

**PORODO**  
LIFESTYLE



## **Porodo Lifestyle**

**Mini Massage Gun with Adjustable Speed  
and 4 Interchangeable Heads**

SKU: PD-LSVSMG-WH

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## Features

- 1.** Equipped with a high-capacity 2000mAh battery, this massage gun ensures prolonged usage time, allowing for extensive sessions of muscle relaxation without frequent recharges.
- 2.** The massage gun offers a robust working time of 3 to 4 hours on a single charge, providing enduring performance suitable for both quick relief and deep tissue therapy sessions.
- 3.** Designed for extended use, the device can operate for up to 4 hours continuously, catering to intensive therapeutic sessions and recovery needs.
- 4.** With four adjustable speed settings, this massage gun allows users to customize the intensity of the massage to suit their specific muscle recovery and relaxation needs.
- 5.** This cordless massage gun offers exceptional flexibility and convenience, enabling users to easily handle the device and reach all body areas.
- 6.** The design is both lightweight and portable, making it easy to carry and use anywhere, whether at home, in the office, or while traveling, ensuring muscle relief is always within reach.

## Safety Instructions

When using electrical appliances, always follow basic safety measures.

- 1.** Thoroughly read all instructions. Keep this manual for future reference.
- 2.** Ensure all packaging and stickers are removed before first use. Keep packaging out of children's reach.
- 3.** Children should be supervised to ensure they do not play with the appliance. This appliance is suitable for use by children aged 16 and older, and by individuals with limited physical, sensory, or mental capabilities, provided they have proper supervision and have been instructed on safe use by someone capable of understanding the dangers of improper usage.
- 4.** Children under 16 should not perform cleaning or maintenance. Supervision is required if they are involved.
- 5.** Keep the appliance and its cord out of reach of children under 16 years old.

- 6.** To minimize the risk of malfunction, electric shock, injury, fire, and equipment damage, please adhere to all provided instructions and warnings.
- 7.** Keep the appliance away from liquids and heat sources.
- 8.** Unplug the charger after the device is fully charged.
- 9.** Use only the accessories that come with the appliance to ensure optimal performance.
- 10.** Operate this product following the instructions provided.
- 11.** Examine the device thoroughly before each use.
- 12.** This device is for adult use only. Do not use if injured. Consult your doctor before using this device.
- 13.** Do not use the massage gun, or any vibration device, without first obtaining approval from your doctor if any of the following conditions apply to you:
  - \* Pregnancy
  - \* Diabetes with complications such as neuropathy or retinal damage
  - \* Use of pacemakers
  - \* Recent surgery
  - \* Epilepsy or migraines
  - \* Herniated discs, spondylolisthesis, or spondylosis
  - \* Recent joint replacements or the presence of intrauterine devices (IUDs), metal pins, or plates
  - \* Any other concerns regarding your physical health
- 14.** Individuals with reduced physical abilities and children should be supervised by an adult when using any vibration device. Although these conditions do not automatically rule out the use of such devices, it is crucial to consult a doctor before use.
- 15.** Operate this device only on clean and dry skin, gently pressing and moving it across the body for about 60 seconds per area.
- 16.** Use the device only on soft tissue without causing pain or discomfort. Avoid using it on your head or any hard or bony parts of the body.
- 17.** Do not use the device on bruised, painful, or uncomfortable areas.
- 18.** Avoid placing any objects in the ventilation holes. Do not immerse the device in water or allow water to enter the ventilation holes.
- 19.** Do not drop or misuse the device.
- 20.** Only recharge the device with the charger provided.

- 21.** Do not tamper with or alter the massage gun.
- 22.** Be cautious with loose items like hair, clothing, and jewelry to prevent them from entangling in moving parts or blocking the ventilation ports.
- 23.** Keep ventilation ports clear, uncovered, and free of dust. Place the device away from dust sources.
- 24.** Do not leave the device unattended while charging. Avoid charging in wet environments, outdoors, or near any water sources.
- 25.** Do not charge the device near flammable materials such as natural gas, gasoline, dust, or paints.



When activating the machine, avoid touching this area if the massage head is not fully assembled.

## Product Overview



<b>1.</b> Interchangeable Massage Heads	<b>6.</b> Charger Port
<b>2.</b> Handle	<b>7.</b> U-Shaped Head
<b>3.</b> Gear Indicator Light	<b>8.</b> Bullet Head
<b>4.</b> Charging Indicator Light	<b>9.</b> Flat Head
<b>5.</b> Power Button: On/Off and Adjust Power Level	<b>10.</b> Round Head

## Usage Instructions

### **A. Installing Massage Heads:**

1. To install a massage head, push it onto the device until it clicks into place.
2. To remove a massage head, pull it off from the device.
3. U-shaped Head: Ideal for the neck and spine.
4. Bullet Head: Best for joints, deep tissue, and trigger points.
5. Flat Head: Recommended for larger areas of the body.
6. Round Head: Suitable for large muscle groups.

### **B. Turning on the Device:**

Press and hold the power button for two seconds to turn on the device.

### **C. Adjusting Power Levels:**

1. Once the device is on, press the power button to cycle through the power levels.
2. The power levels range from low to high, indicated by blue lights.

### **D. Turning Off the Device**

To turn off the device, press and hold the power button for two seconds.

## Charging Instructions

1. Fully charge the battery for 3 hours before first use.
2. Connect a USB-C cord and plug it into a compatible charging device.
3. Indicator Lights: Guide:
  - 3.1 The indicator light turns RED while charging.
  - 3.2 The indicator changes to GREEN when the battery is fully charged.
4. The battery can be recharged at any time and at any battery level. Avoid using the device while it is charging.
5. Avoid completely draining the battery before recharging.
6. Unplug the charger from the wall outlet when not in use to ensure safety.
7. Do not use a charger with exposed wires or signs of damage.
8. If you notice any damage, replace the charger promptly.

**9.** Always remove the charger from the wall outlet by pulling on the plug, not the cord.

**10.** Average run-time is approximately 3 to 4 hours, varying with the power level and pressure applied during use.

## **Cleaning and Maintenance**

**1.** Always ensure the device is turned OFF before beginning any cleaning.

**2.** Clean the device with a slightly damp towel.

**3.** Use a soft cloth to dry the device.

**4.** Avoid using strong detergents, disinfectants, or any harsh chemicals.

**5.** Never store the device in direct sunlight.

**6.** Avoid exposing the device to temperatures above 104°F (40°C).

**7.** Ensure no liquids enter the unit.

## **Specifications**

Input	5V/2A
Battery Capacity	2000mAh
Battery Endurance	3 to 4 Hours
Charging Time	3 Hours
Noise Level	40-50dB
Gear Speed	4 Adjustable Speed
Stroke Length	7mm
Product Size	95×158×48mm
Net Weight	0.5kg

## Recycling Information



This symbol on the product or its packaging indicates that the product should not be treated as regular household waste. It must be taken to a designated collection point for the recycling of electrical and electronic equipment. Proper disposal helps prevent negative impacts on the environment and human health that could result from incorrect waste handling. For detailed information about recycling this product, contact your local city office, the household waste disposal service, or the store where you purchased the product. The packaging of this product is recyclable. Please dispose of it in an environmentally responsible manner.



## Battery Disposal



The appliance includes a battery that must not be disposed of with household waste. After its final use, take the appliance to a collection point for discarded electrical appliances. Batteries may contain substances harmful to human health and the environment.





## **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/warranty**

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

Instagram: **porodo**