

PORODO
LIFESTYLE



Porodo Lifestyle
Smart Spider Resistance Band
with Workout Sensors

SKU: PD-LFST027-GY

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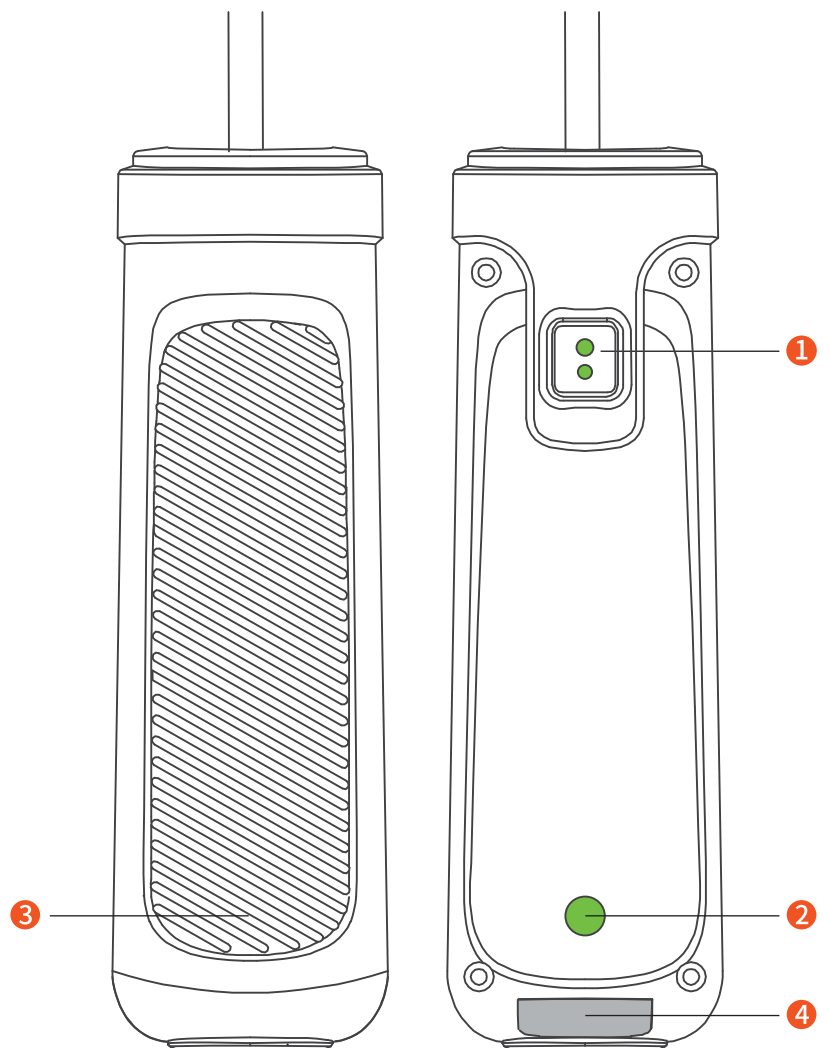
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Features

1. Enjoy a stable and efficient wireless connection to your devices with the latest Bluetooth V5.1 technology.
2. Track your heart rate in real-time during workouts to ensure optimal exercise intensity.
3. Monitor your calorie expenditure throughout your sessions, helping you stay on track with your fitness goals.
4. Seamlessly integrate with various fitness applications for enhanced tracking and analysis of your performance.
5. Experience fast and convenient charging with the USB Type-C connection, ensuring your device is ready to go in no time.
6. Use the Smart Resistance Band in both online and offline modes, giving you flexibility in how you train.

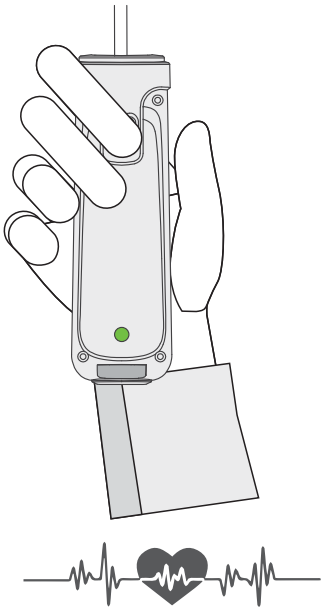
Schematic View

1. Heart Rate Sensor
2. Indicator Light
3. Non-Slip Rubber Material
4. USB Charging Port









Heart Rate Sensor Area

- 1. Activate by holding the handle. The green light will continuously flash.
- 2. Position your finger on the sensor area to measure your heart rate.
- 3. Ensure direct contact between your skin and the sensor for accurate readings.



