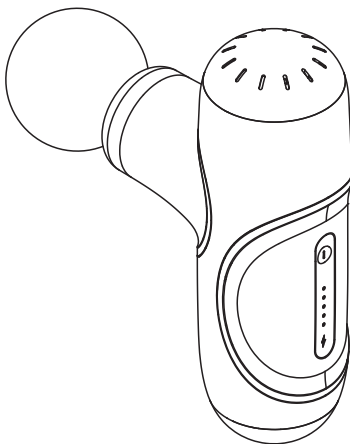




User Manual

QL/MINI.Q2-D
Mini Massage Gun

Warnings and Safety Cautions

It is important to know the following before use, otherwise it may cause damage or become dangerous!

- For use only by healthy adults other than older adults;
- Use the product only on the soft tissues of the body without causing pain or discomfort;
- **Do not** use on the head, or any hard or bony part of the body;
- Either controlled downward pressure or the application of pressure may produce bruising. Check the massage area frequently and - stop using the product as soon as signs of pain or discomfort appear;
- Use only on dry, clean skin surfaces on body parts, pressing and moving gently on the skin;
- Keep your fingers, hair or other body parts away from the shaft and back of the vibrating head, as they may get caught;
- **Do not** apply to bony areas where there is less muscle coverage, such as the shins, backs of the feet, back of the hands;
- **Do not** use the product on or around sensitive areas such as eyes, teeth, breast implants, genital organs, artificial limbs, etc;
- **Do not** place the product in any area where there is a risk of fracture;
- If the pain is persistent, discontinue use immediately and consult a physician.
- This product is not a medical device, it's not

recommended for medical use, not intended for medical use in hospitals;

- Please check the main unit and cable before using, if damaged, it must be replaced by the manufacturer or its appointed professional to avoid danger;

★ THIS PRODUCT IS NOT A MEDICAL PRODUCT.

FCC Statement

1.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 a residential installation. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, 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 QL/MINI.Q2-D massage gun** if you have any physical health concerns or have any of the following conditions:

Pregnancy, diabetes, epilepsy, migraines, herniated disks, spondylolisthesis, recent joint replacements or IUDs. Please also contact your physician before use if you have undergone recent surgery or have any metal pins or plates in your body.

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.

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.

Battery Instructions

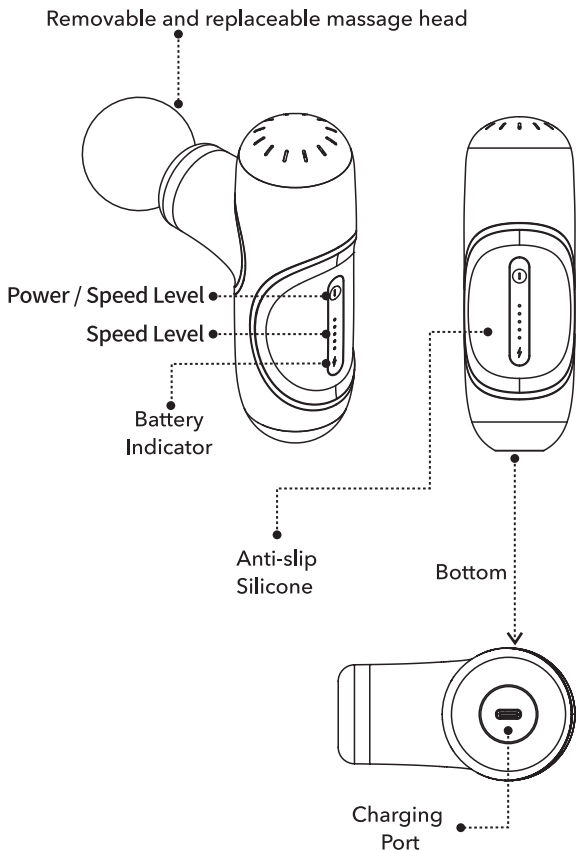
- ❶ **Do not** submerge the product into water or get it wet.
- ❷ **Do not** charge the product near an open flame or in any extremely hot conditions.
- ❸ **Do not** use or store the product near heat sources like furnaces or heaters.
- ❹ If the battery leaks or emits an odor, remove it immediately from close proximity to an open flame.
- ❺ **Do not** put the product into a fire or heat it up in any way.
- ❻ **Do not** disassemble the battery in any way.
- ❼ **Do not** use the product if, while the battery is in use or charging it emits an odor; gives off excessive heat; shows signs of deformation, discoloration, or any other abnormalities. If the battery is in use or being charged, remove it from the apparatus or charger immediately.
- ❽ Charge for about three hours before its first use, to a full charge. The device can be connected or disconnected.
- ❾ Connect the output end of the connection cable to the bottom of the massage instrument's DC charging port. Then, connect the input end of the connection cable to a mobile power adapter or cell phone charger (5V 2A; if less than 2A, the charging time will be longer).
- ❿ The power indicator light will flash regularly, indicating that the battery is charging.

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

Main Structure and The Fittings



Using Mini Massage Gun

1. Important tips before use

1.1 Charging



DON'T use the massage gun when charging!

