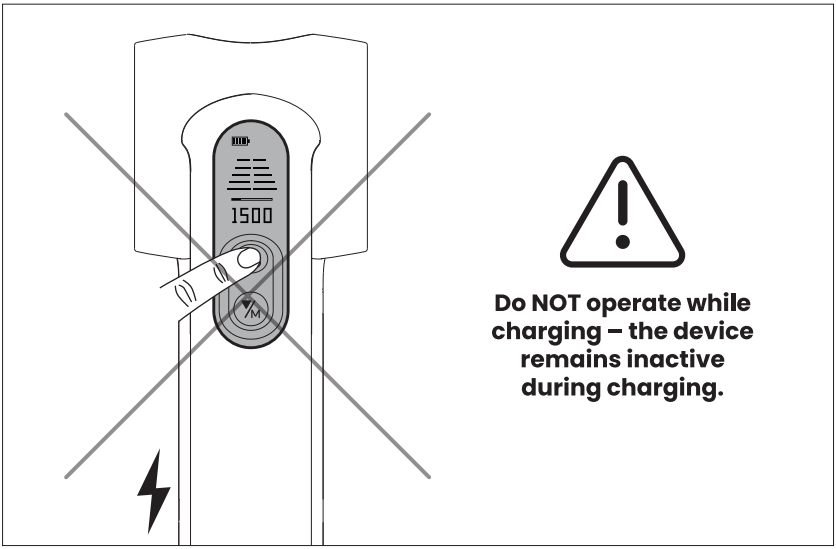
***Never replace the massage head while the device is powered on – this may result in personal injury.**

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





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 30 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.



Bullet 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.



Standard Ball Head

Primary Use:
Targets both large and small muscle groups. Ideal for quick muscle reactivation (e.g., during a workout).
Design:
Spherical silicone surface ensures even pressure distribution.



Spade Head

Primary Use:
Optimized for shoulder blades, IT bands, and scraping/flushing techniques.
Design:
Thin wedge-like edge delivers the firm touch needed for efficient back-and-forth flushing and scraping along areas like the IT band.



Heat 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.



Damping Head

Primary Use:
It works with a less dense closed-cell foam interior that allows for the comfortable treatment of bony or tender areas.
Design:
For tender or bony areas and overall use



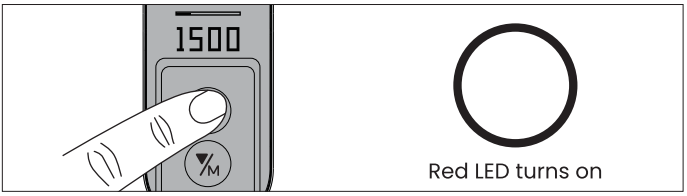
Rubber Sleeve

Function:
Pre-installed on all heads for enhanced grip and vibration dampening.
Replacement:
Use included spare sleeves if damaged.

Heat Head Operating instructions

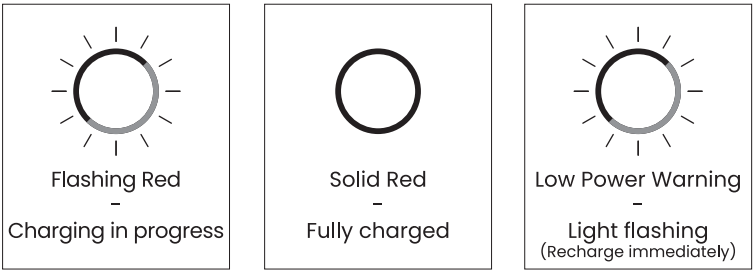
• Charge for 2 hours before first use.

• Long press power button to start massage gun - heat head will automatically activate.



Heat Head Charging Instructions

Charging Indicator:



Heat Head Technical Details

Model No.: QL /SHM-D

Material : PC+ Stainless Steel

Input: 5V⎓1A

Rated Power: 5W

Rated Voltage: 3.7V⎓

Rated Capacity: 600mAh

Running Time: 60 minutes

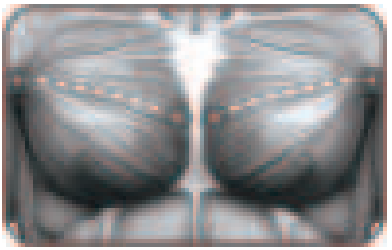
Charging Time: 120 minutes

Heat Therapy Temperature: Red LED lights: 45°C (113°F) (default)

Note: This heat head only has a heating function and no cooling capability.

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.

