TW-TZ270

TENSWALL

Smart Body Fat Scale

User Manual

www.tenswall.com

⚠ Warning

It is strictly forbidden to disassemble, squeeze, puncture, or short-circuit this product. Or put this product in water, fire or exposed to the environment with a temperature higher than 60 ℃ (140 ℉).

Thank you for choosing TENSWALL smart body fat scale products. Please read this manual carefully before use.

Important:

Measurements should only be used for references. Not for medical purposes.

Note:

Not intended for use by there people:

- *Minors*
- *Professional athletes*
- *Pregnant women*
- *Patients with pacemakers*

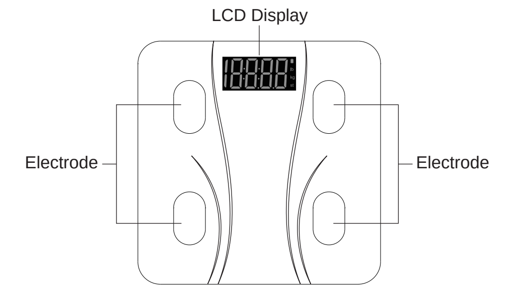
Measuring:

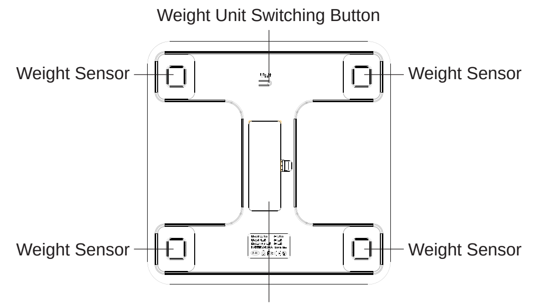
- It is easy to slip when using the body fat scale in wet conditions.
- After moving the scale, please stand still for 5 seconds, after the sensor is calibrated with the ground, and then use the scale to obtain accurate data.

Maintenance:

- When cleaning, please wipe the surface of the scale with a clean damp cloth.
- Do not use any cleaning agent for surface cleaning.

Product Information:




Weight Unit Switching Button
Weight Sensor
Weight Sensor
Weight Sensor
Weight Sensor
Battery Compartment (4 AAA Batteries)

Notes:

1. Please place the Body Fat Scale on the hard and flat ground. When the weight induction exceeds 5KG, it will automatically turn on.

2. Four batteries are included, please install the batteries according to the positive and negative poles, and then close the battery cover.

1.Install TENSWALL FIT APP

Method 1: Search for **"Tenswall Fit"** on Google Play or Apple App Store to download and install the application.

Tenswall Fit

Method 2: Enter the URL on the mobile browser, or scan the QR code to jump directly to the Google Play or Apple APP Store download page.

URL: https://www.tenswall.com/app/fit/

2.Turn on the phone's Bluetooth

After installing the TENSWALL FIT App. Turn on the phone's Bluetooth, open the TENSWALL FIT App to automatically connect with the device.

9:16
Friday, April 17 AM
AirPlay Mirroring
AirDrop: Receiving...

3.Register User

This product automatically calculates the BMI index. In order to get the exact of the data, please truthfully write your age, gender, and height. This data is only used for measuring, not for other purposes.

Please remember your login username and password. Your measurement data is synchronously saved to the cloud server. Even if you change your phone, as long as you log in your account on other phone, you can also view your historical weight data.

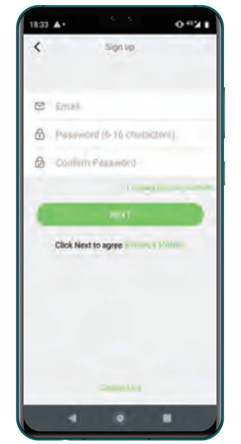


Figure 1

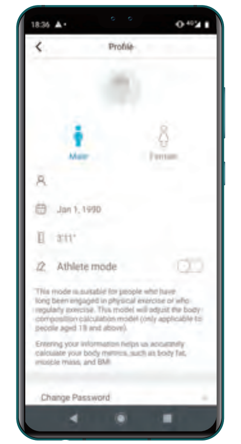


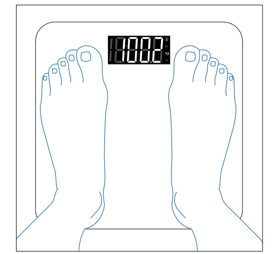
Figure 2

Note: The illustration is for reference only, please refer to APP for details.

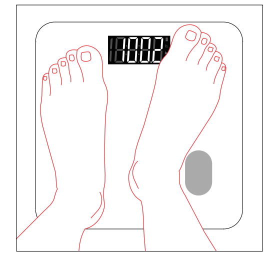
Open the APP first, and then measure your body, the data will be synchronized to the APP.

