

PORODO
LIFESTYLE



Porodo Lifestyle
Cordless Mini Massage Gun
SKU: PDLFSTMG01LPK

Table of Contents

Product Overview	2
Specifications	2
Product Features	3
Safety Precautions	4
Product Schematic View	5
Massage Heads	5
Replacing Massage Heads Instructions	5
Operation Guides	6
Charging Instructions	6
Frequently Asked Questions	7
Maintenance	7
Disclaimer	8
Environmental Protection	9
FCC Statement	9
Disposal	10
Warranty	11
Contact Us	11

Product Overview

The Porodo Cordless Mini Massage Gun is a compact and efficient device designed for muscle recovery and relaxation on the go. It features 5 adjustable speed levels, allowing you to customize the intensity for a tailored massage experience. With 4 interchangeable heads, it targets different muscle groups for a more personalized approach to muscle relief. The ergonomic design ensures comfort, and its lightweight, portable build makes it easy to carry wherever you go. Offering up to 3 hours of continuous use, the massage gun is perfect for everyday use or post-workout recovery. It comes with Type-C fast charging for quick recharges, while the safety auto shut-off feature provides peace of mind after extended use. Whether you're at home, the gym, or traveling, the Porodo Cordless Mini Massage Gun delivers professional-quality muscle relief whenever you need it

Specifications

Battery Capacity	DC 5V/2A
Rated Power	1300mAh
Motor Speed	30W
Input	2800-1600RPM
Recharge Time	3.5H
Working Time	3H
Massage Stroke	6mm
Charging Interface	Type-C
Net Weight	330g
Product Size	61 x 117 x145mm
Model Number	PDLFSTMG01

Product Features

1. Five adjustable speed levels for customizable massage intensity

The Porodo Cordless Mini Massage Gun offers 5 distinct speed settings, allowing you to fine-tune the intensity of your massage. Whether you're looking for a gentle soothing effect or a deep, invigorating muscle relief, you can easily adjust the speed to match your preference.

2. Up to 3 hours of continuous working time

With a powerful battery, this massage gun provides up to 3 hours of continuous operation, making it perfect for extended use during muscle recovery or relaxation sessions. You can enjoy long-lasting relief without worrying about frequent recharging.

3. Four interchangeable massage heads for different body areas

The device comes with 4 specially designed massage heads, each tailored to target specific muscle groups. Whether it's for large muscle areas like your back, smaller areas like your neck, or more focused pressure points, these heads ensure a versatile and personalized massage experience.

4. Type-C fast charging for quick recharging

The Porodo Mini Massage Gun is equipped with Type-C fast charging capabilities, ensuring that you can get the device fully charged in less time. This modern charging standard provides quicker power-ups, so you don't have to wait long before your device is ready for use.

5. Safety auto shut-off feature for added safety

To enhance user safety, the massage gun includes an auto shut-off feature that turns the device off after extended use. This ensures that the device does not overheat and gives you peace of mind when using it for long periods.

6. Lightweight and portable design for on-the-go use

The compact and lightweight design of the Porodo Cordless Mini Massage Gun makes it easy to carry and use wherever you are. Its portable nature allows you to take it with you to the gym, on trips, or simply store it in your bag for quick access when needed.

7. Ergonomic handle for comfortable grip and easy use

Designed for ease of use, the ergonomic handle of the massage gun offers a comfortable grip, reducing strain during extended use. Its user-friendly design ensures that you can massage hard-to-reach areas without discomfort.

8. Ideal for muscle recovery, relaxation, and tension relief

Whether you're recovering from a workout, alleviating muscle soreness, or simply looking to relax, the Porodo Mini Massage Gun is perfect for relieving tension. It effectively targets muscle stiffness, improves blood circulation, and promotes overall relaxation, making it a must-have for those seeking a high-quality massage experience.

Safety Precautions

1. This product is not a toy and should not be used by minors.
2. Do not immerse the product in water. If it accidentally falls into water, have it inspected immediately.
3. Keep the product away from fire sources and do not throw it into a fire.
4. Avoid using the product around the head, neck, heart, or genital areas.
5. Only use the product on soft tissues of the body. Do not use on bones or areas that cause pain or discomfort.
6. Use only the original charger to avoid the risk of fire.
7. Do not intentionally drop the product.
8. Do not remove screws or attempt to disassemble the product.
9. This device is not a substitute for medical treatment. Consult your physician before use if you are experiencing pain or undergoing medical treatment.
10. Keep fingers, hair, or any body parts away from the shaft and back of the massage head to prevent injury.