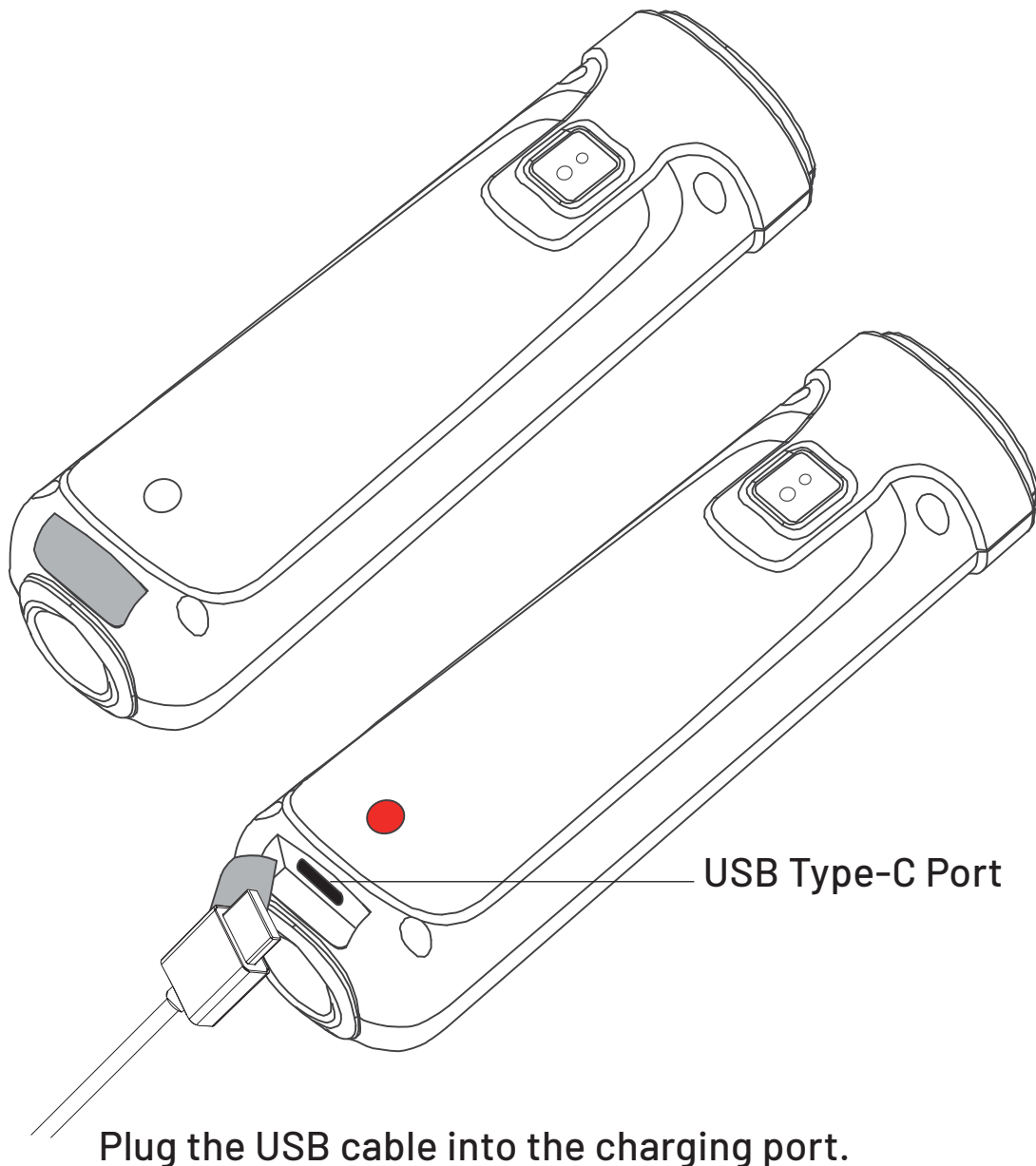
Indicator Light

- 1. To power on the band, press and hold the button for 3 seconds.
- 2. The LED light will flash green indicating the power is on.
- 3. To power off, press and hold the button for three seconds again, and the green LED will turn off.
- 4. A flashing red light indicates a low battery. Please ensure the handle is charged promptly.

