Fitness Scale User Manual



Model NO.:HS301

Getting started

Intended use

The Brav Smart Fitness Scale is a body analyzer that measures body weight and uses bioelectrical impedance analysis (BIA) technology to estimate body fat percentage in generally healthy individuals and automatically send the data to your APP via Bluetooth on smart phone.It is intended for home use only.

Caution

When using digital scale, certain basic safety precautions must be followed, including the following:

1. The Bluetooth scale should not be used to diagnose or treat any medical condition. You should consult a doctor when undertaking any diet or exercise program.
2. If you are pregnant or have a pacemaker or other internal device,you should not over rely on the data provided by this product. All data is for reference and is not a substitute for advice from a licensed health care professional.
3. If you have other scale problems, try removing the batteries for 3 seconds, then replacing them.
4. Check the device before each use. Do not use the device if damaged.
5. Make sure your feet are dry. Place bare feet on the scale's conductive areas. The scale will automatically turn on and start measuring your weight.

Tips

1. If you're wearing shoes, the scale can only measure your weight.To measure other health metrics, such as body fat, step on the scale with **bare feet.**

- Place the scale on a hard, flat surface (not a carpet or mat).Or it may cause inaccurate measurements or tipping.
- To change the scale's weight unit, download the Brav app and select the desired weight unit in the Device Settings menu.

2. If the scale has been moved or flipped upside down, it needs to be calibrated.

- Step on the scale until digits appear on the display, then step off.
- The scale will show "CAL"while calibrating, then " 0.0 " when complete.

3. If your scale won't connect to the BravFit APP: Make sure your phone has Bluetooth turned on. For Android 6.0+users, make sure your Location is turned on as well.

Warning

This device complies with part 15 of the FCC Rules. Operation is subject to the condition that this device does not cause harmful interference
(1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Any 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, uses 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 into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

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

FCC ID: 2A39J-HS301

Specifications

Weight Capacity	400 lb/180 kg/28st
Increments	0.2 lb/0.05 kg
Weight Units	lb/ kg
Platform	Tempered glass
Dimensions	11x11x1 in/28 x 28x 2.5 cm
Battery Type	3 x 1.5V AAA batteries
Auto-Off	10 seconds

Accuracy Rang

50kg:±0.3kg	100kg:±0.4kg	150kg:±0.5kg
110lbs:±0.66lb	220lbs:±0.88lb	330lbs:±1.10lb

Display Messages

LO	Low battery. Replace batteries.
CAL	Scale is calibrating.
Err	Weight exceeds 400 lb / 28st / 180 kg.

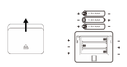
What's included

Your Brav Fitness Scale box includes:
1 X The Brav Fitness Smart Scale
3 X AAA batteries
1 X Users manual

How to set up

1. Download the app and install the batteries

Scan the QR code or search the 'BravFit' to download the APP in the APP Store or Google Play.
You can also type the following link in a web browser:
https://app.bravfit.com/download



- Open the battery compartment on the underside of the scale.
- Then place the batteris into the scale following the guidelines in the batterycompartment to match the + and -terminals.

2. Pairing the Brav scale with your smartphone

Turn on the bluetooth on your smartphone, also location need to be turned on for Android System 6.0 or above.



Open your Brav app, Log in or Sign up.you will need to enter physical information before weighing yourself the first time.



Step into your scale,thenpress the [+] on the app to surch your device.



- Keep the scale lighting up. Please pressthe "Brav Scale" when it shows in the scream.
- The bluetooth marks will light up in the scream of the scale if it connect successfully.If not ,keep re-operating steps as above.

How to Use

1. Place the scale on a hard, flat surface (not a carpet or mat).

Note: Placing on carpet may cause inaccurate measurements or tipping.



2. Step on the scale with 1 foot until digits appear on the display,then step off. The scale will show "CAL" while calibrating, then " 0.00" when calibration is complete.



3. Stand straight on the scale and have both feet uniformly touching the electrodes as shown below.



4. Keep standing on the scale for 5-10 seconds. The measurements is finished when your weightings has been displayed twice on the scale scream. Then you can check your physical items on your APP.



More massage

Need more help? Scan here to view the manual for more information. You can also type the following link in a web browser:
https://app.bravfit.com/manuals/hs-301/en

Due to app updates and improvements, the contents of the manual may change without notice. In case of any differences, follow the in-app instructions.

Scan the QR code or search the 'BravFit' to download the APP in the APP Store or Google Play.
You can also type the following link in a web browser:
https://app.bravfit.com/download

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料号：32-HS301-0000-00(待定)　　日期：2021-11-03
材质：128g铜版纸4C印刷 不过胶　　尺寸：90X135mm(单页)