

**PORODO**  
LIFESTYLE



**Porodo Lifestyle**  
**Cordless Mini Massage Gun**  
SKU: PDLFSTH35BG

# Table of Contents

Product Overview	2
Specifications	2
Product Features	3
Safety Precautions	3
Product Schematic View	4
Massage Heads	5
Operating Instructions	5
Charging Instructions	6
Frequently Asked Questions	7
Maintenance and Troubleshooting	7
Environmental Protection	8
FCC Statement	8
Disposal	9
Warranty	10
Contact Us	10

## Product Overview

The Porodo Cordless Mini Massage Gun is a compact and versatile personal wellness device designed to provide effective muscle relief. Featuring five adjustable speed levels, it allows users to customize their massage experience for maximum comfort and effectiveness. With four interchangeable heads, it offers flexibility for targeting various muscle groups. The massage gun provides up to 4 hours of continuous use on a full charge, ensuring long-lasting performance. It is equipped with Type-C fast charging for quick power-ups, while the safety auto shut-off feature ensures safe operation. Whether for post-workout recovery or stress relief, the Porodo Mini Massage Gun offers a portable and efficient solution for muscle relaxation on the go.

## Specifications

Battery Capacity	DC 5V/2A
Rated Power	1300mAh
Motor Speed	30W
Input	1800-3000RPM
Recharge Time	3.5H
Working Time	4H
Massage Stroke	6mm
Charging Interface	Type-C
Net Weight	395g
Product Size	61 x 120 x 154mm
Model Number	PDLFSTH35

## Product Features

- 1. Five Speed Levels:** Choose from five different intensity settings to customize your massage experience for comfort and relaxation.
- 2. Four Interchangeable Heads:** Comes with four different head attachments to target various muscle groups and provide a versatile massage.
- 3. Four Hours of Working Time:** Enjoy up to four hours of continuous use on a full charge, perfect for extended sessions.
- 4. Adjustable Massage Intensity:** The massage gun features adjustable intensity, allowing you to control the pressure based on your preferences.
- 5. Type-C Fast Charging:** Equipped with Type-C fast charging for quick and efficient recharging, ensuring minimal downtime.
- 6. Safety Auto Shut-Off:** Built-in auto shut-off for safety, turning off the device after a set period of inactivity to prevent overheating or overuse.

## Safety Precautions

- 1. Not for Minors:** This product is not a toy. It is strictly prohibited for minors to use it. Please ensure it is kept out of the reach of children.
- 2. Water Exposure:** If the product accidentally comes into contact with water, do not attempt to use it. Please submit the product for a safety inspection before further use.
- 3. Keep Away from Fire:** Never expose this product to fire or any other heat source. Throwing it into the fire is strictly prohibited, as it may cause serious damage or pose a fire hazard.
- 4. Avoid Sensitive Areas:** Do not use the product around sensitive areas such as the head, neck, heart, or genitals. The massage gun is designed for use on other body parts, excluding these zones.

- 5. Use on Soft Tissue Only:** This device is intended for use on soft tissues of the body only, such as muscles. It should not be applied to bones or joints to avoid injury or discomfort.
- 6. Use Only Original Chargers:** Always use the original charger provided with the product. Using third-party or non-original chargers may cause damage to the device or pose a fire risk.
- 7. Avoid Dropping the Product:** Dropping the product intentionally or otherwise is strictly prohibited. Impact from drops can damage the internal components and affect the device's performance.
- 8. Do Not Disassemble:** Never attempt to open or disassemble the product. Removing screws or tampering with the device may void the warranty and can cause malfunctions or safety risks.
- 9. Not for Medical Treatment:** This product is not a substitute for medical equipment or treatment. Always consult with a healthcare professional before using the device, especially if you have any pre-existing health conditions.
- 10. Avoid Body Contact with Moving Parts:** Do not place fingers, hair, or other parts of your body near the moving shaft or back of the massage head while in operation. Doing so may result in injury, such as pinching or entanglement.
- 11. The primary purpose of this product is to help relieve muscle soreness, promote blood circulation, and alleviate cervical stiffness.**