Working Status	Indicator Light
Power ON	 Green light flashing
Power OFF	 Green light turns off
Device Connected	 Green light on
Battery Low	 Red light flashing
Battery Charging	 Red LED on
Battery Full	 Red LED off

Charging

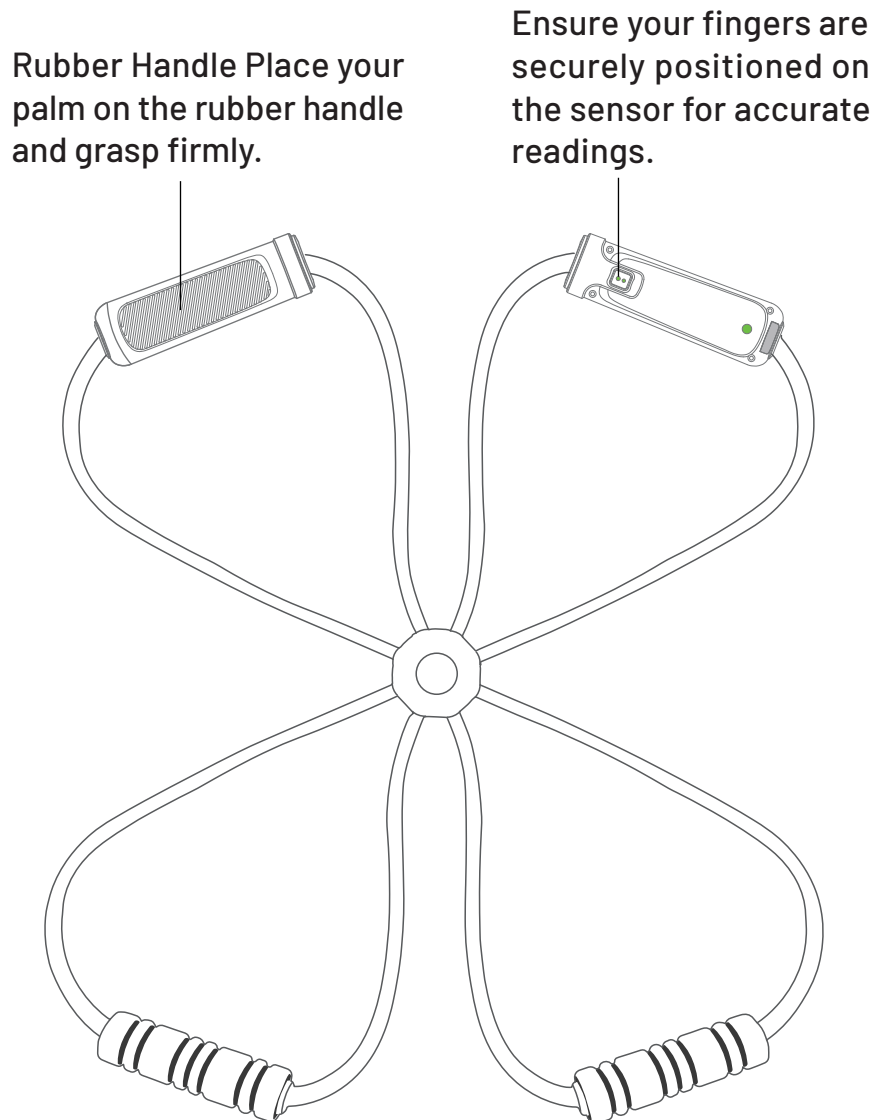
1. To charge, gently pull open the cover at the end of the main handle.
2. Connect the power supply using a USB cable.
3. The full charge time is approximately 90 minutes, the battery lasts for 20 hours, and the standby time can reach up to 30 days.
4. The red light will remain illuminated while charging. When the red light turns off, this indicates that the device is fully charged.



