

**PORODO**  
LIFESTYLE



**Porodo Lifestyle**  
**POWER PULSE 8-Head Massage Gun**  
**Red Light Therapy**

SKU: PDLFST191BK

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## Product Overview

The Porodo LifeStyle POWER PULSE 8-Head Massage Gun is designed to provide a deep tissue massage experience, offering effective muscle relief and recovery. It features 8 massage heads, each targeting specific areas to relieve muscle tension and promote relaxation. With 9 adjustable speed levels, you can customize your massage experience to suit your needs. Equipped with Red Light Therapy, this massage gun helps enhance blood circulation, reduce muscle soreness, and support overall muscle healing. It is designed to aid in muscle recovery and improve relaxation. Key features include:

- a. 9 Speed Levels:** Customize your massage intensity for targeted relief.
- b. Red Light Therapy:** Boost recovery by improving circulation and reducing muscle fatigue.
- c. 2 Hours of Continuous Use:** Long-lasting performance for uninterrupted use.
- d. 3200 RPM Powerful Motor:** Provides a deep, effective massage.
- e. Timed Massage Sessions:** Built-in timing settings allow you to control the duration of your massage for optimal relaxation.

## Specifications

Input Voltage	5V/1A
Rated Power	25W
Motor Speed	3200RPM
Working Time	2H
Recharge Time	4.5H

Battery Capacity	1500mAh
Charging Interface	USB-C
Net Weight	1.22kg
Product Size	110×195.5× 280.5mm
Model Number	LFS191

## Safety Precautions

1. If you have any of the following conditions, it is recommended that you consult a doctor before use:
2. Pregnant women or those who have recently given birth.
3. Heart disease, or if you have a pacemaker implanted.
4. Fractures, osteoporosis, or any spine and joint abnormalities.
5. History of malignant tumors.

## Prohibit Use

1. This product is not intended for use by minors. Additionally, if you are injured, you should refrain from using it.
2. Do not use the product on non-dry or unclean surfaces. It is recommended to apply the product through clothing, gently pressing and moving it on the skin, for about 60 seconds per section.
3. Avoid using the product above the neck or in areas with minimal muscle coverage, such as bones. Use only on soft tissues of the body without causing any discomfort or pain.

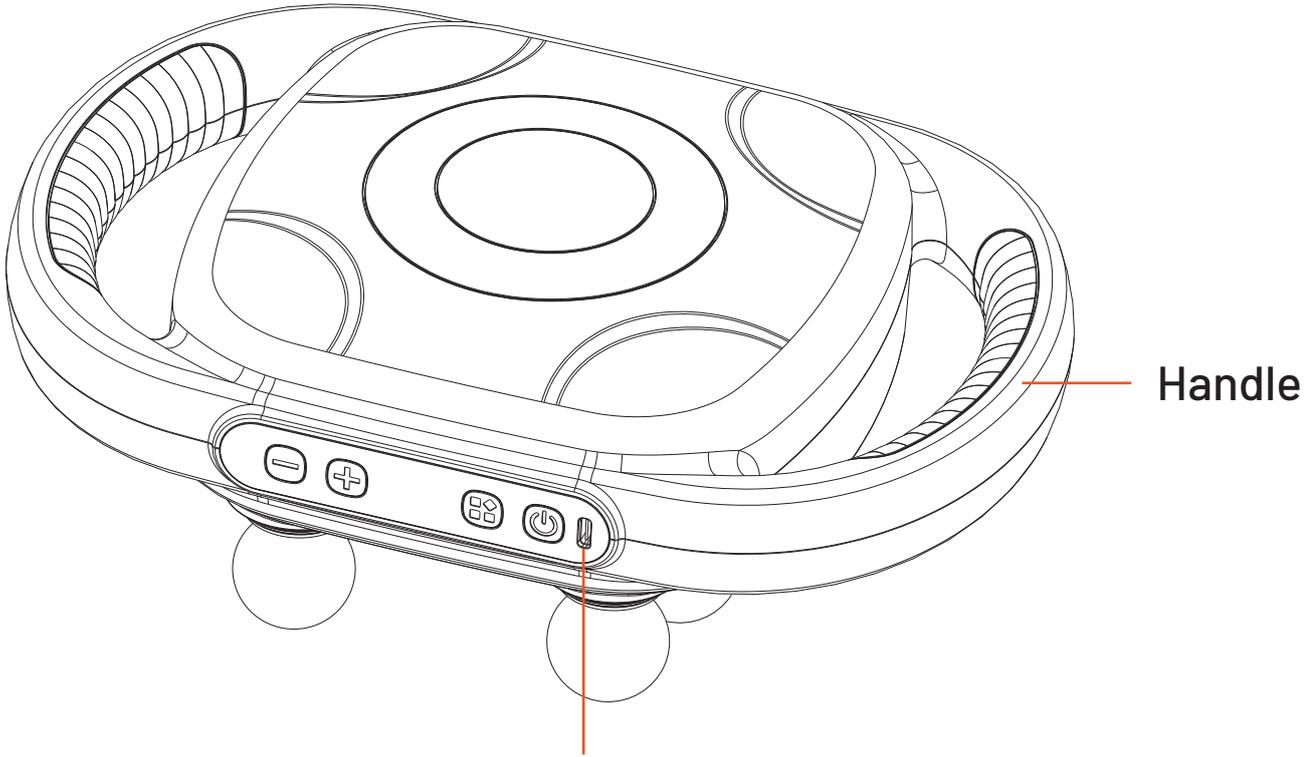
4. Discontinue use if bruising, pain, or discomfort occurs.
5. Do not insert or drop objects into any opening of the product.
6. Avoid immersing the product in water or any other liquids to prevent electric shock or short circuits.
7. Do not expose the product to fire or place it near flames.
8. Do not intentionally drop or mishandle the product.
9. Do not attempt to disassemble the product in any manner.
10. Keep fingers or other body parts away from the back of the massage head to prevent injury.
11. Avoid standing or sitting directly on the product, as it may cause a fall.
12. Never use the product while it is overheating to prevent motor malfunction.