- Please charge the massage gun before use.
- To charge the massage gun, plug the type C cable into an adapter and into the unit's charging interface.
- The indicator light on the massage gun will show **GREEN** during the charging process. The indicator light will **EXTINGUISHED** when charging is complete.
- For safety considerations, the massage gun will NOT work while charging. Additionally, the massage gun will automatically shut off after 10 minutes of continuous use. If you want longer massage, please turn it on then.

Troubleshooting

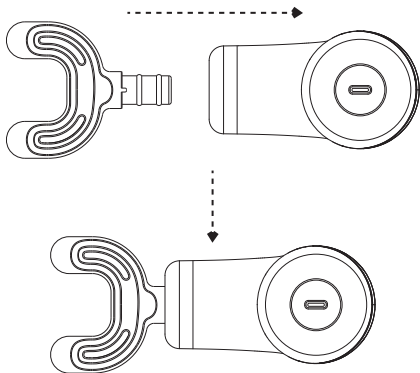
PROBLEM	CAUSE	SOLUTION
Massage gun doesn't turn on.	Power is off.	Long press the Power Button to turn on the massage gun.
	Battery is too low.	Charge the massage gun.
	Massage gun shuts-off after 10 minutes.	Long press the Power Button to turn on the massage gun for another 10 minutes.
Massage gun shuts off automatically.	The massage gun's overheat protection will switch off the massage gun automatically when too hot.	Wait for the massage gun to cool down before powering it back on.
	Massage gun shuts off after 10 Minutes.	Long press the Power Button to turn on the massage gun for another 10 minutes.
Massage gun fails to run.	The massage head is to inserted too tight.	Plug out the massage head a little, then power it on.
If you encounter any other problems, contact: support@bobandbrad.com		

Operation Steps

Removing And Replacing A Massage Head

1. Before attaching the massage head, turn off the massage gun.
2. Grab the inserted head and firmly pull out to remove it.
3. Insert the stem of a new head into the unit, press firmly to secure.

(**Note:** U-Shaped head need to be installed as shown in the attached picture, otherwise there is a risk of falling off!)



Turn the device ON/OFF And Changing Percussion Massage Frequency

1. Turn the device ON/OFF In the shutdown state, press the "ⓘ" button on the panel for 2 seconds to turn on

2. To changing percussion massage frequency when the device is on, press the button "❶" to turn on the first gear. If you would like to advance to a higher setting, press the button "❶" again. The active gear will be indicated by the back light. To pause the massage unit the button "❶" for 2 seconds then short press to resume.

Noted:

- A. After 10 minutes of operation, the device automatically changes to level 0 and stops output;
- B. The LED light indicates the corresponding strike frequency level, the lowest at level 1 and the highest at level 5;
- C. When the device is in standby (0 level), it will automatically shut down without any operation after 20 seconds.

Battery Display

When the device is running, the battery indicator is red, indicating that the power is less than 30%; when the indicator is red and blinking it's indicating that the power is less than 20%, and should be charged soon.

Charging

1. Before the first use, please fully charge the device. To charge fully, it takes 3 hours.
2. Connect the output end of the connection line to a DC charging port at the bottom of the device, and then connect the input end of the connection

line to the mobile power source or mobile phone charger (5V/2A, if the charging current or voltage is less than 5 V/2 A, charging time will be longer. Any regular phone adapters will be able to charge the massage gun without a problem.)

3. When connecting the power cable the light will appear green and it means the device is charging, when fully charged the green indicator will turn off.
4. The battery can be charged at any power level; when charging, please ensure that the device is off, when the device is running, charging will automatically be protected.

How to Fix Your Massage Gun if it Stops Working

1. Recharge fully using the USB-A/USB-C to USB-C Cable for 3-4 hours.
2. The battery lights should be show green light when taking charge. Press and hold the power button for 3-5 seconds.

Use with 5V $\overline{\text{---}}$ 2A
charger output



Technical Details:

QL/MINI.Q2-D Mini Massage Gun

Speed: 1800-3000 r/min

Rated Power: 25W

Dimensions: 14.6x8.6x4.8cm / 5.7 "x3.3 "x1 .8 "

Battery:

Rated Voltage: 11.1V 

Battery capacity: 2500mAh

Charging time: 210 minutes

Guarantee

This product comes with a one-year warranty from the date of purchase. Warranty will be void due to any of the following:

Damaged due to improper usage or storage.

Damaged by attempting to repair or disassembling the device. Period of warranty exceeded.

UK Importer:

EVATOST CONSULTING LTD

Suite 11, First Floor, Moy Road Business
Centre, Taffs Well, Cardiff, Wales, CF15 7QR
contact@evatmaster.com

UK	REP
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**UK
CA**

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	Indication	Duration	Muscle Position	Movement
Warm Up / Activation	Activate and prime muscles prior to exercise. Reduce risk of injury.	Level 3	Light to Moderate	Warm UP /Activation	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)	Mid Workout / Myofascial Mobility	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	Recovery	90 sec or more	Move along the muscle.	Slow movement along the muscle
Pain Modulation	Reduction in pain to increase movement.	Level 1	Light	Pain Modulation	10 to 30 sec	Relaxed. Localised spot.	Over painful area.
Body Awareness	Improve movement or mechanics of a joint. Activation of a muscle. Draw attention to a muscle	All Levels	Light to Moderate	Body	10 to 20 sec	Relaxed or with movement	Over specific target area or movement over area.