Instructions for Use

A. Warming Up

It is always recommended to warm up before exercise to help prevent muscle damage. If you do not warm up, start with an easy position and gradually progress through a few sets before moving to intermediate or advanced positions.



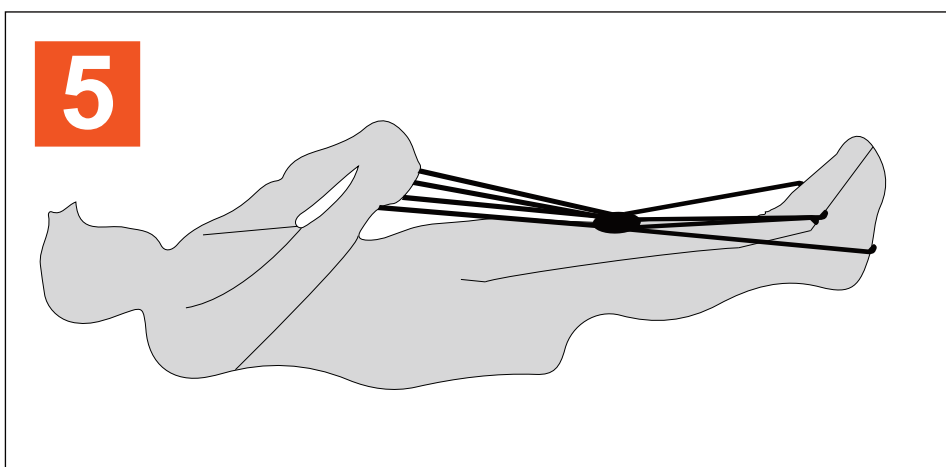
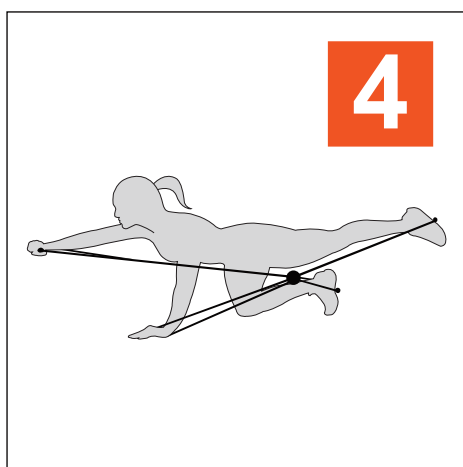
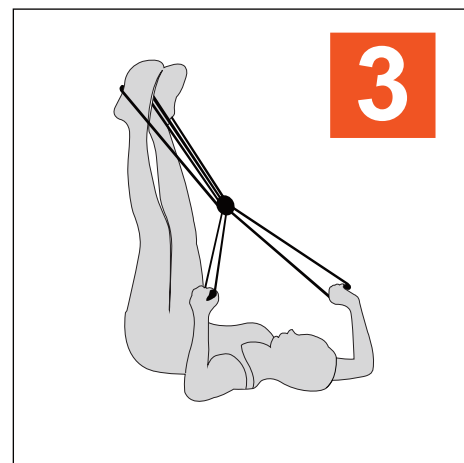
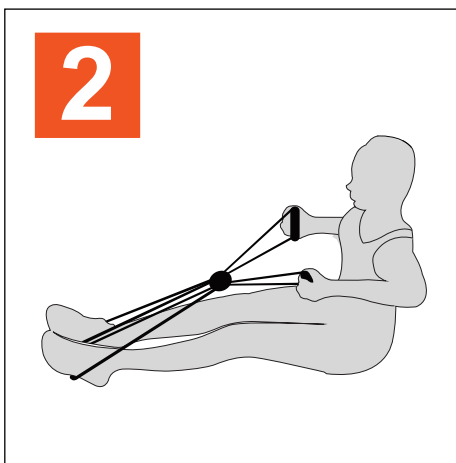
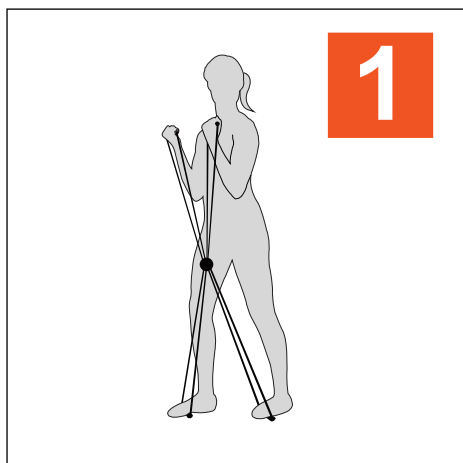
B. Exercise Guidance