## **Warnings and Reminders**

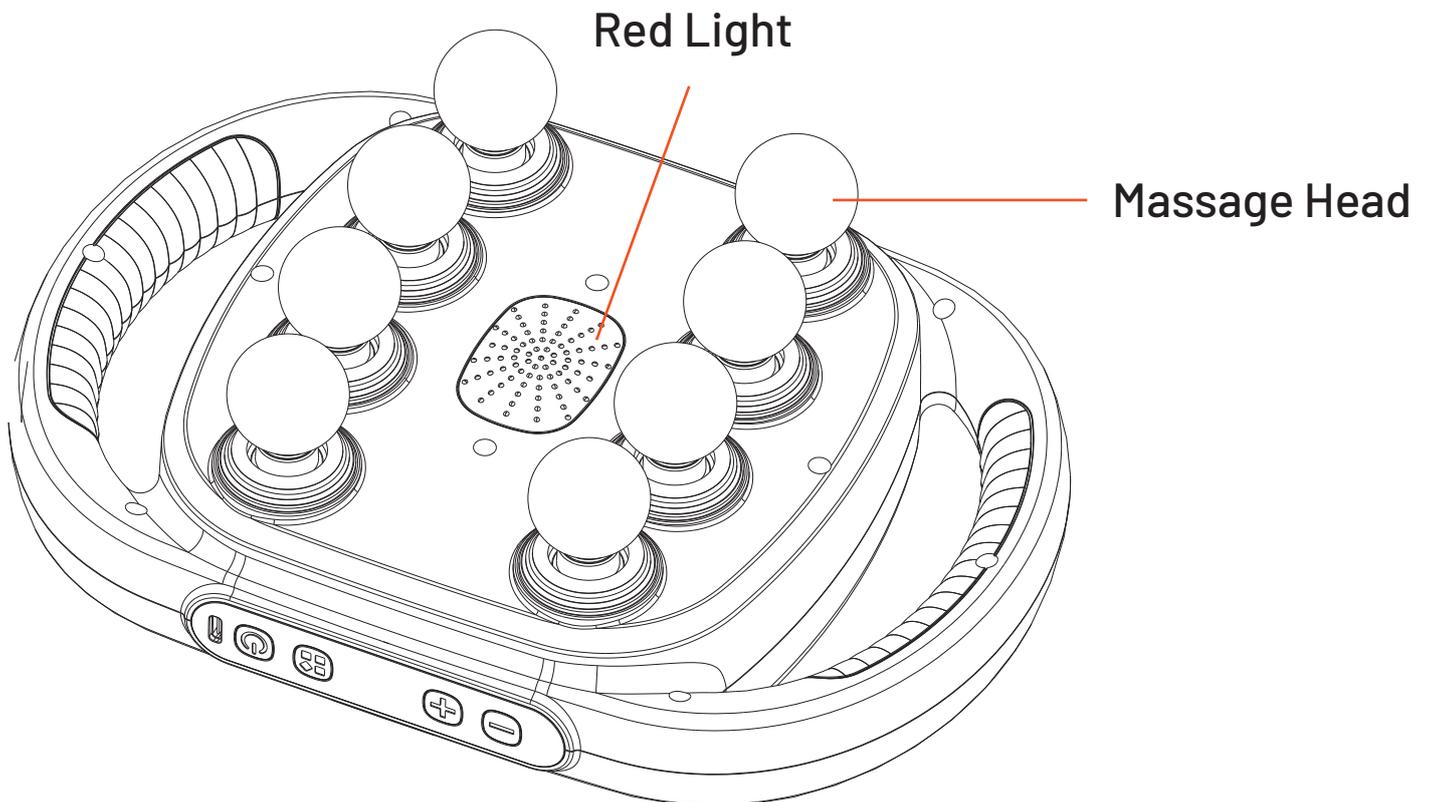
1. After charging, always unplug the charger.
2. For optimal performance, charge the device using a charger with a 5V current of 2A or higher.
3. Before discarding the device, make sure to remove the battery.
4. Always power off the appliance before removing the battery.
5. Dispose of the battery in a safe and environmentally responsible manner.