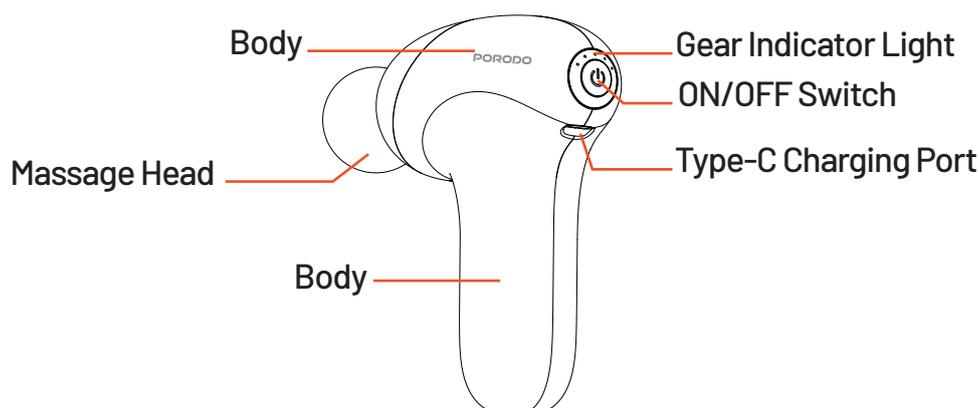


Do not touch this area when the machine is turned on without installing the massage head



Do not touch this part when installing the massage head and starting the machine

## Product Schematic View

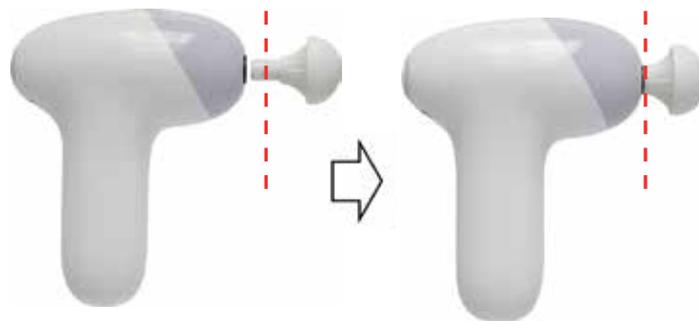


## Massage Heads

1. U-shaped Head: Ideal for spinal massage, providing a high-intensity stimulation.
2. Round Head: Perfect for full-body muscle relaxation and soothing tension.
3. T-shaped Head: Designed to target large muscle groups, offering deep and powerful stimulation.
4. Bullet Head: Focuses on deep joint relaxation, helping to relieve tightness and promote recovery.



**Note:** To replace the Massage Head, ensure the machine is powered off. Gently insert the massage head into the gun barrel, aligning the red mark on the head with the corresponding red mark on the machine.



## Operating Instructions

1. Power On & Gear Switching: Press and hold the power button for over 1 second to turn on the machine. It will start in the first gear, with the corresponding gear indicator light. Short press the power button to switch gears, with each press increasing vibration intensity. The machine has 5 gears that cycle through, and the indicator light will show the active gear.

- 2. Shut Down:** While in operation, press and hold the touch switch for more than 1 second to power off the device.
- 3. Battery Indicator:** When the battery is low, the 5 gear lights will flash quickly 5 times before the machine shuts down, signaling the need to recharge.
- 4. Timing Function:** The machine will automatically turn off after 10 minutes of continuous use.
- 5. Locked Rotor Protection:** If the machine is blocked and stops for more than 2 seconds, it enters protection mode. The 5 gear lights will flash slowly as a reminder. To restart, short press the power button within 5 seconds. If no action is taken, the machine will automatically power off.

