



ZENO L MINI

Air Compression Massager

User Manual

Product Overview

Thank you for choosing Portronics Zeno L Mini — your compact yet powerful solution for on-the-go muscle recovery. This user manual will guide you through the features, instructions. We recommend reading it thoroughly to make the most of your device.

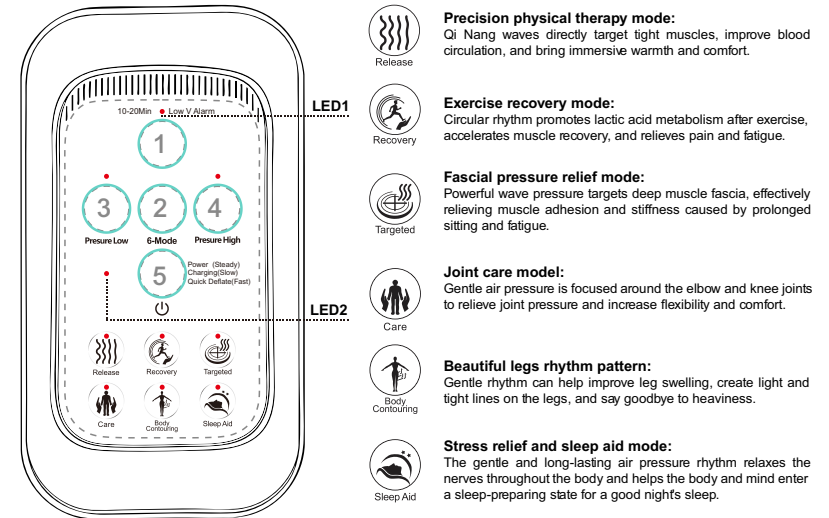
What Is In The Box

Zeno L Mini 1 N

Charging Cable 1 N

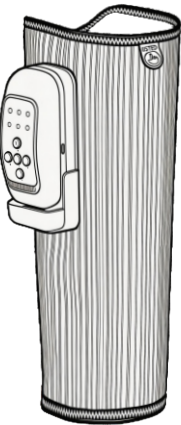
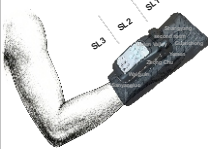
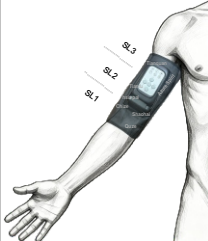
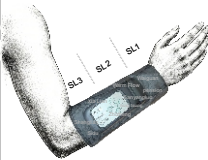
Pouch 1 N

Instructions for use description



Instructions for use description					
step	Functional explanation				
	Button			Instructions for use	
1	Massage duration button /10 points /20 points	click	1s	Main Unit Operation Time Adjustment Button 1. The default setting upon startup is 10 minutes; the blue light will illuminate. 2. From setting 1, press the button again to switch the main unit to 20-minute operation mode; the yellow light will illuminate.	
2	MODE mode button	click	1s	After the host is turned on, short press the MODE button. The working status is as shown on the right: 1. After the host is started, the air wave massage starts, the working indicator light turns green, the massage mode defaults to fascia pressure relief mode, and the function indicator light of fascial pressure relief mode turns white. 2. On the basis of 1, short press this button to have six air wave massage modes, namely: fascia pressure relief mode, sports recovery mode, temperature targeting mode, joint mode, leg beauty rhythm mode, and pressure relief and sleep aid mode.	
3	Pressure Low Pressure low button	click	1s	Low-pressure mode	
4	Pressure High pressure high button	click	1s	High-pressure mode	
5	On/off button 	Long press	2s	1. Press and hold to turn the unit on or off. 2. After turning off the unit, press this button to activate the emergency stop and deflate the unit. 3. After step 2, press the button again to restore the unit to normal operation.	
LED Status Combo			LED 1 Blue/Yellow	The yellow light is on	representing 10 minutes
				The yellow light is on	representing 20 minutes
				Yellow light flashing	The voltage is insufficient, and urgent charging is needed
			LED 2 Green light	continuous brightness	Powered on
				Slow Flash	Charging in progress
				quick Flashing	Emergency venting

