



**porodo** | CHOOSE THE BEST  
**Hammering Waist Massager**  
 SKU:PD-HMRWMS

## Dear Customer

Thank you for selecting our Waist Massager. For optimal use and to ensure its longevity, please familiarize yourself with this manual and retain it for reference.

## Product Overview

Our Waist Massager employs a mechanical hammering technique to gently ease the muscles around your waist, promoting relaxation. This compact design is convenient for wearing and serves as an excellent massage companion for home use.

## Product Specifications

<b>Name</b>	Hammering Waist Massager
<b>Model</b>	PD-HMRWMS
<b>Dimensions</b>	x 98 x 80 mm 210
<b>Packaging Size</b>	x 111 x 109 mm 229
<b>Battery Capacity</b>	2000mAh
<b>Vibration Frequency</b>	50Hz
<b>Input Voltage</b>	5V (DC)
<b>Power Consumption</b>	7.4W
<b>Operating Voltage</b>	7.4V
<b>Remote Frequency</b>	2.4G
<b>Material</b>	ABS Plastic
<b>Weight</b>	Approximately 717.5g

## Instructions for Use

### Charging Process

When the massager's indicator light turns red and flashes, it signals that the battery level is low and needs recharging. We recommend using the provided Type-C charging cable for this purpose. A blue light on the indicator will let you know once the battery is fully charged. Please note, the massager cannot be operated during charging.

### Operating Instructions

1. Position the massager on the desired area using the belt and adjust for comfort, referencing the usage image provided.
2. To start the device, press and hold the power button for 3 seconds. Briefly press the power button once it's on to toggle through the ten available massage intensities.
3. Upon startup, the device defaults to mode 1. Press the power button to cycle through five distinct modes, each paired with a unique sound sequence: do, re, mi, fa, and so.
4. For remote operation, press the M button to change modes; plus (+) or minus (-) adjusts the intensity, with eight options available.
5. The massager is designed to run for 15 minutes and will shut off automatically after this period.
6. To switch off the massager, either on the device or via remote, press and hold the respective power button for 3 seconds.

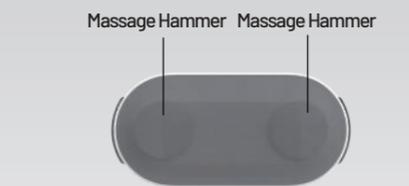


## Visual Aids

Slide to adjust the belt to fit comfortably.



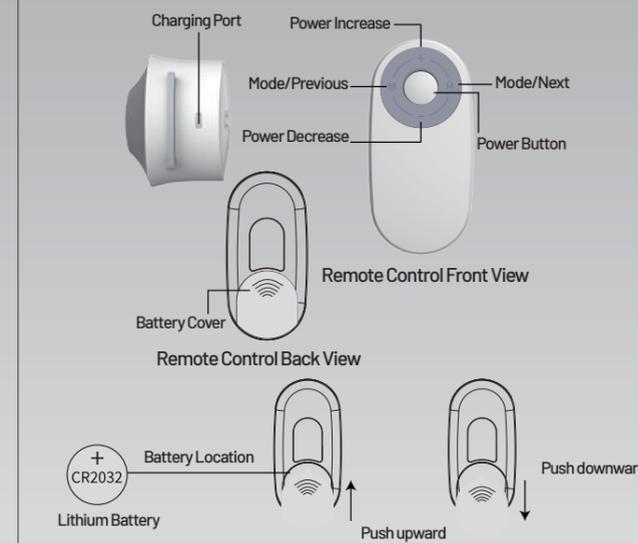
Front



Back

## Magnetic Buckle Mechanism

Push inward to detach and pull upward to secure the buckle.



Remote Control Front View

Remote Control Back View

Battery Location

Lithium Battery

CR2032

+

Battery Location

Push upward

Push downward

## Additional Remarks

1. For optimal health benefits, it's recommended to massage each area for no longer than 30 minutes.
2. Begin with a lower intensity setting and adjust according to personal comfort and response after the initial use.
3. Experiencing mild itching at the massage site post-use is common and not a cause for concern. It is advisable not to scratch; the sensation will subside naturally.
4. When the device is not in use, a slight increase in ambient noise may be noticeable. This is normal and will not affect the performance.