# Schematic View and Description

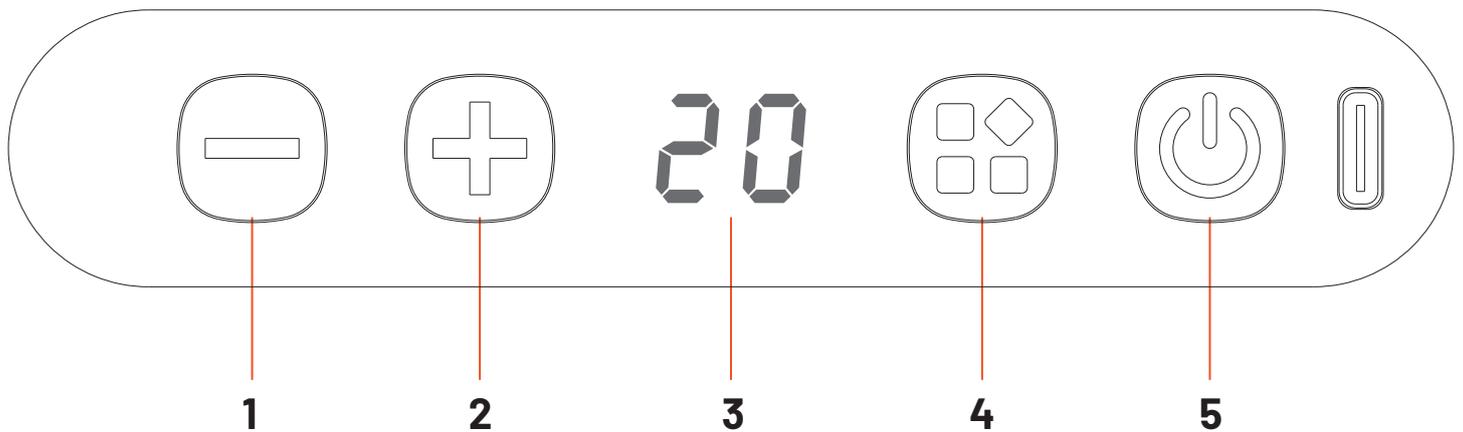


Type-C Charging Port



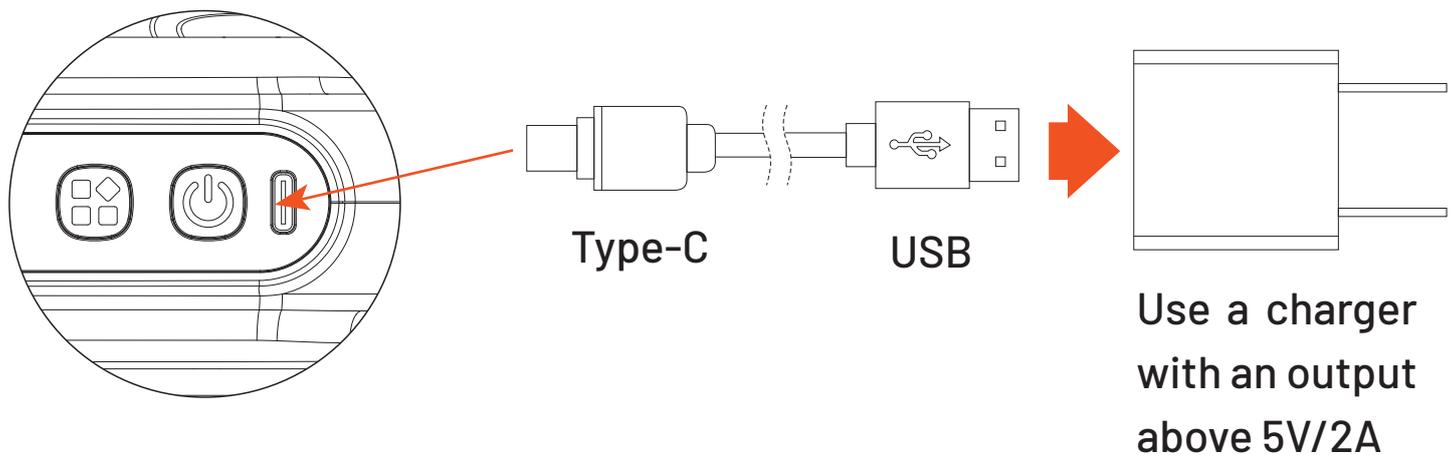
- 1. Handle:** Conveniently placed for easy grip and maneuvering.
- 2. Type-C Charging Port:** Ensures quick and efficient charging.
- 3. Red Light:** Indicative of the device's active mode or status.
- 4. Massage Head:** Features multiple nodes designed for a soothing and effective massage experience.