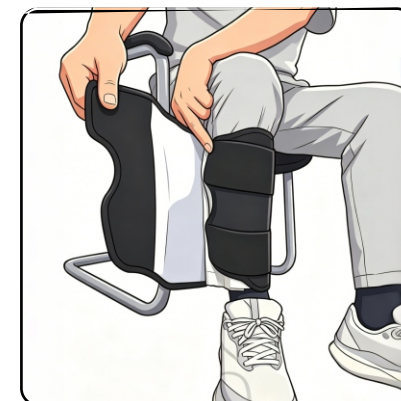
Instructions for Use

A product with five functions	massage		Massage mode
	part	picture	
 	calf	 SL3 SL2 SL1	Covering 14 standard acupoints Precision physical therapy mode Exercise recovery mode Fascial pressure relief mode Joint care model Beautiful legs rhythm pattern Stress relief and sleep aid mode
	thigh	 SL3 SL2 SL1	Covering 12 standard acupoints Precision physical therapy mode Exercise recovery mode Fascial pressure relief mode Joint care model Beautiful legs rhythm pattern Stress relief and sleep aid mode
	hand	 SL3 SL2 SL1	Covering 28 standard acupoints Precision physical therapy mode Exercise recovery mode Fascial pressure relief mode Joint care model Beautiful legs rhythm pattern Stress relief and sleep aid mode
	Upper arm	 SL3 SL2 SL1	Covering 16 standard acupoints Precision physical therapy mode Exercise recovery mode Fascial pressure relief mode Joint care model Beautiful legs rhythm pattern Stress relief and sleep aid mode
	forearm	 SL3 SL2 SL1	Covering 20 standard acupoints Precision physical therapy mode Exercise recovery mode Fascial pressure relief mode Joint care model Beautiful legs rhythm pattern Stress relief and sleep aid mode

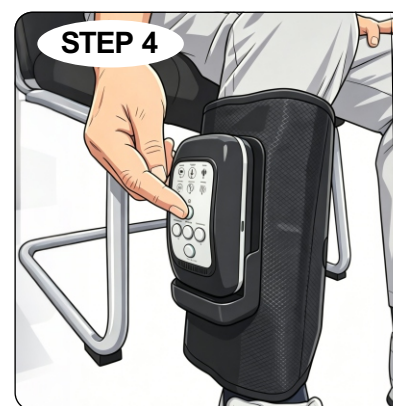
Instructions for Use



Remove the product and check that it is fully charged. A Type-C charging cable is included.



Wrap the massager around your leg and secure it with the Velcro.



Press and hold the [Power Button] for 2 seconds to turn on the device, then press the Emergency Stop button once.



Align the controller with the port on the massager's base and gently push it in.