4.Start Using It

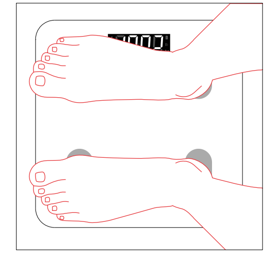
Start measuring and recording your weight and body data immediately! Place the scale on a hard, flat surface. When measuring on the scale, stand facing the display. The two feet step on the electrode pads naturally. The forefoot is stepped on the front electrode pad, and the heel is stepped on the rear electrode pad. (As the pictures show)



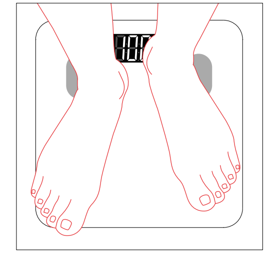
Correct posture ✓



Wrong posture ✗



Wrong posture ✗

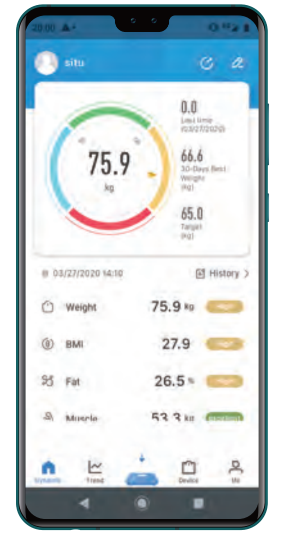


Wrong posture ✗

Note: 1. It must be measured with bare feet, and the skin of the feet touches the "metal electrode pads"
2. Body Fat Scale must be placed on a hard flat surface for measure. Do not put soft materials on the bottom of the scale.
3. The plastic bag of the product packaging must be removed, and the skin of foot touches the metal electrode pads.
4. Please leave the body fat scale after the APP prompts the end of measurement.

TENSWALL FIT APP

With the use of TENSWALL FIT, not only can record basic information such as your weight change, but also comprehensively detect multiple physical data through the TENSWALL FIT APP. Accurately measure up to 18 data of your body. Using 4 sensitive electrodes design, the measurement data is accurate including Weight, BMI, FAT, Muscle, Water etc.

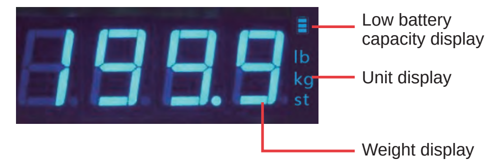


Note: In order to bring customers a better experience, TENSWALL FIT APP is updated at any time. The functional content listed on this page is subject to the actual APP display. If there is a update, we will not notify you.

Screen Display

After installing the battery, when the weight induction exceeds 5KG, the Smart body fat scale will start automatically.

Show as below:



0000
lb
kg
st

Note: After measuring weight, the body fat scale will displays 0 0 0 0 in turn, which means that body fat and other parameters are being measured, please do not leave the body fat scale.

BMI index parameter form

BMI	Weight Status
Below 18.5	Underweight
18.5 – 24.9	Normal or Healthy Weight
25.0 – 29.9	Overweight
30.0 and Above	Obese

BMI is a person's weight in kilograms divided by the square of height in meters.

Example: Weight = 68 kg, Height = 165 cm (1.65 m)

Calculation: 68 ÷ (1.65)2 = 24.98

Basic Information

Product name	TENSWALL Smart Body Fat Scale
Measurement data	lb kg st
Measuring range	Max: 180.0kg d ± 0.1kg
	Max: 401.2lb d ± 0.2lb
	Max: 28st: 9.2st d ± 0.2st
Connection method	Bluetooth 4.0
Working temperature	-10 ℃ (14 ℉) -60 ℃ (140 ℉)
Shell material	ABS Glass
Power supply	4 AAA-Batteries (1.5V * 4 = 6V)

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: 2AOO4-TZ270

Tenswall is a technology company dedicated to creating a modern smart lifestyle. We attach great importance to customers' shopping experience and are committed to provide customers with best service and a good social circle for sharing. If you love life and sharing, come and join our Tenswall TOP VIP group!

JOIN US!

Enjoy further customer service

http://www.tenswall.com

WARRANTY POLICY

30 DAYS — 30 DAYS *Full refund for any reason*

1 YEAR — 1 YEAR *Replace warranty*

2 YEAR — 2 YEARS *Maintenance warranty*

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

JOIN TENSWALL VIP CLUB

YOU CAN ALSO ENJOY

2+1 YEAR — EXTEND 1 YEAR *Specially for vip*

GIFT *Every month gift event*

We cherish every customer's feedback very much. Your suggestion is our motivation. Please feel free to contact our service team at email if you have any further questions.

We will be always right here!

support@tenswall.com