## Control Panel Overview



- 1. Decrease the Speed:** Use this button to reduce the speed setting to your preferred level.
- 2. Increase the Speed:** Press this button to increase the speed according to your needs.
- 3. Digital Display:** Displays the current speed or mode setting. The number indicates the active speed or time setting.
- 4. Mode:** Switch between different operating modes with this button to adjust the device's functions.
- 5. Switch/Time Setting:** Turn the device on or off, and use this button to set or adjust the time.

## Charging Instructions



1. Before using the device for the first time, ensure the battery is fully charged. This will help maximize the battery's performance and longevity.
2. While charging, the digital screen will display a scrolling marquee. Once the charging is complete, the display will remain on.
3. When the digital screen starts flashing, it indicates that the battery level is low. Please charge the device promptly to avoid interruption in use.
4. The battery can be charged at any time, regardless of its current power level.
5. The device cannot be used while charging. It must be disconnected from the power supply before it can be used.
6. If the device is not in use for an extended period, make sure to charge the battery fully at least once every three months to maintain its health.

## Usage Instructions

1. Switch/Time Setting Button:
  - a. To turn the device on or off, press and hold the On/Off button for 1.5 seconds. This will activate or deactivate both the massage and red light functions.
  - b. While the device is in operation, you can adjust the massage duration by

pressing the On/Off button briefly. With each press cycle, the following time intervals are used: 10 minutes, 20 minutes, and 30 minutes.

## **2. Mode Button:**

Press the Mode button briefly to switch between various modes. The available modes are:

P1 Mode

P2 Mode

P3 Mode

P4 Mode

P5 Mode

P6 Mode

P7 Mode

P8 Mode

P9 Mode

Select the mode that best suits your massage preference.

## **3. Increase Speed Button:**

To increase the massage speed, press the “Up” button. Each press raises the gear position by one, up to gear 20, at which point the digital display will show 20.

## **4. Decrease Speed Button:**

To decrease the speed, press the “Downshift” button. Each press reduces the gear position by one, down to gear 01, at which point the digital display will show 01.

## **Notes:**

**a.** When the device reaches the preset time, it will automatically enter an intelligent power-off protection mode and reboot.

**b.** When using P1 Mode for massage, the device will automatically adjust to increase the massage intensity, providing a more enhanced user experience.

## Cleaning and Maintenance

1. Always ensure that the massage gun is turned off before cleaning it.
2. Use a slightly damp cloth to gently wipe the surface of the massage gun, and then dry it thoroughly with a soft, dry cloth.
3. Avoid using harsh cleaners such as cleaning brushes, gasoline, kerosene, glass cleaners, or thinners. These can damage the device.
4. After cleaning, store the massage gun in its original box or place it in a cool, dry, and well-ventilated area. Make sure it is protected from dust and dirt.
5. The massage gun is specially designed and manufactured to require no additional maintenance or lubricating oil. There is no need to regularly apply oil or other maintenance products.

## Battery removal



Warning

- a. Remove the battery at the end of its life and recycle it properly. Do not dispose of it improperly.
- b. Do not disassemble the massage gun before the end of its life.

1. The battery should only be removed once it is completely depleted, and the device is no longer functional.
2. After the battery is removed, it is crucial to prevent any contact between the positive and negative terminals to avoid the risk of short-circuiting.

## Troubleshooting

<b>Problem</b>	<b>Solution</b>
Not functioning	The massage gun may be low on battery. Ensure it is fully charged before use.
Suddenly stops working	Time is up; it will automatically stop.
Slight noise during operation	The noise is generated by the mechanical structure, not a malfunction.

## Package Contents

Massage gun × 1

Type-C charging cable × 1

## Disposal

This product must not be disposed of as unsorted household waste. It is important to separate such waste for proper treatment and recycling, in compliance with local waste management regulations.

## **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**