

PORODO
LIFESTYLE



Porodo Lifestyle
Body Sculpture Smart Dumbbells
with Advanced Tracking and Interactive Coaching

SKU: PD-LFST025-GY

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

Schematic View

A. Dumbbells

1. Color LCD Display

2. Power Switch

* Long press for 2 seconds to power the device on or off.

* Short press to switch between body training areas.

* Press five consecutive times to reset the device.

3. Action Selection Button:

* A single short press activates the dumbbell action switch.

* Press twice to toggle the voice broadcast feature on or off.

4. Type-C Charging Port



B. LCD Display

1. Battery Level Display

Indicates the current battery level, with a full charge time of 150 minutes.

2. Bluetooth Connection Status: Shows the Bluetooth connection status, with the Bluetooth icon blinking when the device is not connected.

3. Voice Broadcast Status

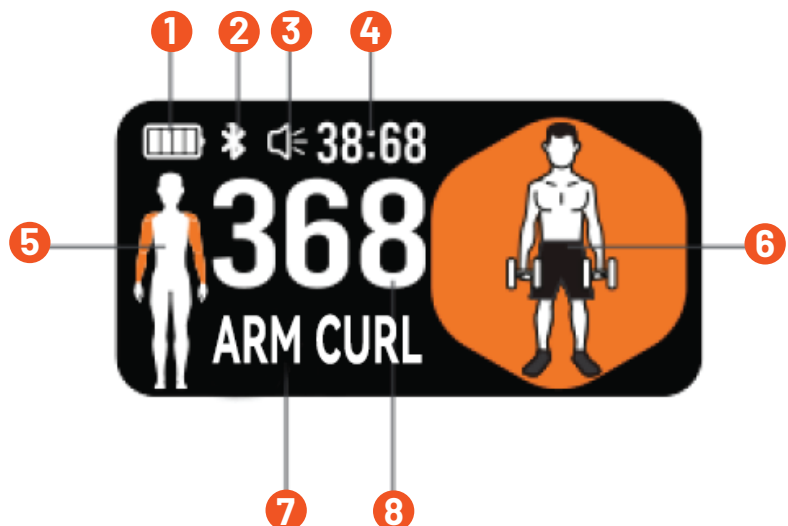
4. Exercise Time

5. Body Training Area

6. Dumbbell Actions Diagram

7. Dumbbell Actions Name

8. Exercise Counting



Instructions for Use

1. Press and hold the power button for 2 seconds to turn the device on.
 2. Use the switch keys to select the targeted training body parts.
 3. Use the switch keys to select the desired dumbbell exercises, including options for the arms, shoulders, chest, abdomen, legs, and back.
 4. Upon starting your exercise, the smart dumbbell will automatically detect your movements and prompt you with the voice message, "Let's go."
 5. Practice dumbbell exercises at a normal speed while ensuring correct posture each time. The smart dumbbell will alert you with a sound ("dang") if your form is not correct.
- Note:** Please practice at a safe speed to avoid muscle injuries.
6. After completing 10 repetitions, the dumbbell will automatically count and report the number of exercises performed.
 7. After completing 10 repetitions, take a 30-second rest to relax your muscles before starting the next set of exercises.
 8. Aim to perform 3 to 5 sets of 10 repetitions, ensuring to rest for 30 seconds between each set.

App Connectivity

1. Activate Bluetooth, network, and GPS on your phone. Then, search for "TUYA" app in the Google Play Store or Apple App Store to download and install the TUYA APP.
 2. Your mobile device must be running iOS 9 or higher, or Android 5.0 or higher.
- Note:** To ensure your fitness data is safely and permanently stored, please tap 'Sign Up' to create a new account.
2. Press the ON/OFF button to turn on the smart dumbbell; the Bluetooth icon on the LCD display will flash to indicate it's active.
 3. Open the APP and search for the device. The app will automatically look for nearby devices.
- Note:** If the device is not found, press the ON/OFF button five times to reset the smart dumbbell and try again.
4. Wait for the Bluetooth icon on the dumbbell screen to stop flashing. The APP will indicate when the device is successfully connected.
 5. Once connected, you can choose the desired training mode to begin your exercise routine.

Note: If there is no operation on the device for 20 seconds, the LCD display will turn off, and the device will automatically power down after 5 minutes.

Exercise Guide

1. Arm Exercises

Arm Curl, Hammer Curl, Alternating Arm Curl, Grip Curl, Tricep Kickback, Overhead Tricep Extension, Angle Everse Curl, Seated Hand Curl.

2. Shoulder Exercises

Reverse Fly, Alternating Front Raise, Side Raise, Standing Shrug, Arm Pull, Shoulder Press, Reverse Fly, Alternating Front Raise, Side Raise.

3. Chest Exercises

Dumbbell Fly, Bench Press, Dumbbell Pullover,

4. Abdominal Exercises

Bow Extension, V-Up, V-Sit Cross Jab, Russian Twist, Side Bend.

5. Leg Exercises

Crotch Squat, Reverse Lunge, Squat, Side Lunge, Weighted Step-Up, Glute Bridge, Jump Squat, Squat Press.

6. Back Exercises

Seesaw Row, Prone Row, Single Arm Row, Prone Lateral Raise, Incline Row.

Specifications

Battery Capacity	200mAh
Input	5V
Charging Port	Type-C
Recharge Time	2H
Working Time	6H
Bluetooth	V5.1
Transmission Range	10m
Net Weight	3kg±20g
Product Dimension	225×80×77mm

Safety Precautions

1. Avoid dropping the device.
2. Do not disassemble the device.
3. Do not expose the device to rain, moisture, or submerge it in water.
4. Keep the device away from excessive heat, such as sunlight, fire, or similar sources.
5. Use only original or certified cables.
6. Do not use any corrosive cleaners or oils for cleaning.
7. Keep the device out of reach of children.

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**

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