

PORODO
LIFESTYLE



Porodo Lifestyle
Smart Roller AB Wheel
with Smart Tracking

SKU: PD-LFST028-GY

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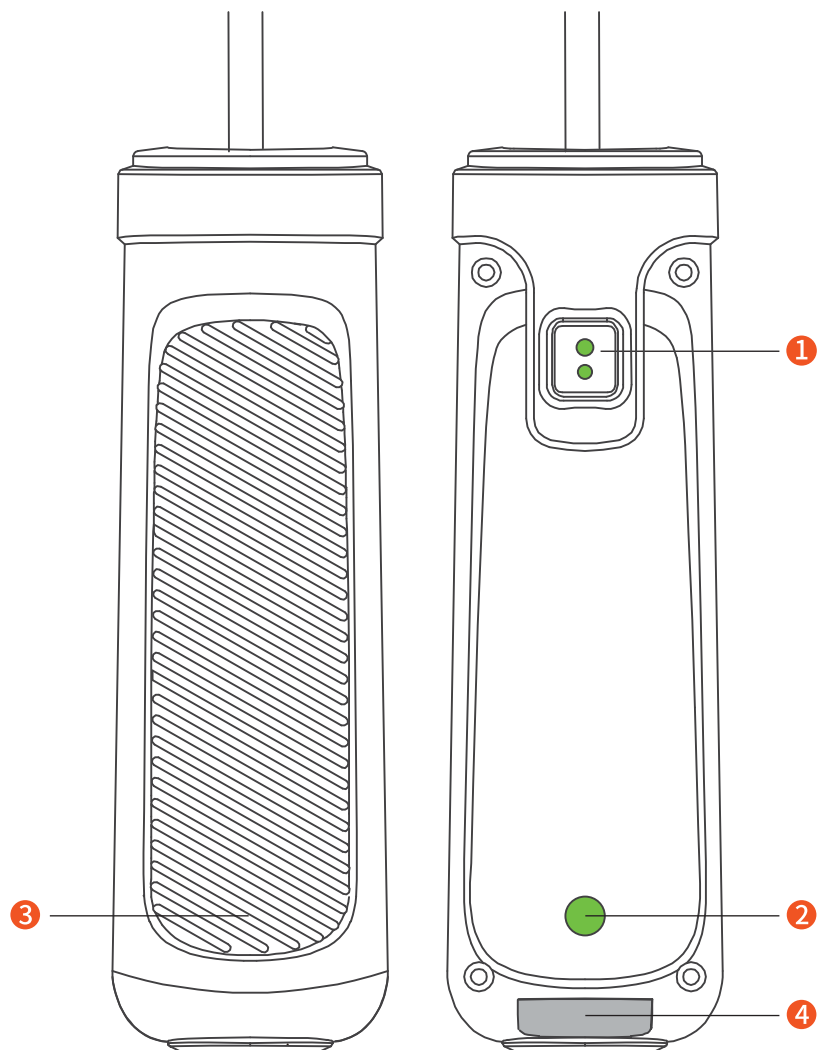
Before using the product, please carefully read this User Manual to guarantee correct usage and keep it secure for future reference.

Features

1. Easily connect to your devices for seamless data sharing and exercise tracking.
2. Keep track of your heart rate in real-time to optimize your workouts and maintain safety.
3. Accurately monitor the calories you burn during exercise sessions to help you achieve your fitness goals.
4. The device automatically counts your repetitions, allowing you to focus on your form rather than manual tracking.
5. Sync the roller with various fitness apps to enhance your training experience and access advanced metrics.
6. Enjoy quick and efficient charging through the USB Type-C port, ensuring your device is always ready for use.
7. Use the roller with or without a connected app, making it versatile for all workout preferences.