CHEST

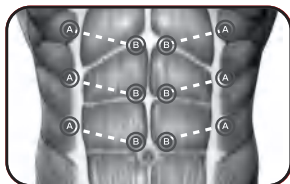
2 Minutes



ATTACHMENT: **BALL HEAD**
PROTOCOL: **Sweep from A to B on each side for 1 minute**
DURATION: **2 minutes**

ABS

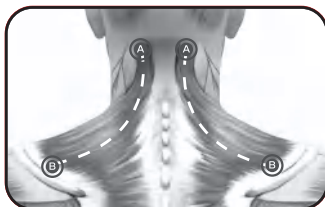
2 Minutes



ATTACHMENT: **BALL HEAD**
PROTOCOL: **Sweep from A to B on each side for 1 minute**
DURATION: **2 minutes**

UPPER TRAPS

1 Minute

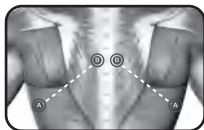


ATTACHMENT: **BALL HEAD**
PROTOCOL: **Sweep from A to B on each side for 30 seconds**
DURATION: **1 minute**

UPPER BACK

4 Minutes

ATTACHMENT: **BALL HEAD**



STEP 1: **Upper back**

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

DURATION: **2 minutes**



STEP 2: **Lower back**

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

DURATION: **2 minutes**

SHOULDERS

2 Minutes



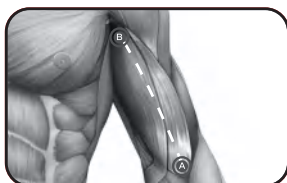
ATTACHMENT: **BALL HEAD**

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

DURATION: **2 minutes**

BICEPS

2 Minutes



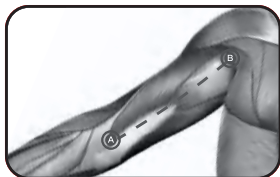
ATTACHMENT: **BALL HEAD**

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

DURATION: **2 minutes**

TRICEPS

4 Minutes



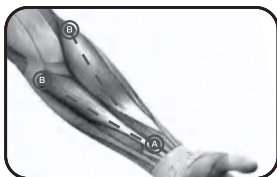
ATTACHMENT: **BALL HEAD**

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

DURATION: **4 minutes**

FOREARM

2 Minutes



ATTACHMENT: **BALL HEAD**

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

DURATION: **2 minutes**

HANDS

1 Minute



ATTACHMENT: **BALL HEAD**

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

DURATION: **1 minute**

HIP FLEXORS

2 Minutes



ATTACHMENT: **BALL HEAD**

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

DURATION: **2 minutes**

SHINS

1 Minute



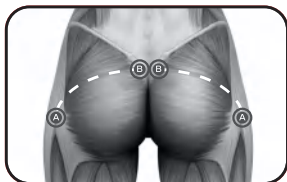
ATTACHMENT: **BALL HEAD**

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

DURATION: **1 minute**

GLUTES

4 Minutes



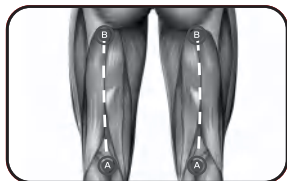
ATTACHMENT: **FLAT HEAD**

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

DURATION: **4 minutes**

HAMSTRINGS

2 Minutes



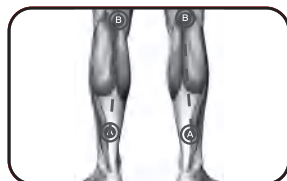
ATTACHMENT: **BALL HEAD**

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

DURATION: **2 minutes**

CALVES

2 Minutes



ATTACHMENT: **BALL HEAD**

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

DURATION: **2 minutes**

FEET

4 Minutes



ATTACHMENT: **BALL HEAD**

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

DURATION: **4 minutes**



Ball head

Ball head: For large muscle groups like quads, glutes, extreme muscles, and joint soreness.



U-shaped head

U-shaped head: For spine, neck, and shoulder for sensitive muscles and soft tissues.



Air cushion head

Air cushion head: For sensitive body meat relaxation.



Flat head

Flat head: For all parts of the body.



Bullet head

Bullet head: For joints, deep tissues, trigger points and small muscle areas like feet, and wrist.



Rubber Sleeve

Each massage head is pre-installed with a rubber sleeve, if it is damaged, replace it with a spare one.

A Dedicated Team Just For You



Every Bob and Brad product is backed by a 1-year warranty and an award-winning customer service team. If you are in any way dissatisfied with a product you ordered, we'll exchange it, replace it or refund your money under the warranty. Simply email us the problem, and we'll take care of it.



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 and/or authorized resellers.

Get in Touch.

Call: +1 (612) 567-3035 Mon-Fri 9:00AM-4:30PM (CST)

Email: support@bobandbrad.com

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