The main functions of each working mode

working mode	Main functions and uses
Fascial pressure relief mode 	Uses deep circulation air pressure to wrap and stretch muscles and fascia, releasing stiffness and tightness caused by daily strain. Multi-chamber gradient pressure, simulating deep kneading and pressing techniques, has a deeper effect and a stronger sense of relaxation. The rhythm is steady and powerful, focusing on breaking up muscle clumps, relieving stiffness, soreness and swelling, and improving soft tissue stretch. Effect description Deeply relax the muscles and fascia of the whole body, relieve muscle stiffness, soreness and discomfort caused by sitting and fatigue for a long time Improve the body feeling of heavy, tight and stiff limbs, making the body more relaxed and relaxed Relax deep tension areas, relieve physical fatigue, and enhance daily comfort and relaxation experience Suitable for daily deep relaxation, relieving muscle tension and agglomeration, and playing a daily health care role
Exercise recovery mode 	It relieves muscle soreness and heaviness after exercise. It wraps and squeezes muscles with circulating air pressure, relaxes tight muscles after exercise, and relieves stiffness and fatigue after exertion. Relax muscle fatigue, accelerate body soothing, the rhythm fits the post-exercise state, and the inflation and deflation are gentle and regular, allowing the limbs to quickly recover from tension and relax. Improve the discomfort of heavy and swollen limbs. Multi-chamber sequential compression can relieve swelling and fatigue of legs and feet after long-term exercise or walking, and improve comfort. Gently stretch the tense fascia and muscle surface, reduce muscle tightness and stiffness after exercise, and make the body more relaxed. Improves the comfort experience after exercise and calms the body. It is suitable for use after fitness, running, playing ball, and mountain climbing. It can quickly relax the limbs and relieve fatigue. Mode features The pressure is mild, focusing on soothing and not irritating, making relaxation more gentle. The rhythm is smooth and orderly, and the multiple air bags inflate and deflate sequentially from the distal end to the proximal end, simulating the comfortable feeling of kneading and pressing by human hands. The duration is moderate, and the automatic program meets your needs for relaxation after exercise. Applicable scenarios: Daily relaxation care after fitness, running, playing ball, and long walks/climbing.
Precision physical therapy mode 	It uses fixed-point, segmented, and alternating strong and weak air pressure massage methods to provide concentrated relief to areas prone to soreness and stiffness. Multiple air bags apply pressure independently in different zones, simulating pressing, kneading, and wrapping relaxation, and specifically relaxing local muscle tension. The rhythm is calmer and the intensity is more concentrated. It is more "aimed at the soreness point" than the normal mode, improving the depth of relaxation. Combined with cyclic inflation and deflation, it can help relieve uncomfortable feelings such as heavy limbs, tightness, and fatigue. Effect description Focus on soothing the areas with local soreness and muscle tightness, so that the relaxation will be more in place and the body sensation will be more obvious. Relieve muscle stiffness caused by long-term sitting, fatigue, and long-term exertion, and restore the body to a relaxed state. The massage force is more concentrated and the body feeling is more "deep". It is suitable for people who want a stronger sense of relaxation but do not pursue an intense massage. Relieve limb fatigue, improve tightness and discomfort, and enhance daily relaxation and comfort experience.
Joint care model 	It uses gentle, surrounding air pressure wrapping to focus on protecting the muscles and soft tissues around the joints. The intensity is gentle and even, the rhythm is slow, avoid strong pressure stimulation, and focus on gentle kneading, gentle pressure, and circulation relaxation. Multiple air bags are linked in sections to fit the contours of the joints and gently stretch the tight areas around the joints. Automatically adapts to the curves of joints, providing a soft wrapping feel and reducing stiffness and discomfort. Effect description Relieve muscle tension and stiffness around joints, making joints more relaxed and flexible. Relieve soreness, heaviness, and stiffness around joints caused by prolonged sitting, cold exposure, and fatigue. Gently relax the muscles near the joints, reduce tension and tension, and improve comfort in daily activities. Suitable for daily maintenance, relaxing after sitting for a long time, soothing before going to bed, and providing a gentle care experience for joints.
Beautiful legs rhythm pattern 	It uses gentle rhythmic circulating air pressure to simulate the relaxing techniques of gentle kneading, lifting and wrapping. The rhythm is brisk and rhythmic. The air bags inflate and deflate sequentially from the ankle to the thigh, conforming to the leg lines and soothing. The intensity is gentle and non-irritating, focusing on relieving leg tightness, improving leg heaviness and fatigue, and taking into account comfort. Relax the leg muscles through regular rhythm, avoid muscle stiffness and agglomeration, and make the leg lines more stretched and soft. Effect description Relieve leg soreness, heaviness and fatigue after standing, sitting or walking for a long time Relax the tight muscles in the legs, improve stiffness and tightness in the legs, and make the legs lighter and more comfortable Rhythmic massage relieves leg fatigue and enhances leg relaxation experience Use it for daily maintenance to keep your legs stretched and bring you a light and relaxing leg care experience.
Stress relief and sleep aid mode 	Using ultra-gentle, slow-paced, long-cycle cyclic air pressure, the intensity is gentle and non-irritating. The air bag slowly inflates and deflates, simulating the relaxation techniques of gentle wrapping, caressing and pressing, with a smooth and soothing rhythm. The whole process is low-pressure and slow-paced, reducing body tension and helping the body and mind slowly calm down from a tense state. No strong impact, focusing on a quiet and gentle relaxing experience, suitable for relaxing before going to bed Effect description Relieve physical fatigue, muscle tension and mental stress accumulated during the day Relieve physical fatigue, muscle tension and mental stress accumulated during the day Relax the limbs, relieve limb soreness, irritability and discomfort, and make it easier for people to enter a calm state Create a relaxing and stable atmosphere before bed, improve comfort before bed, and help relax the body and mind Use before going to bed to make the body more relaxed and soothed, and improve the restless and tight body feeling when falling asleep.

Engineering Parameter Specification

Engineering Parameter Specification				
Key core components		SDS		
key components	Project	Technical parameters	Remarks	
Electrical Characteristics	Battery	Voltage	3.7V—4.2V	
		Charging Interface	Type/C	
		Battery Model	18650	
		Battery Quantity	1 section	
		Capacity	2000mAH	
		Instantaneous Output Current	6000mA	
		Peak Power	25.2W	
		Nominal Power	7.2W	
	Charging	Voltage	5V	
		Current	1000mA	
		First Time	4H	
		Not The First Time	3H	
	Native Work	Off Current	<3uA	
		Quiescent Current	20mA	
		Minimum Working Current	700mA	
		Maximum Working Current	1490mA	
		Instantaneous Maximum Current	1500mA	
		Maximum Power	6.5W	
		Minimum Power	0.86W	
		User Time	40-50 min	
		Use Time After Charging	75 minutes	



E-Waste Management
E: info@3rrecycler.com
For E-Waste & ROHS compliance
refer to www.portronics.com/ewaste

www.portronics.com

For Support

Visit : www.portronics.com

Email : help@portronics.com

Contact No. : +91 9555245245

(Working Hours. : Monday – Saturday 10:00am – 6:00pm)