



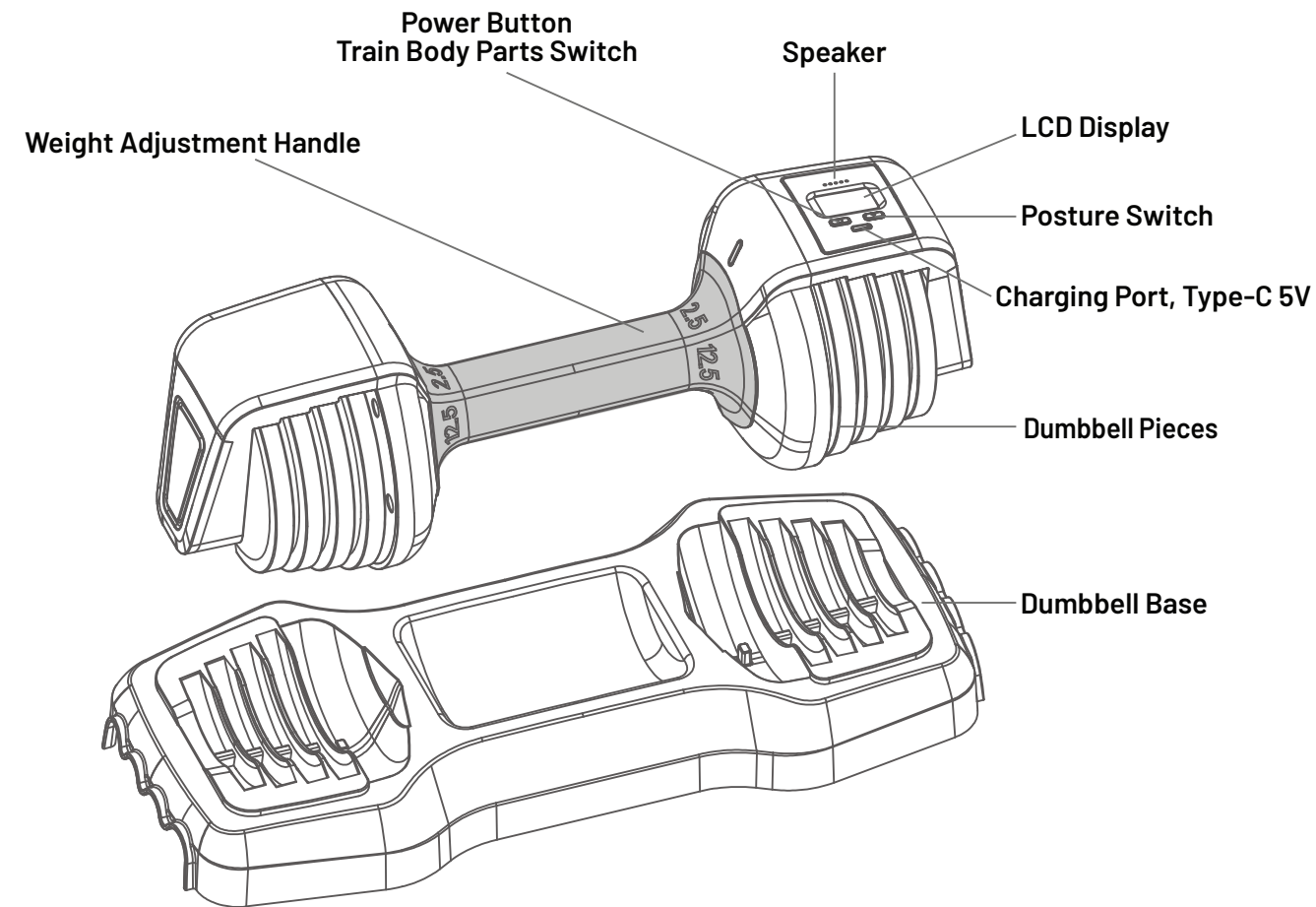
12.5 lb Double Adjustable Smart Dumbbell

SKU:PD-DASD12

Instruction Manual

Before installing and using the product, please carefully read this User Manual to guarantee correct usage and keep it securely for future reference.

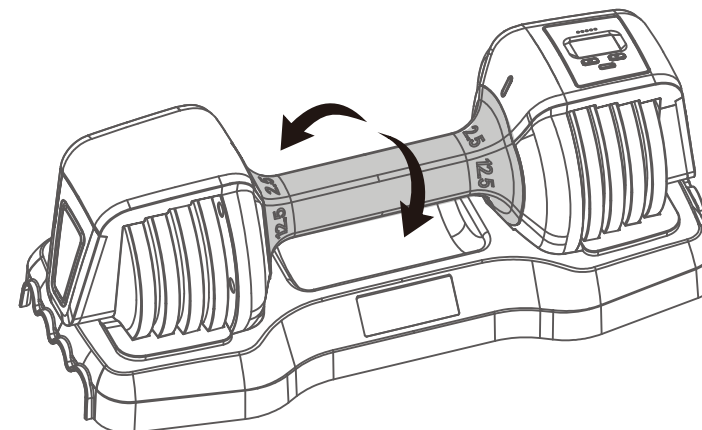
Instructions



How to Adjust the Weight of Dumbbells

By manually rotating the central handle, adjust the dumbbell's weight.

Note: Ensure you rotate to the 'click' position for secure weight adjustment. Avoid halting at intermediary positions to prevent the weights from disengaging.



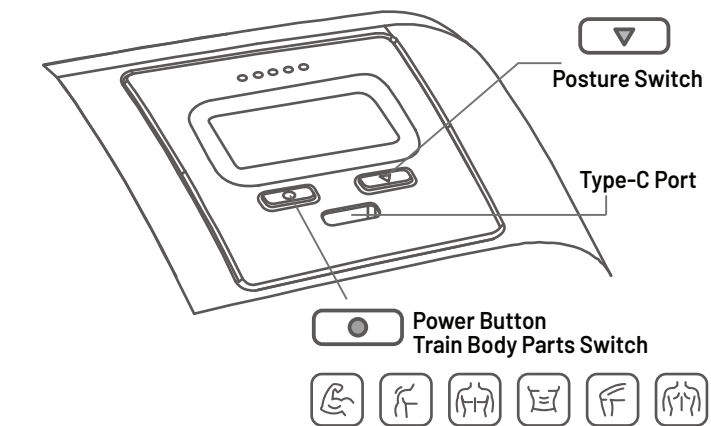
Start



- To switch on, press and hold the button for 2 seconds.
- To turn off, also press and hold for 2 seconds.
- Change training body parts with a brief press.
- Reset the device with 5 consecutive presses.



- Change training actions with a short press.
- Toggle voice broadcasting ON/OFF with two quick presses.



TUYA App Installation

For direct download, scan the respective QR Code for iOS or Android.



For Android



For iOS

Contact Us

If you have any questions about this Privacy Policy, please contact us at:

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