5. This device utilizes a lithium battery. To maintain optimal battery health, please recharge the battery if the device has not been used for over three months to prevent power depletion due to prolonged inactivity.

## Safety Guidelines

1. Please review the operation manual thoroughly before use to ensure safety and proper functioning of the product.
2. Avoid using the product in environments with high temperatures, flammable materials, strong electromagnetic fields, or excessive humidity.
3. It is advised not to use the product excessively or for prolonged periods to prevent wear and tear on the motor that could lead to damage.
4. Do not attempt to repair or disassemble the product without professional guidance as this may lead to damage or other risks.
5. The product is not designed to resist water; thus, ensure no water enters the device.
6. This product is an electronic health aid for home use and is not intended for medical diagnostics, treatments, or for commercial applications.
7. Exercise caution if you have known allergies to the materials used in this product.

## Warnings

1. Do not use this product if you have skin injuries, inflammation, congestion, skin diseases, or other sensitive conditions at the massage site.

2. Avoid using the product on areas with muscle injuries, bleeding, wounds that are healing, or any other physical vulnerabilities.

3. This product is not suitable for individuals with certain physical conditions such as osteoporosis, fractures, or severe bone injuries at the massage site.

4. Individuals with a medical history of heart conditions, tumors, severe physical disabilities, or mental disabilities should refrain from using this device.

5. This product is not suitable for use by pregnant individuals or those experiencing menstruation.

6. We recommend this product for users aged 18 and above.

7. It is not advised for individuals with a high sensitivity to heat.

## Troubleshooting Guide

If an issue arises during use, please follow these steps to troubleshoot. If the issue persists or the product fails to operate normally, contact our customer service department for assistance.

Problem	Possible Cause	Solution
Device won't power on.	Battery is depleted.	Charge the battery promptly.
Device won't charge.	Charging issue or battery fault.	Verify the device is properly connected to power source or consult the manufacturer for battery replacement.
Device does not respond.	Software or hardware malfunction.	Reset the device by holding the power button for 35 seconds.

**Note:** If issues cannot be resolved, cease using the product and do not attempt self-repair. Contact customer support for further assistance.

## Maintenance Recommendations

To ensure the longevity of your product, follow these protective measures. Store the device in a secure location and do not place heavy items on top of it. Should it malfunction, seek professional repair services.

## Operating Environment

**Temperature:** 5°C to 40°C

**Pressure:** 86kpa-106kpa

**Humidity:** Below 80%

## Storage & Transportation Conditions

**\*Temperature Range:** -20°C to +40°C

**\*Pressure Range:** 50kpa-106kpa

**\*Humidity:** Less than 93%

**\*Storage:** Store in a well-ventilated area, away from intense sunlight and corrosive gases. If the product is kept in storage for more than three months, it needs to be recharged.

**\*Transportation:** The product is designed to withstand basic transportation stresses. Avoid exposing it to rain, snow, and physical impacts.

## Environmentally-Responsible Disposal

To prevent environmental harm, this product should not be discarded carelessly. Follow local environmental regulations for disposal:

1. Always remove the battery from the product before disposal.
2. Ensure the product is switched off when extracting the battery.
3. Dispose of batteries in a manner that is safe and environmentally friendly.

**Individuals without technical expertise should not attempt to disassemble the product.**

## Battery Removal Guidelines

1. Disconnect the product from any external power sources before proceeding.
2. Switch off the battery.
3. Carefully extract the battery from the product.
4. Responsibly dispose of the battery at a designated recycling facility.
5. Adhere to local environmental laws and disposal regulations to safeguard the ecosystem.

## Product and Component Recycling Protocol

Post-use, separate the product and its components from regular waste. Ensure they are sent to an accredited recycling facility for proper sorting, dismantling, recycling, and potential reuse, in compliance with national environmental regulations.

## Contact Us

If you have any questions about this Privacy Policy, please contact us at: [info@porodo.net](mailto:info@porodo.net)  
 Website: [porodo.net](http://porodo.net)  
 Service Support: [support@porodo.net](mailto:support@porodo.net)  
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