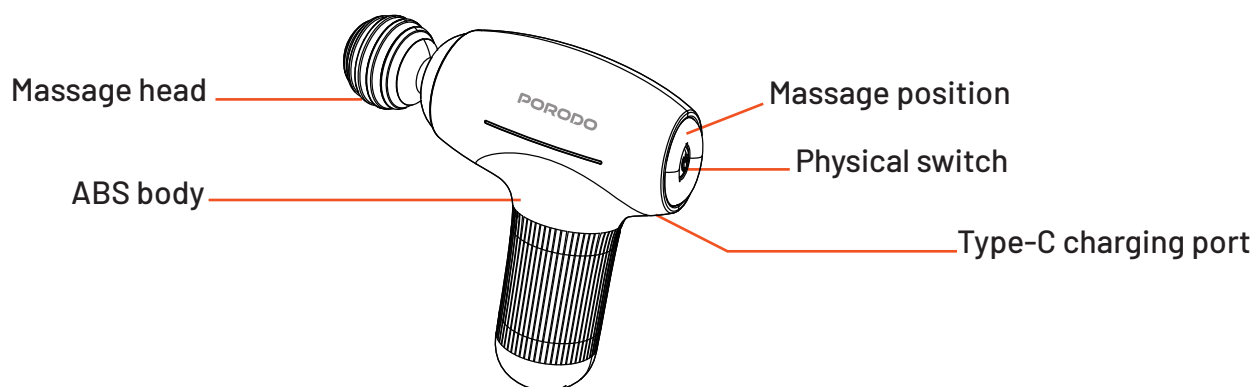


Do not touch this area when the machine is turned on without installing the massage head



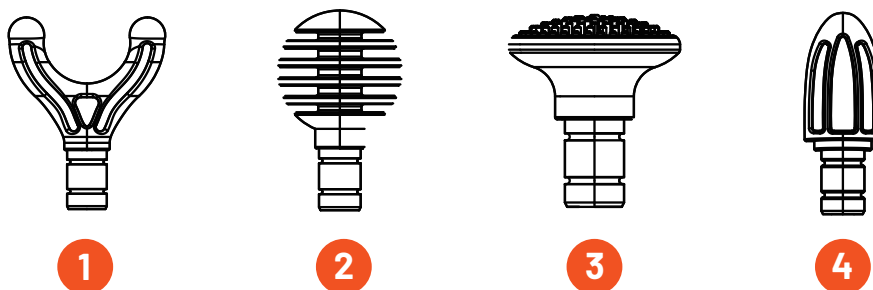
Do not touch this part when installing the massage head and starting the machine

Product Schematic View



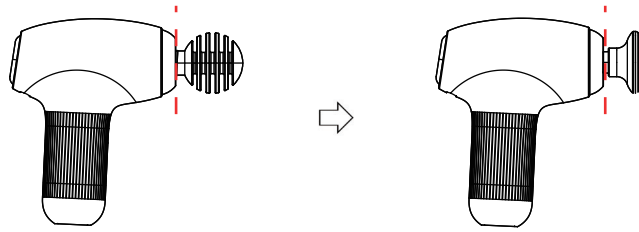
Massage Heads

1. Y-shaped head: Used for spinal massage
2. Spherical Head: Mainly used on the leg and buttocks muscles
3. T-head: For large muscle groups, relaxing, strong simulation
4. Bullet Head: for acupoint and trigger point relaxation



Replacing the Massage Head Instructions

Ensure that the machine is turned off before proceeding. Slowly and carefully insert the massage head into the barrel, making sure to align the red mark on the massage head with the red line on the machine. This alignment ensures a secure and proper connection, allowing the device to function correctly when turned on. Take your time to ensure both marks are perfectly aligned to prevent any damage to the device or improper usage.



Operation Guides

- 1. Power On/Off:** Press and hold the power button for 0.7 seconds to turn the device on or off. Upon powering on, the default vibration intensity is set to level 1.
- 2. Vibration Intensity Adjustment:** When the massage function is active, pressing the multi-function button once will increase the vibration intensity by one level. The current intensity level is indicated by the RGB light, with each color representing a different level. There are 5 intensity levels in total.
- 3. Low Battery Protection:** When the battery charge is too low, the indicator light will begin flashing, and the device will automatically power off to prevent damage.
- 4. Battery Level Indicator:** Upon startup, the light will briefly indicate the battery level within 1 second (red for low, orange for medium, and green for high). After this, the motor will begin operating at the default level 1. You can adjust the intensity further by pressing the button to cycle through levels 2 ,3 ,4, and 5. To turn off the device, press and hold the button.
- 5. Automatic Shutoff (Timer Function):** The device will automatically power off 10 minutes after continuous use to ensure safety and prevent overheating.

Charging Instructions

- 1.** For the first use, ensure the battery is fully charged.
- 2.** Turn off the device and connect the TYPE-C charging cable to the charging port. The indicator light will flash to show that charging is in progress.
- 3.** When the indicator light turns solid green, the battery is fully charged.
- 4.** Do not turn on the device while charging, as it cannot be operated during the charging process.

Frequently Asked Questions

1. Device Won't Start or Power On

a. Temperature is too low: If the fascia gun has been stored in an environment below 0°C for an extended period, the battery activity may decrease, preventing the device from starting properly. While the device may power on, it will not function as expected.