## Charging Instructions

- 1. Power On & Gear Switching:** Press and hold the power button for over 1 second to turn on the machine. It will start in the first gear, with the corresponding gear indicator light. Short press the power button to switch gears, with each press increasing vibration intensity. The machine has 5 gears that cycle through, and the indicator light will show the active gear.
- 2. Shut Down:** While in operation, press and hold the touch switch for more than 1 second to power off the device.
- 3. Battery Indicator:** When the battery is low, the 5 gear lights will flash quickly 5 times before the machine shuts down, signaling the need to recharge.
- 4. Timing Function:** The machine will automatically turn off after 10 minutes of continuous use.
- 5. Locked Rotor Protection:** If the machine is blocked and stops for more than 2 seconds, it enters protection mode. The 5 gear lights will flash slowly as a reminder. To restart, short press the power button within 5 seconds. If no action is taken, the machine will automatically power off.

## Frequently Asked Questions

The device does not turn on.

### **1. Low Temperature**

Exposure to temperatures below 0°C for an extended period can reduce battery performance, preventing the machine from starting properly. While the machine may power on, it may not function correctly.

### **2. Insufficient Battery Power**

If the battery is left uncharged for a long time, it may enter a low-power state and enter volume protection mode, causing the fascia gun to malfunction.

Solution: Ensure the battery is fully charged before use to restore normal functionality.

## Maintenance and Troubleshooting

- 1.** If the product does not work, ensure the power supply is sufficient.
- 2.** If the panel light does not turn on, verify that the power supply is functioning.
- 3.** If the new machine makes an abnormal sound, note that this is a normal phenomenon.
- 4.** If the battery cannot be charged, it may be aging. Please replace the battery.
- 5.** When the product is not in use for an extended period, charge the battery to full capacity, turn off the power switch, and store it in a safe, dry, ventilated, and cool place.
- 6.** If the product is unused for a long time, charge it every six months to maintain battery health.
- 7.** For daily maintenance, use a neutral detergent and a soft cloth to wipe the product clean. Avoid using oil, organic solvents, or other chemical cleaning agents that should not come into contact with water.
- 8.** Always turn off the power switch before cleaning the product.
- 9.** Secure the product during transportation to prevent it from rolling or falling.

## Environmental Protection

At the end of the product's service life, dispose of it in government-designated recycling bins to ensure environmentally responsible disposal.

Toxic and hazardous substances or elements						
Component Name	(Pb)	(Hg)	(Cd)	(Cr(VI))	(PBB)	(PBDE)
Shell	○	○	○	○	○	○
Circuit board	×	○	○	○	○	○
Metallic parts	×	○	○	○	○	○
Connecting line	○	○	○	○	○	○

This form is prepared in accordance with the provisions of SJ/T 11364.

O: The content of toxic and harmful substances is below the limit specified in GB/T 26572.

X: The content of toxic and hazardous substances exceeds the limit specified in GB/T 26572.

### 2. Environmental Protection Use Period Description

This electronic product, when used according to the conditions outlined in the manual, contains toxic and harmful substances or elements that will not leak, cause environmental pollution, or result in significant harm to people or property for a period of 10 years.



The numbers on this mark indicate that the product's environmentally friendly use period under normal conditions is 10 years. Some components may also have their own environmentally friendly use period marks, which should be interpreted based on the numbers provided.

## FCC Statement

**1.** This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

(1) This device may not cause harmful interference; and

(2) This device must accept any interference received, including interference that may cause undesired operation.

**2.** Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

**Note:** This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation.

This equipment generates and can radiate radio frequency energy, and if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

Reorient or relocate the receiving antenna.

Increase the separation between the equipment and receiver.

Connect the equipment to an outlet on a circuit different from that to which the receiver is connected.

Consult the dealer or an experienced radio/TV technician for assistance.

RF warning statement:

The device has been evaluated to meet general RF exposure requirements. The device can be used in portable exposure conditions without restriction.

## 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**