

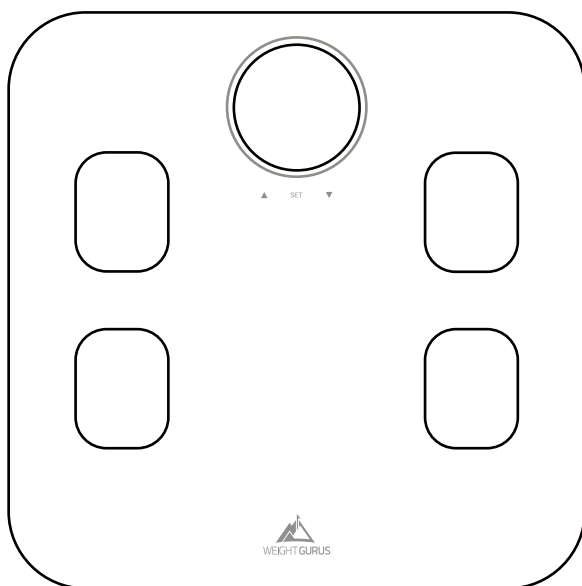


WEIGHT GURUS

A GREATER GOODS BRAND



BLUETOOTH SMART SCALE



GET STARTED: greatergoods.com/0382

greater
GOODS

CUSTOMER SUPPORT

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Important Safety Notes

Warnings

- Never use, or allow others to use this unit in combination with the following medical electronic devices:
 - Medical electronic implants such as pacemakers
 - Electronic life support systems such as an artificial heart/lung
 - Portable electronic medical devices such as an electrocardiograph
- This scale passes a harmless and unnoticeable electrical current through your body when taking a measurement. This electrical current is not felt while using the scale. This unit may cause the above mentioned medical devices to malfunction.
- This product is not intended for use by pregnant women.
- This product is not intended for use by infants, toddlers, and children under 10 years of age.
- Do not step on the edge of the scale while getting on or off, otherwise it may tip.
- Do not jump on scale.
- Protect scale from hard knocks, temperature fluctuations and heat sources that are too close (e.g. Stoves, heating units).
- Do not drop scale or drop any objects on it as this may damage the sensors.
- Do not step or stand on the scale when your body and/or feet are wet. For example, after taking a shower.
- Do not step on the scale when the surface is wet. There is a danger of slipping.
- Please be aware that the measurements obtained from this body analysis scale represent only an approximation.
- Do not step on this scale if you weigh more than 400 lbs.
- Place the scale on level flooring, otherwise it may tip.
- Clean the scale with a slightly damp cloth. DO NOT immerse the scale in water or use chemical/abrasive cleaning agents.

Introduction

Welcome to your new Weight Gurus Scale.

Being healthy is worth the effort! That's why we've designed the Weight Gurus Scale to be more than just another scale. It's a beautifully designed, fully featured body composition scale that, when desired, connects to the power and convenience of your smartphone. This lets you track your progress over time, helping you stay motivated and reach your goals.

To automatically sync your results to your smartphone, download the free Weight Gurus App for iOS (Apple) or Android (see more information on page 7).