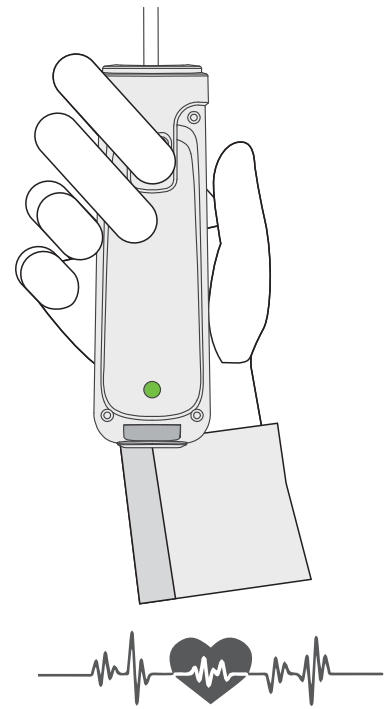
Schematic View

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









Heart Rate Sensor Area

- 1. When you activate the device, the green light will continuously flash.
- 2. Position your finger or skin over the heart rate detection area.
- 3. Ensure that your finger or skin maintains close contact with the heart rate detection area for accurate readings.



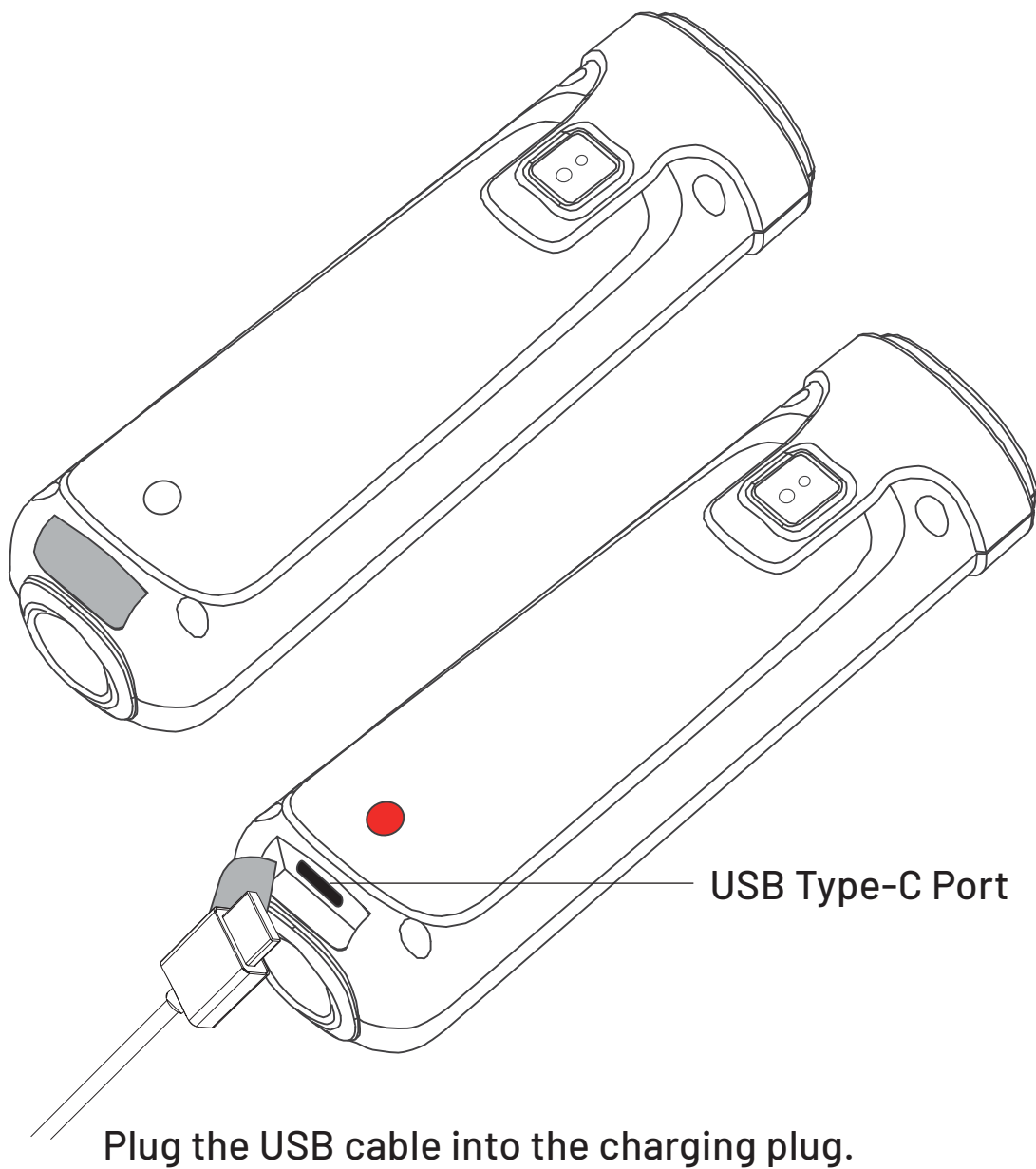
Indicator Light

- 1. Press and hold the button for 3 seconds. The LED light will turn green and start flashing to indicate that the power is on.
- 2. While the device is on, press and hold the button for 3 seconds. The green LED light will turn off, indicating that the power is off.
- 3. A flashing red light indicates a low battery. Please charge the device promptly.