Solution: Keep the device turned off and connect the charger to ensure it is fully charged before use.

b. Low Battery: If the battery has been left uncharged for an extended period, it may enter a low-power protection mode, causing the device to fail to operate.

Solution: Keep the device off, connect the charger, and ensure it is fully charged before using it again.

2. Operational Troubleshooting

a. If the device doesn't work, check the battery level. If it hasn't been used for a while, charge it fully for at least 8 hours.

b. If the panel light does not turn on, confirm that the battery is charged.

c. Hearing a slight abnormal sound during use is normal for a new device during the initial running-in period. However, if the sound becomes louder over time, please have the device inspected.

d. If the device cannot charge, the battery may be aging or have poor contact. In such cases, the battery should be replaced.

Maintenance

1. If the device does not turn on, check the battery level. If it hasn't been used for an extended period, fully charge the battery for at least 8 hours.

2. If the panel light does not turn on, ensure the battery is sufficiently charged.

3. A slight abnormal sound during use is normal during the break-in period for a new device. However, if the sound becomes louder over time, please have the device inspected.

4. If the device cannot be charged, the battery may be aging or have poor contact. In this case, replace the battery.
5. When not in use for a long period, ensure the battery is fully charged, turn off the power switch, and store the product properly. It is recommended to store it in its original packaging in a safe, dry, well-ventilated, and cool place.
6. Charge the device every six months when not in use for a long time to prevent the battery from being damaged by power loss.
7. For regular cleaning, use a neutral detergent and a soft cloth to wipe the product. Avoid using engine oil, organic solvents, or other harsh chemicals for cleaning, and do not rinse the device with water.
8. Always turn off the power switch after using the product or before cleaning it to ensure safety and conserve battery life.
9. During transportation, ensure the product is securely fixed to prevent severe vibrations, collisions, or falls, which could cause damage to the device.

Disclaimer

If you have any of the following conditions or health-related concerns, please consult your physician before using this device:

1. Pregnancy, diabetes, or complications such as neuropathy or retinal damage.
2. Pacemaker use, recent surgery, epilepsy, migraines, lumbar disc herniation, or spondylolisthesis.
3. Recent joint replacement surgery, intrauterine contraceptive device placement, metal implants, or other body-related concerns.

Ongoing research is examining the effects of vibration training on specific medical conditions, which may reduce the contraindications listed above. However, practical experience suggests that incorporating vibration training into a treatment plan can be beneficial in many cases. This should only be done under the guidance or supervision of a physician, specialist, or physiotherapist.

Environmental Protection

When this product reaches the end of its useful life, do not dispose of it with regular household waste. Instead, please take it to a government-approved recycling facility or return it to the manufacturer's after-sales service center, where it will be properly disposed of in an environmentally responsible manner.

Toxic and hazardous substances or elements						
Component Name	(Pb)	(Hg)	(Cd)	(Cr(VI))	(PBB)	(PBDE)
Shell	○	○	○	○	○	○
Chip	×	○	○	○	○	○
Metal parts	×	○	○	○	○	○
Data cable	○	○	○	○	○	○

This form is prepared in accordance with the provisions of SJ/T 11364.

O: Indicates that the content of the toxic and hazardous substance in all homogeneous materials of the component is below the limit requirements specified in GB/T 26572.

X: Indicates that the content of the toxic and hazardous substance in at least one homogeneous material of the component exceeds the limit requirements specified in GB/T 26572.

2. Environmentally Friendly Use Period Description

Under the usage conditions specified in the manual, the toxic and hazardous substances or elements in this electronic product will not leak, causing environmental pollution or serious harm to people or property for a period of 10 years.



The numbers on this mark indicate that the product's environmentally friendly use period under normal conditions is 10 years. Some components may also have their own environmentally friendly use period marks, which should be interpreted based on the numbers provided.

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; and

(2) This device must accept any interference received, including interference that may cause undesired operation.

2. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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.

This equipment generates 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 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 to an outlet on a circuit different from that to which the receiver is connected.

Consult the dealer or an experienced radio/TV technician for assistance.

RF warning statement:

The device has been evaluated to meet general RF exposure requirements. The device can be used in portable exposure conditions without restriction.

Disposal

This product must not be disposed of as unsorted household waste.

It is important to separate such waste for proper treatment and recycling, in compliance with local waste management regulations.



Warranty

Products that you buy directly from our **Porodo** website or shop come with a 24-month warranty.

When you buy **Porodo** products from any of our approved sellers, you only get a 12-month warranty. If you want to extend this warranty, go to our website at **porodo.net/warranty** and fill out the form with your information. Don't forget to upload a picture of the product too. After we've checked and accepted your request, we'll send you an email to confirm that your product's warranty has been extended.

For more info, please check:
porodo.net/warranty

Contact Us

If you have any questions about this Privacy Policy, please contact us at:
info@porodo.net

Website: **porodo.net**

Service Support: **support@porodo.net**

Instagram: **porodo**