

USING THE PRODUCT

1. Connect the Tape with the App

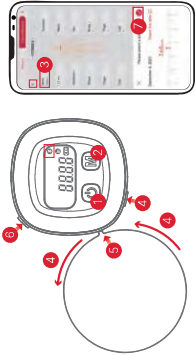
- (1) Enable Bluetooth on your smartphone, open the FITINDEX App and choose "Circumference".



- (2) Press **[P]** to turn on the smart tape. When the Bluetooth icon on the smart tape display turns solid, it indicates a successful Bluetooth connection.

Note: You can also press **[P]** and pull out the tape to turn on the smart tape.

2. Measure



- (1) Press **[P]** to turn on the smart tape.
(2) Press and hold **[M]** to choose the unit (in/cm) you prefer.
(3) Once Bluetooth is connected, tape the body part name on the App.
(4) Press **[P]**, pull out the tape and wrap it around your target body part.
(5) Insert the locking pin into the receptacle until a "click" is heard.
(6) Press **[R]** to tighten the tape and press **[M]** to get your measurement on the tape display or App.
(7) Tap **[✓]** on the App to confirm the measurement and tap "Save".

Note:
1. If the smart tape is turned on and left idle, it will shut off automatically after 20s.
2. To zero the measurement, press both **[P]** and **[M]**.
3. Memory function: The smart tape recalls the last set unit once turned on.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Nothing appears on the display or the measurement is blurred.	No battery or incorrect installation of the battery.	Reinstall or replace the battery.
Erratic display.	Casual malfunction caused by high vibration or strong shaking.	Zero setting.
Frozen display or measurement flashing.	Internal error.	Remove the battery and reinstall it.
Fail to connect the smart tape to the App.	Your phone is too far away from the tape.	Keep your phone within 26ft (8m) of the tape.

FCC Regulatory Compliance

This device complies with part 15 of the FCC Rules. Operation is subject to the following 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.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, which means that it can cause some interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not properly installed and used, 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 take one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the connected.
- Consult the dealer or an experienced radio/TV technician for help.

RF Exposure Compliance

The equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment must not be co-located or operating in conjunction with any other antenna or transmitter.

ISED Regulatory compliance
This device contains licence-exempt transmitters that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s).

- (1) This device may not cause interference.
(2) This device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes:
(1) L'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

The equipment complies with IC RSS-102 radiation exposure limits set forth for an uncontrolled environment.
L'équipement est conforme aux limites d'exposition aux radiations IC CNR-102 établies pour un environnement non contrôlé.

User Manual



Smart Body Tape Measure

Model: FF-01



Thank you for choosing the FITINDEX Smart Body Tape Measure! This Bluetooth body tape measure is your personal health assistant that can help easily measure various body parts and keep track to improve your health and fitness. Hope that you enjoy using FITINDEX Smart Body Tape Measure!

IMPORTANT SAFETY INSTRUCTIONS

1. DO NOT use this device for any purpose other than that described in this manual.
2. Children under 10 must be supervised by an adult when using the device.
3. DO NOT disassemble or modify the device. There are no user-serviceable parts inside.
4. DO NOT subject the device to extreme temperatures beyond operating temperatures (104°F/40°C), high vibrations, dusty areas, humid conditions (including any liquid) or direct sunlight.
5. DO NOT apply excessive force to the tape or the gear as this may cause permanent damage to the device.
6. DO NOT fold or twist the tape as this may cause permanent damage to the tape.
7. DO NOT use excessive force to pull the tape beyond its maximum length (60in/150cm).
8. DO NOT allow the tape to retract too fast as minor injury may occur.
9. Be very careful when measuring neck circumference. The tape may accidentally cause choking.



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ABOUT THE PRODUCT

1. What's in the Box

- 1 x Smart Tape
- 1 x Button Cell (CR2032)
- 1 x User Manual

2. Specifications

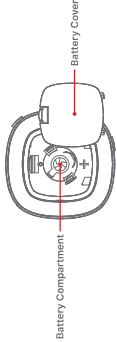
Product Name: Smart Tape
Model: FF-01
Unit: 1in/cm
Max. Tape Length: 60in/150cm
Resolution: 0.04in/0.1cm
Accuracy: ±0.1in/±1.3cm
Size: 2.6x2.8x1.1in (6.8x6.8x2.8cm)
Working Humidity: <85%
Working Temperature: 32~104°F (0~40°C)
Power Supply: Button Cell CR2032 DC 3V

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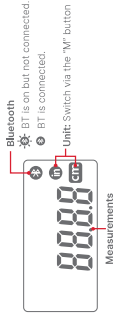
3. Product Overview

Smart Tape

- Retract Button** (1)
Press to retract the tape
- Power Button**
Short press to turn on
Long press for 2s to turn off
- Locking Pin**
Insert it into the receptacle
- Tape Receptacle**
Press to open the tape
- Measurement/Unit Button**
Short press to confirm the measurement
Long press for 2s to switch unit between in and cm
- Detach Button**
Press to open the locking pin



LCD Display

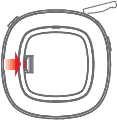


03

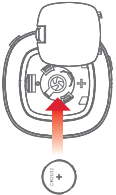
BEFORE USING

1. Install the Battery

- (1) Remove the battery cover.



- (2) Insert the provided button cell and ensure the positive pole is facing up. Connect the battery cover by aiming at the Snap-Fit Joint and press until you hear a "Click".



2. Download the FITINDEX App

Scan the QR code below or search "FITINDEX" in the Apple App Store/Google Play to download the FITINDEX App.



Note: Due to continuous updates and improvements, the FITINDEX App may appear slightly different.

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WARRANTY (1-YEAR-PERIOD)

The manufacturer's warranty is void under the following circumstances but not limited to:

- Improper or inadequate maintenance or modification.
- Accident, misuse, abuse, contamination, or other external causes.
- The use of unspecified adapter and accessories.
- Loss or damage in transit.
- Damages that occur as a result of one's failure to follow the instructions.
- This warranty does not apply to expendable or consumable parts and accessories not included in any product from which the serial number has been removed.

CUSTOMER SERVICE

We have an award-winning warranty, exchange, and customer service team that guarantees hassle-free solutions to any issue you might have within business hours.

Tel: +1(714)602-6510
Mon-Fri 9:00AM-4:30PM
Email: support@fit-index.com

US Importer: PANATRADE LLC

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Manufacturer: Shenzhen Ruyi Business Technology Co., Ltd.
Qianhai Complex A201, Qianwan Road 1, Qianhai Shenzhen-Hong Kong Cooperation Zone, Shenzhen, 518000 P.R.China

Made in China NAI