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

Charging

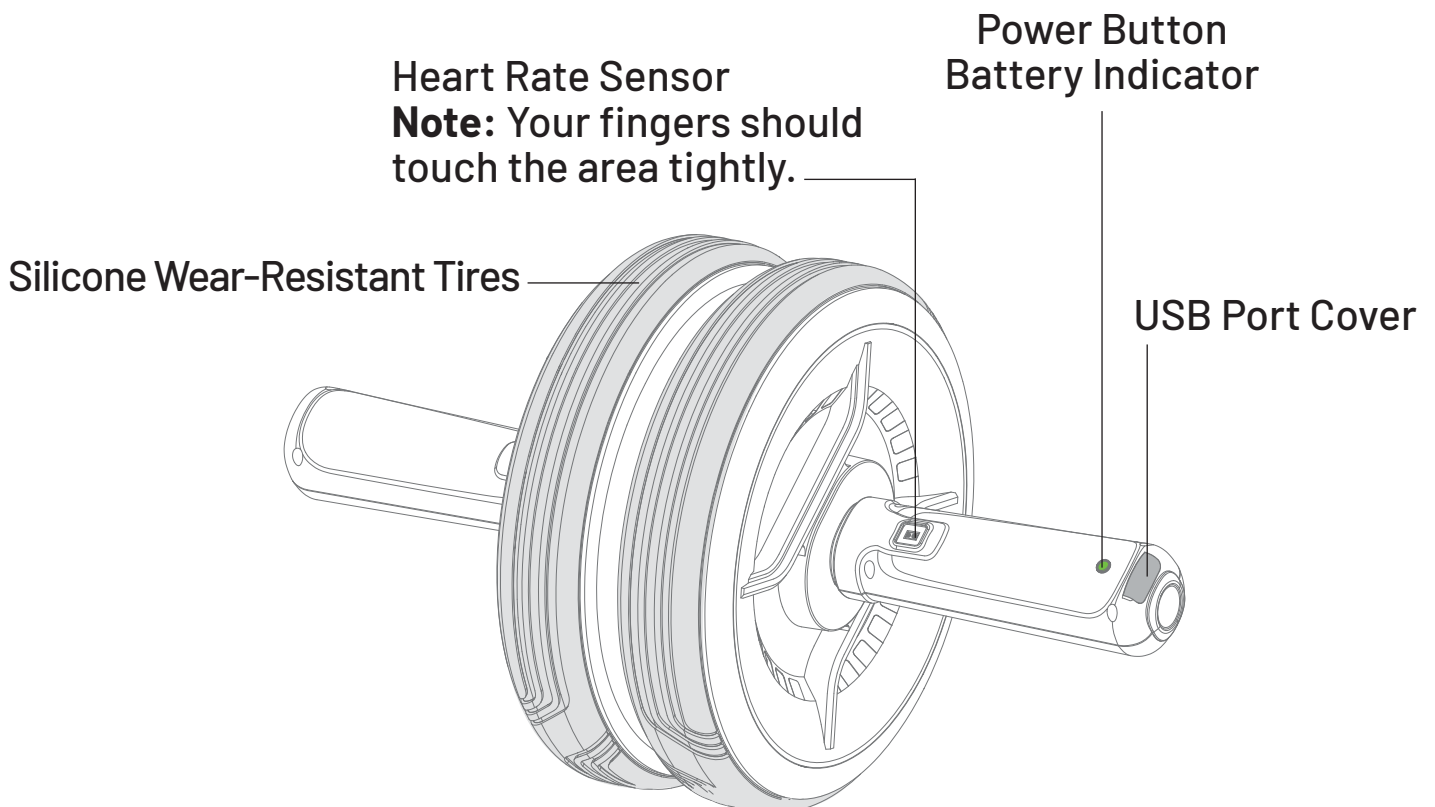
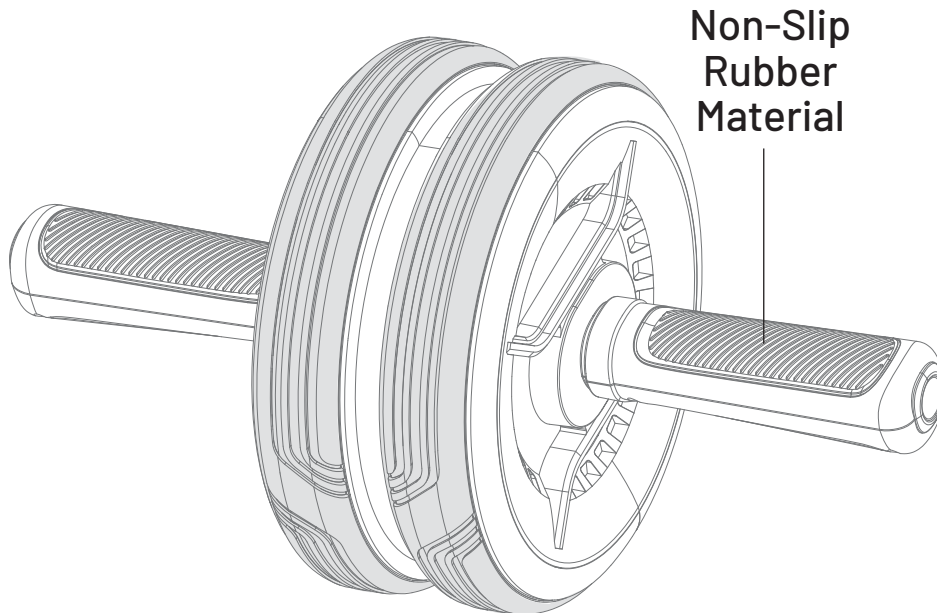
1. Gently open the cover at the end of the main handle.
2. Use a USB cable to connect the device to a power supply for charging.
3. The device fully charges in 90 minutes. Once charged, it provides 20 hours of operational time and can remain on standby for up to 30 days.
4. The red light will remain on throughout the charging process.
5. When the red light turns off, it indicates that the device is fully charged.