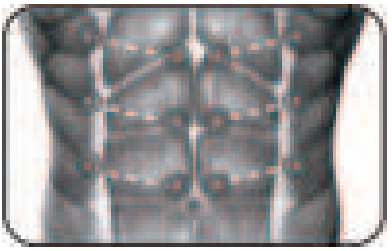
Indication	Action	Speed	Pressure	Duration	Muscle Position	Movement
Warm Up / Activation	Activate and prime muscles prior to exercise. Reduce risk of injury.	Level 3	Light to Moderate	30 sec or less	Relaxed. Move along the muscle	Quick, high speed over area.
Mid Workout / Myofascial Mobility	Help muscle 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

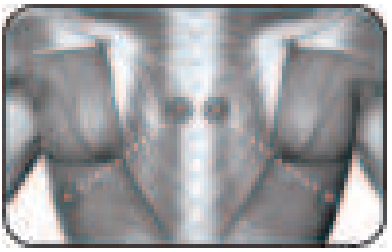
Duration:
2 minutes



Abs

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

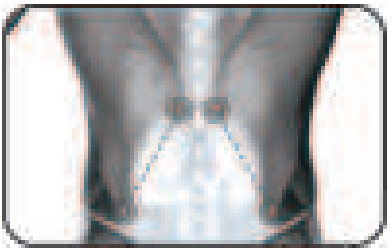
Duration:
2 minutes



Upper back

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

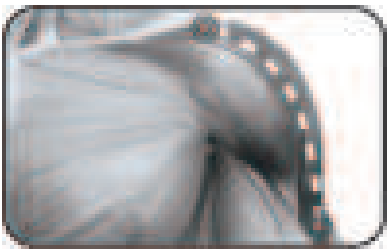
Duration:
2 minutes



Lower back

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

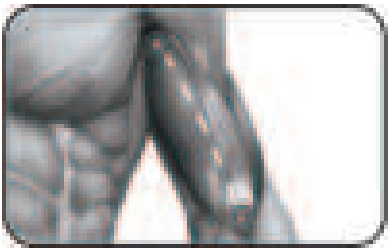
Duration:
2 minutes



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

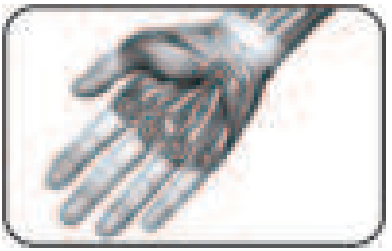
Duration:
4 minutes



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

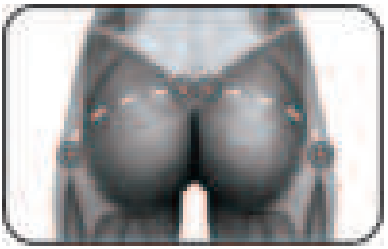
Duration:
1 minute



Hip flexors

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

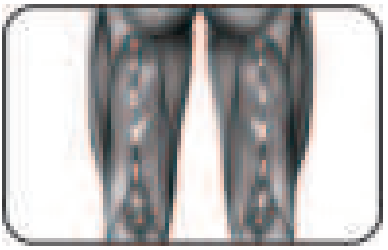
Duration:
2 minutes



Glutes

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

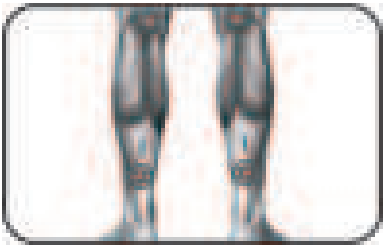
Duration:
4 minutes



Hamstrings

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

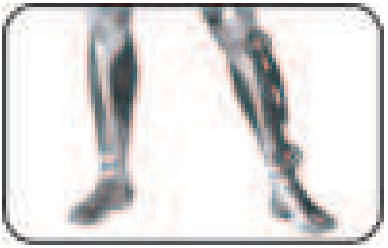
Duration:
2 minutes



Calves

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 minute



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, shines, 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 ot 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

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)

Usage Environmental Conditions
• Temperature: 41°F ~ 95°F / 5℃ ~ 35℃
• Relative Humidity: ≤ 90%
• Atmospheric Pressure: 70kPa ~ 106kPa

IC Warning
This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:
(1) This device may not cause interference.
(2) This device must accept any interference, including interference that may cause undesired operation of the device.

Technical Details

Product Name: Massage Gun
Product Model: D6 Pro-F
Speed: 1500-2500 r/min
Rated Power: 25W
Dimensions: 10.5"x7.6"x3.1"
Rated Voltage: 21.6V⎓
Battery Capacity: 2500mAh
Input: 5V⎓ 3A/9V⎓ 2.22A/12V⎓ 1.67A
Charging Time: 210 minutes
Amplitude: 16mm
Auto Shut-off Timer: 10 minutes
Product Weight: 2.8lbs
Adapter can be used independently
Power Adapter:
Input: 100-240V~50/60Hz 0.7A;
Output: 5V⎓ 3A/9V⎓ 2.22A/12V⎓ 1.67A;

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.

RoHS Declaration

Our product is compliant with RoHS 2.0 (2011/65/EU Directive) regarding restriction of hazardous substances and 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

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.: D6 Pro-F

ASIN: B0DFLPJ29F

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 Direc tive(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.