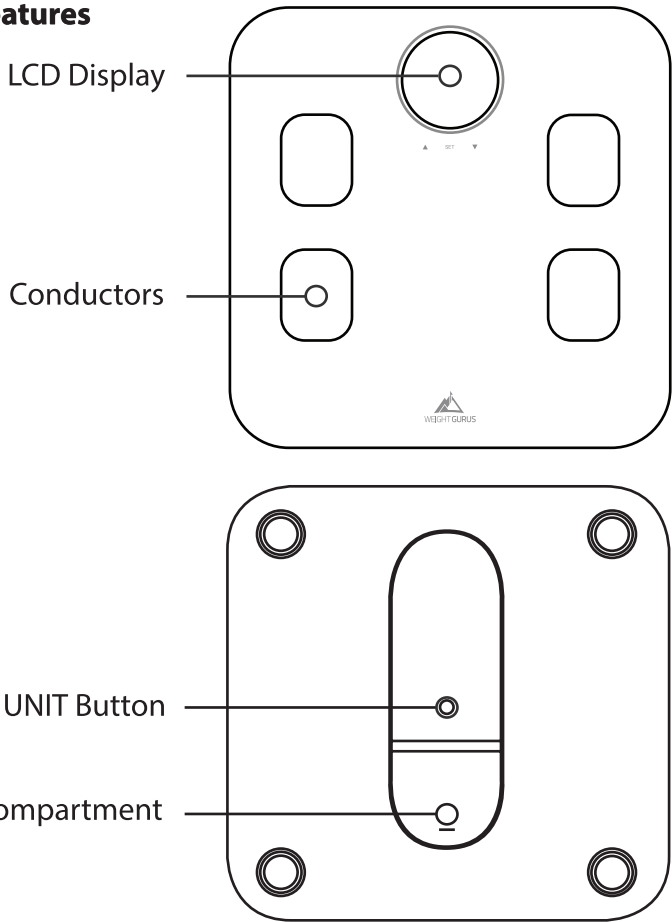
OUR PROMISE

We're committed to creating 5-star products.
If we haven't delivered on our promise, please contact us.
For the best possible experience with your product,
please visit greatergoods.com/0382.



Scale Description

Physical Features



Measuring Units

lb.	pound
kg	kilogram

Setting The Measuring Unit

By pressing the UNIT button on the back of the scale, you can switch between lb. (pound) and kg (kilogram).

Things To Know Before Using Your Scale

Install Batteries

Make sure to install the four included AAA batteries before using the scale for the first time.

Measuring

Measuring your weight and calculating body composition is easy. Simply step on your scale with bare feet, and evenly distribute your weight. Make sure that your feet are making good contact with all four conductors. Body composition can only be displayed if you have properly set up a user profile on your scale (page 6).

Auto-On

Auto-On is the easiest way to use your scale. Simply step on the weighing surface with both feet and evenly distribute your weight. Once you complete user set up (page 6), Auto-Detection will match you to your profile automatically. If no match is made to a user profile, then the scale will only display your weight information. Body composition calculations require specific variables such as your height, gender, and activity level, so a user profile must be setup in order to display those measurements.

Auto-Detection

Once a profile has been set up, your scale will automatically match you to your correct profile by weight. The scale determines who the user is by using a range of 10 lbs. and in some cases a conflict may arise if two or more users are within 10 lbs. of each other (see “Troubleshooting” for resolving an Auto-Detection conflict).

Press-Awake

Another easy way to turn on your scale is to briefly step on then off the weighing area of your scale. Press-Awake allows you to enter setup mode to create or edit a new user (see User Setup, page 6). If needed, it also allows you to select your user profile manually.

Setup Without Bluetooth

Please see page 7 for setup instructions if you plan on using Bluetooth to sync measurements to your smartphone.

IMPORTANT: Place your scale on a hard flat surface, and be ready with bare feet to record your first weight entry on the last step.

This scale can be customized for up to 8 users.

Scale Only Setup (No Bluetooth Connection)

1. Press-Awake your scale on. Simply step on then off to begin.
2. Press and hold SET.
3. Use ▼ and ▲ to make selections, then tap SET to select and continue for each option below.

User Number	Choose a user profile number, tap SET			
Athlete Mode	 Male	 ^A Male Athlete	 Female	 ^A Female Athlete
	(See description below)			
Height	Select your height, tap SET			
Age	Select your age, tap SET			
IMPORTANT: YOU MUST NOW WEIGH TO RECORD YOUR INITIAL WEIGHT ENTRY				
Weight	Step on the scale with bare feet, evenly distributing your weight. Make sure that your feet are making good contact with all four conductors.			

*At any time in the setup process, if you have to leave or the screen shuts off due to inactivity, just start over from number one above.

Athlete Mode

An athlete is defined as a person who is involved in intense physical activity approximately 12 hours per week and who has a resting heart rate of approximately 60 beats or less per minute.

Setup With Bluetooth

Get The App

Search for the Weight Gurus app in your smartphone's app store. Install and register an account to get started tracking.

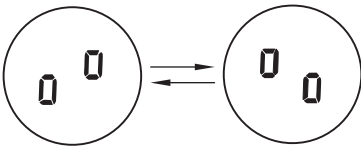


Pair Your Scale With Your App

On The App

1. Make sure your phone's Bluetooth (📶) is turned on.
2. From the Weight Gurus app menu (☰), select Bluetooth Setup.
3. Follow the setup steps within the app to finish setting up your user information and pair with your scale.

When attempting to pair, press and hold the UNIT button on the back of your scale to enter Bluetooth pairing mode. You will see the screens shown below animating back and forth.



	Brackets on your scale's display indicate you have properly paired your device to your scale.
	E1 indicates an error pairing your device to your scale. Press and hold the UNIT button and try again.