Instructions for Use

A. Warm-Up

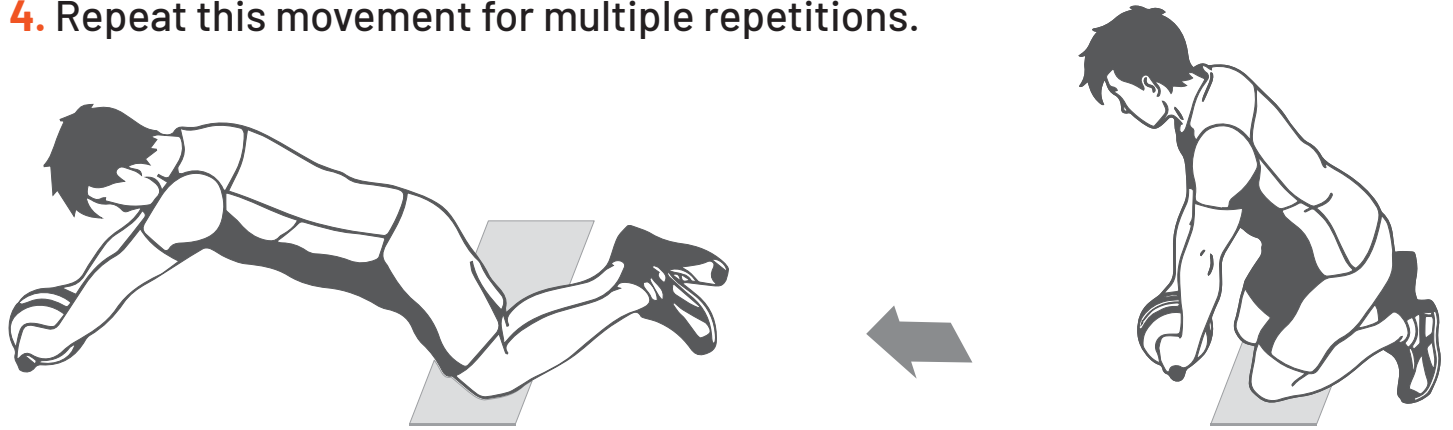
It is always recommended to warm up before exercising to help prevent muscle damage. If you do not perform a warm-up, start with an easy position and gradually progress through a few sets before increasing the intensity.



B. Exercise Instructions

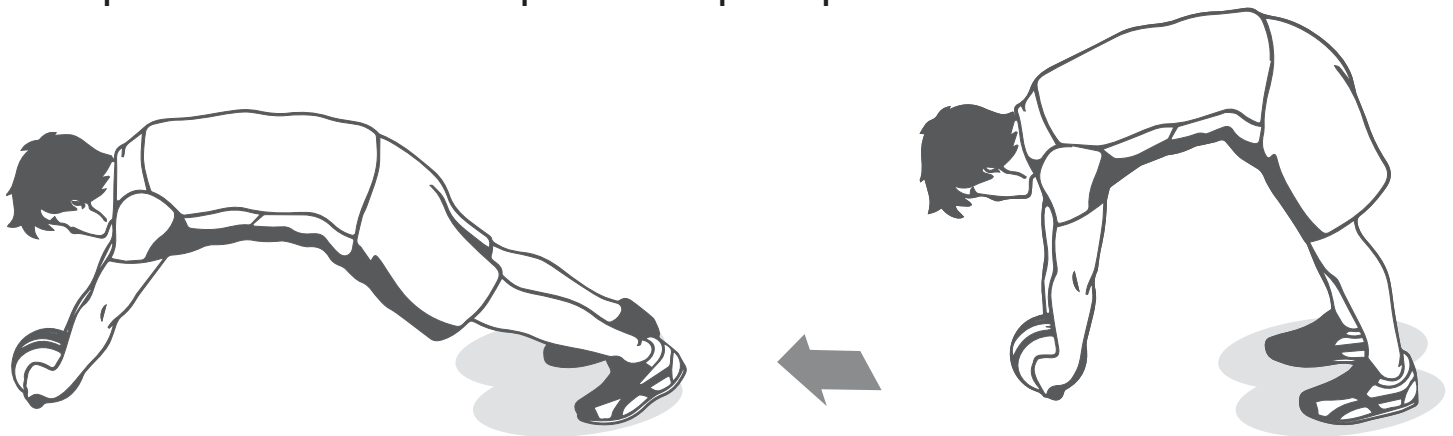
Posture 1: Kneeling

1. Position yourself on your knees on a mat.
2. Grasp the handles with both hands.
3. Roll the AB wheel forward until your body is nearly parallel to the ground, then pull it back to return to the starting position.
4. Repeat this movement for multiple repetitions.



Posture 2: Standing

1. Stand with your feet shoulder-width apart.
2. Hold the AB wheel handles with both hands.
3. Push the AB wheel forward to stretch your body into a straight line, then pull it back to the starting position.
4. Repeat the action to complete multiple repetitions.