The Spider pull rope is an excellent fitness tool for floor exercises. It offers the combined benefits of strength training and flexibility improvement, especially when used alongside yoga movements.

Notice: To prevent injuries associated with hard surfaces, it is advisable to use a soft cushion on the floor for protection during exercises.

1. Perform three sets of actions, repeating each action ten times. Allow 60-90 seconds of rest between sets for recovery.
2. Each action should involve stretching the resistance band to its maximum

length, holding the stretch for 3-5 seconds to maximize tension, and then smoothly returning the band to its starting position.



App Connectivity

For Apple iOS

Use an iPhone 4 or a later model, and ensure that iOS is updated to the latest version. Scan the QR code below or search for "Tuya" in the App Store to download the application.



iOS

For Android:

Use mobile phones with Android 6.0 or higher. Scan the QR code below or search for "Tuya" in the Google Play app to download the application.



Android

Mode Selection

1. On-Line Mode: Turn on Bluetooth and connect the product to the app so that it can record exercise data online.

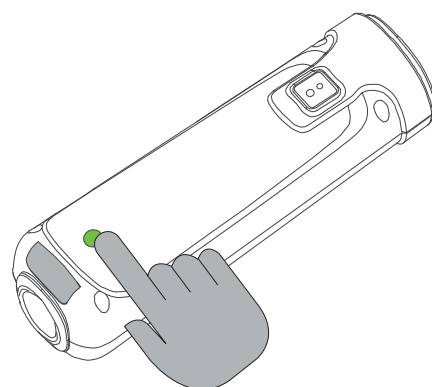
2. Off-Line Mode: The product can be used independently without opening the connected mobile app. The exercise data will be stored in the device's memory.

Attention: The offline mode can store up to 40 sets of data. It is recommended to connect to the app after approximately 20 exercises. The historical exercise data will be stored automatically and synced with the app.

3. Press and hold the power button on the device handle for 3 seconds to turn it on. ☀️

4. Open the TUYA App. The device will automatically connect. Please ensure Bluetooth is enabled on your mobile phone.

5. If the red light flashes, it indicates a low battery. Please charge the handle promptly. 🔴



Specifications

Input	5V
Battery Capacity	60mAh
Recharge Time	1H
Working Time	4H
Charging Port	Type-C
Bluetooth	V5.1 BLE
Bluetooth Range	10M

Safety Precautions

- 1.** Avoid placing the device near high-temperature sources, such as ovens, stoves, candles, or any other items that may generate heat.
- 2.** Do not allow children or pets to play with this product or its accessories to prevent any potential injury. Failure to do so may cause damage to the equipment.
- 3.** The operational temperature range for the product is -20°C to 45°C . Ensure that the product and its accessories are stored within -20°C to 70°C . Do not use the product in environments where temperatures are excessively high or low.
- 4.** Please refrain from using the product during the charging process to prevent damage to the plug.
- 5.** Practicing warm-up exercises before starting your workout to promote better blood circulation. Warm-up activities can help increase tendon flexibility and reduce the risk of injuries to joints, ligaments, and muscles.
- 6.** Choose surfaces such as turf, wood, or plastic for your exercises. Avoid jumping on rough concrete, as this may shorten the lifespan of the resistance rope.
- 7.** It is recommended to wear soft and lightweight high-top sneakers while skipping rope to minimize the risk of ankle injury.
- 8.** After your workout, consider performing stretching exercises on your feet to help alleviate muscle tension or soreness.



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](https://www.instagram.com/porodo)**