On The Scale

After pairing your scale, manually select your new profile and weigh to complete the setup process.

1. Tap SET.
2. Use ▼ and ▲ to find your user number, tap SET to select.
3. Step on your scale and weigh.

Sync With Your Scale

Weigh to Sync

Once setup has been completed, simply weigh to sync measurements to your device. Syncing will occur to your user account as long as your phone is within Bluetooth range and the Weight Gurus app is running.

	After weighing, the Bluetooth symbol will begin flashing as it attempts to pair to the correct device. A solid Bluetooth symbol indicates a successful connection to your device.
	The data symbol indicates measurement data is waiting to be synced to your device. Upon successfully syncing, this will go away. If measurements are not synced, it will display the next time you weigh, indicating unsynced measurements.

Tips

Your scale will give an audible beep when it turns on, when measurements are completed, and once again when it has successfully synced to your device. If syncing cannot be completed at the time, three short beeps will indicate a failed sync. If a failure occurs, your measurements will store in the scale and attempt to sync the next time you complete weighing.

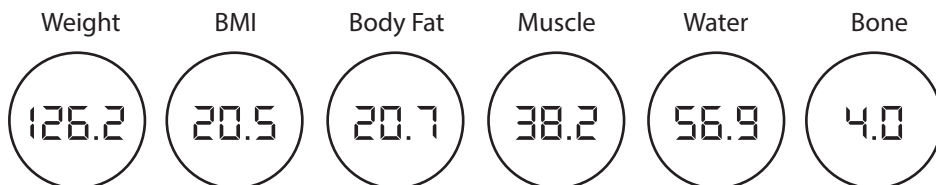
Although it's possible to view your results from many devices (such as both your mobile phone and your tablet), only one device can pair and sync to a scale for each user. Below are a few examples to further explain how pairing may work for you.

Pairing Examples

Multiple devices can pair with one scale - e.g. Husband and wife with separate phones	Yes
Multiple users can share one device and pair to one scale - e.g. Husband and wife sharing one tablet	Yes
One user can pair to many scales - e.g. You own more than one Weight Gurus Bluetooth scale	Yes
One user can pair to one scale from multiple devices - e.g. You cannot pair both your phone and tablet to the same scale.	No

Reading Your Results

Once you have properly weighed yourself, the scale will cycle through the measurements it has calculated for you.



For Best Results

Remember to place your scale on a hard level surface. Step on the scale with bare feet, evenly distributing your weight. Make sure that your bare feet are making good contact with all four conductors.

Using this scale on carpet will not give accurate results.

Wearing socks during weighing will result in incorrect body composition measurements.

It is important to follow a routine. We recommend weighing daily around the same time each day. Alternatively, you can weigh weekly. When weighing weekly, we recommend weighing on the same day each week.

Weighing under the same conditions will help ensure accurate results. Weight can vary due to different clothing selections, weighing at different times of day, weighing before or after meals, etc. Following a routine will help achieve accurate results.

Typical Results

Keep in mind that you know your body best. The following ranges of Body Fat %, Water Weight %, BMI, Muscle Mass %, and Bone Mass % are offered only as guides.

The best way to understand your body composition is to watch for changes. For example, watch to see how your body fat is going up or down over time.

Body Fat %

Age	Female				Male			
	Low	Normal	Above Avg.	High	Low	Normal	Above Avg.	High
20-29	<19	20-28	29-31	>31	<13	14-20	21-23	>23
30-39	<20	21-29	30-32	>32	<14	15-21	22-24	>24
40-49	<21	22-30	31-33	>33	<16	17-23	24-26	>26
50-59	<22	23-31	32-34	>34	<17	18-24	25-27	>27
60+	<23	24-32	33-35	>35	<18	19-25	26-28	>28

Water Weight %

	Body Fat %	Water %
Male	4 - 14%	63 - 70%
	15 - 21%	57 - 63%
	22 - 24%	55 - 57%
	25 and over	37 - 55%
Female	4 - 20%	58 - 70%
	21 - 29%	52 - 58%
	30 - 32%	49 - 52%
	33 and over	37 - 49%

BMI

BMI	Weight Status
<18.5	Underweight
18.5 - 24.9	Normal
25 - 29.9	Overweight
30+	Obese

Muscle Mass %

Female	Approx. 30%
Male	Approx. 40%

Bone Mass %

	Female			Male		
Weight	<100	100-135	>135	<135	135-165	>165
Bone	3.9	4.1	4	4	4.4	4.2

Troubleshooting

Low Battery

 A low battery symbol is displayed when the batteries need to be replaced. Open the battery door on the back of the scale, and remove and replace the batteries with four AAA batteries.