Safety Reminder

1. Avoid extending the AB wheel too far during your workout.
2. Choose a movement range that is suitable for your fitness level to ensure safe training and proper posture.

Workout Routine: Perform 10-20 repetitions per set, and aim to complete 4-6 sets daily. Take a rest period of 90-60 seconds between each set to recover adequately.

App Connectivity

For Apple iOS

1. Ensure you are using an iPhone 4 or later version.
2. Update the iOS to the latest version available.
3. To download or update the app, scan the QR code provided below or search for "TUYA" in the App Store.



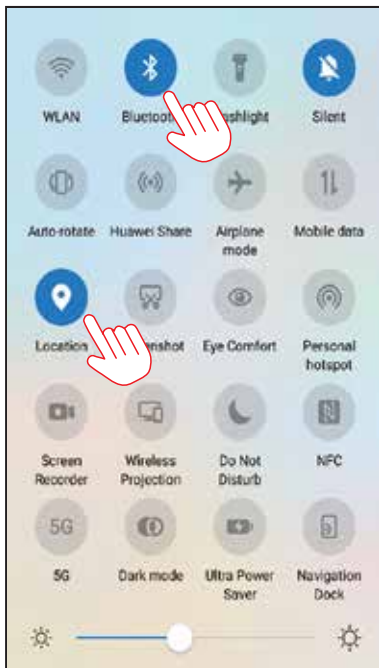
iOS

For Android:

1. Ensure your device is running Android 6.0 or higher.
2. To download or update the app, scan the QR code provided below or search for "TUYA" in Google Play app.



Android



Activate the Bluetooth function and GPS location services on your device to ensure full functionality.

Modes of Operation

1. Online Mode:

Activate Bluetooth to connect the device with the mobile app. This enables the app to record and store exercise data online.

2. Offline Mode:

The device can operate independently without the mobile app. Exercise data is saved directly in the device's memory.

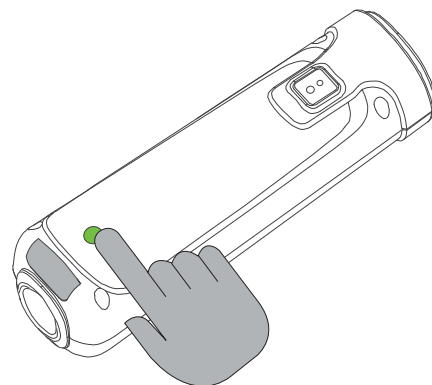
Important Notice: The device can store up to 40 exercise sessions in offline mode. It is advised to sync with the mobile app after approximately 20 sessions to ensure data is backed up. This sync will automatically store the exercise data in the app.

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

4. Open the TUYA app on your mobile device.

5. Ensure your mobile phone's Bluetooth is enabled to automatically connect to the device. 🔴

6. If the red light flashes, it indicates a low battery. Please charge the device promptly.



Specifications

Input	5V
Battery Capacity	60mAh
Recharge Time	1H
Working Time	4H
Charging Port	Type-C
Bluetooth	V5.1
Bluetooth Range	10m
Material	ABS, TPE, PU
Net Weight	672g
Dimension	335×90×200mm

Precautions

- 1.** Avoid placing the device near high-temperature sources such as ovens, stoves, or candles.
- 2.** Ensure that children and pets do not ingest the device or its accessories to prevent injury and damage.
- 3.** Operate the device within a temperature range of -20°C to 45°C , and store it between -20°C and 70°C . Do not use the device if the environmental temperature is excessively high or low.
- 4.** Avoid using the device while it is charging to prevent damage to the plug.
- 5.** Perform warm-up exercises before using the device to promote blood circulation and prevent injury.
- 6.** Engage in warm-up exercises to increase tendon flexibility and prevent injuries to joints, ligaments, and muscles.
- 7.** Use a turf, wood, or plastic surfaces for exercise activities. Avoid jumping on rough concrete to prolong the life of your equipment.
- 8.** Wear soft and lightweight high-top sneakers during activities such as skipping rope to minimize the risk of ankle injuries.
- 9.** Conduct stretching exercises after your workout 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**

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