

PORODO
LIFESTYLE



Porodo Lifestyle
Precision Handheld Massager
with 4 Interchangeable Heads

SKU: PD-FMGUN

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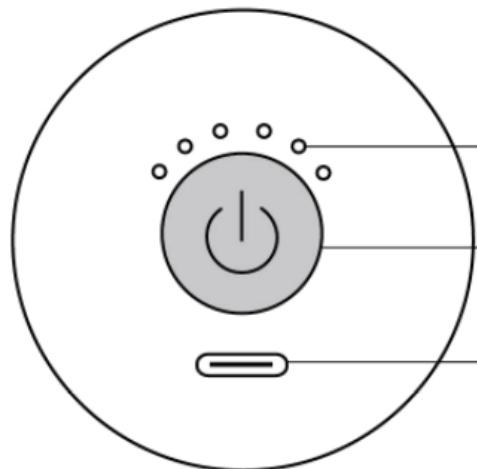
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Features

1. 6 Intensity Levels: The device offers 6 adjustable intensity levels to customize your massage experience according to your preferences.
2. Type-C Charging: It supports Type-C charging, ensuring faster and more reliable power replenishment.
3. 1500mAh Battery: Equipped with a 1500mAh battery, it offers extended usage time for prolonged relaxation sessions.
4. 3H Working Time: With a working time of up to 3 hours, you can enjoy long-lasting massages without frequent recharges.
5. Auto Shut-off: The device includes an auto shut-off feature to enhance safety by turning off automatically after a certain period of use.

Product Overview

A. Interface Instructions



Intensity Rate Indicator: Displays intensity levels, where one light indicates the lowest level and six lights denote the highest level.

Power and Mode Switching Button: Used for toggling power and switching between modes.

Power Connector: USB Type-C (5V) for charging.

B. Massage Heads



Fork head is for hands, neck, and spine area.



Flat head is for massaging all body parts.



Ball head is for massaging large areas.



Bullet head is for trigger points and small muscle groups.

Safety Precautions

1. Use only on dry, clean skin.
2. The massage duration on each skin area should not exceed 60 seconds.
3. To protect your body from potentially being bruised, be vigilant and check the massage area. At the first sign of pain or discomfort, discontinue use immediately.
4. Keep hair, jewelry, fingers, or other body parts away from the vibrating part to avoid pinching.
5. Do not use the device while driving.
6. Avoid using the device near the heart, on the head, on the cheeks, in the mouth, in areas with problematic or sensitive skin, where the bone's coverage is too thin, and in areas where internal organs are located.
7. The massager is not suitable for individuals with aneurysms, bleeding disorders, open wounds, malignant neoplasms, osteoporosis, heart conditions, or those with pacemakers or electronic medical devices, or while taking anticoagulants.
8. This device is NOT recommended for use by children, pregnant women, or individuals with severe physical conditions.

Safe Maintenance

1. The device should not be stored in environments with high humidity, including bathrooms.
2. Do NOT expose the device to water.
3. Avoid storing the device in conditions of high temperatures and increased dustiness.
4. Do NOT drop or impact the device.
5. Only insert the included heads into the device. Do NOT insert any other objects.
6. Do NOT disassemble, repair, or modify the device yourself.
7. Do NOT remove or damage the nameplate containing information about the device and its serial number.
8. Dispose of the device in accordance with the legislation requirements of the country where the sale is conducted.

Instructions for Use

A. Before the first use

1. Read the user manual carefully.
2. Fully charge the device for approximately 4 hours.

B. Charging

1. The unit operates on an internal rechargeable Li-ion battery, recharged using the provided USB Type-C cable.

Warning: Before charging, ensure the voltage indicated on the rating label corresponds to the power supply outlet voltage.

2. Connect the DC 5V socket on the unit to the power source using the USB Type-C cable.
3. During charging, the indicator lights will flash or remain lit continuously. The number of continuously lit lights indicates the charge level. When fully charged, all lights will remain lit.
4. The operating time of a fully charged device is up to 120 minutes.

Warning: The unit cannot be used while charging.

Operation

1. Press and hold the power button to turn the device on or off.
2. Press the same button to increase the intensity level or to return it to the minimum intensity level.
3. To change the head, pull it out and insert a new one.

Massaging areas

The massager is recommended for use in the following areas: shoulder muscles; scapula area; forearm muscles; pectoral muscles; gluteal muscles; anterior and posterior surfaces of the thigh; lower leg muscles; the sole of the foot.

Warning:

1. The duration of continuous exposure to one area should not exceed 60 seconds. The total recommended massage time is 10-20 minutes.
2. After 15 minutes of continuous use, the device will turn off automatically. If you wish to continue, turn it on again.

Cleaning and Maintenance

1. Before cleaning, turn off the device and disconnect the installed head.
2. Wipe the device with a slightly damp cloth.

Package Contents

1. Percussion Massage Gun
2. 4 heads
3. Power cable (USB Type-C)

Specifications

Product Name	Porodo Lifestyle Precision Handheld Massager with 4 Interchangeable Heads
SKU	PD-FMGUN
Input	5V/2A
Battery Capacity	1500mAh
Rated Power	15W
Working Time	Up to 120 Minutes
Recharge Time	2 hours
Intensity Levels	6
Net Weight	450g
Dimension	112×149×51mm

Troubleshooting

Ensure the battery is fully charged. If the device still doesn't turn on, try using a different charger or cable to rule out charging issues. If you notice any unusual behavior or performance issues, it may be due to a software or hardware malfunction. In such cases, contact authorized professional service providers for assistance.

Storage and Transportation

Packed products are allowed to be transported by all types of transport under conditions specified in GOST 15150, at temperatures not below -10°C, and with protection from direct exposure to atmospheric precipitation and mechanical damage. Products should be stored under conditions 1 according to GOST 15150, in the absence of acidic, alkaline, and other aggressive impurities in the air. During transportation and storage, packed products should be stacked in piles, containers, or racks. The number of rows in stacks should be determined based on the overall dimensions and weight of the packaged products and indicated in the technical specifications for the specific model.

Safe Disposal

This device is designed and manufactured from high-quality materials and components, which can be recycled and reused. Please familiarize yourself with the local system and dispose of your product according to local regulations. correctly to prevent potential negative consequences for the environment and human health.

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:

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Website: **porodo.net**

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