Overload

— — — — Dashes are displayed when overload occurs and the scale has too much weight (Capacity: 180kg / 397lb). Please remove the weight from the scale to protect the scale sensors.

Measuring Error

If the scale has trouble measuring your weight, it will turn off. This is most likely due to not settling on the scale fast enough. Make sure that the scale is placed on a hard flat surface (not carpet) and that you distribute your weight evenly while holding still.

Failed To Auto-Detect Your User Profile While Weighing

Only the weight data is shown and the scale will turn off after a few seconds. Please manually select your number and measure once again (Press-Awake, select user number, Tap SET, then weigh).

Resolving An Auto-Detection Conflict

An Auto-Detection conflict will occur if two or more users are within 10lbs of each other. When an Auto-Detection conflict occurs, your scale will give you a chance to select your profile number manually. Use the arrows to select your profile, tap SET, and step on the scale. The scale will now proceed measuring for the profile you have selected.

How Do I Unpair A Device From My Scale?

If you no longer want to sync measurements to your device, first remove the paired scale from the app under the Scale Setup page. Next, clear your user profile from the scale itself by following the instructions below.

How Do I Clear A User Profile On My Scale?

First, Press-Awake the scale on, then press and hold SET. Now, select the user to delete and press SET. Once selected, press the up arrow to change Clr to "Y." Now press SET to clear the user. The user is now removed.

Cleaning, Maintenance, and Disposal

Cleaning

Your scale is not waterproof. Never immerse the scale in water or place it in a dishwasher. To clean the scale platform, use a soft, slightly damp cloth or sponge. For stains or other residue, use a mild dish washing soap. Never use harsh cleaners or treated cloths.

Changing The Batteries

Your scale uses 4 AAA batteries. To change the batteries, open the battery door on the bottom of the scale, remove the old batteries, and replace them with the + end oriented as shown in the battery compartment.

Disposal

Batteries should be disposed of separately from household waste. Always dispose of batteries according to your local regulations. Dispose of this device in accordance with your local regulations.

	Symbol for "THE OPERATION GUIDE MUST BE READ"		Symbol for "MANUFACTURER"
	The Bluetooth Combination Mark		Symbol for "DIRECT CURRENT"
	Symbol for "TYPE BF APPLIED PARTS"		Symbol for "ENVIRONMENT PROTECTION" – Waste electrical products should not be disposed of with household waste. Please recycle where facilities exist. Check with your local authority or retailer for recycling advice.
	Symbol for "MANUFACTURE DATE"		
SN	Symbol for "SERIAL NUMBER"		

FCC Information

Radio Frequency Interface Requirements - FCC

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.

Radio Transmitters (Part 15)

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

Technical Specifications / Warranty

Weight unit: lb. / kg

Capacity: 397lb. / 180kg

Division: 0.1lb / 0.1kg

Minimal weight: 5kg

Function keys: ▼, SET, ▲

Display: Positive LCD, Backlight

Batteries: 4 AAA

User No.: 8

Age range: 10 - 85

Stature range: 3ft 3.5inches to 7ft 2.5inches / 100-220cm

Measurements calculate: Body weight, BMI, body fat, water weight, muscle mass, and bone mass

Working temperature: 32°F-104°F / 0°C-40°C

Working humidity: ≤90% RH

Storage temperature: -4°F - 140°F / -20°C - 60°C

INDICATIONS FOR USE: The Body Fat Analyzer measures weight and uses bio-electrical impedance analysis (BIA) technology to estimate body fat, total body water percentage, bone mass, and muscle mass in generally healthy children 10-17 years old and healthy adults. It is intended for use in the domestic setting only.

Warranty

Your scale is warranted by the manufacturer against defects in materials and workmanship for five (5) years from the original purchaser from the date of purchase. Proof of purchase is required.

The warranty is void if the product has been subjected to mechanical damage or mistreatment, such as immersion. This warranty is in lieu of all other warranties, and limits the liability of the manufacturer. This warranty gives you certain legal rights and you may have other rights depending on the state in which the product was purchased.

If your scale is defective, please contact **Greater Goods, LLC**.

If you have any questions about your product, please contact us.

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