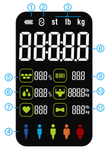
Bluetooth Scale Body Index

- Body weight
- Body balance tracking
- BMI(Body mass index)
- Body fat rate
- Fat-free body weight
- Subcutaneous fat
- Heart rate
- Visceral fat
- Body water
- Skeletal muscle
- Muscle mass
- Bone mass
- Protein
- BMR
- Body age
- Heart Index

Trouble shooting



1.Battery volume
2.Connected
3.Weight units
4.Body Shape Index
5.Body fat rate
6.Body water rate
7.Body Heart rate
8.Body weight
9.BMI
10.Muscle rate
11.Bone mass

Functioning normally

No display

Change battery

Lo

Change battery

Err

Overload

C

Calibrating

For body weight: Place the scale on an even surface and wait at least 10seconds before stepping on the scale. The reading should display 0.0 kg before stepping on.

Caution

1. Do not shake or drop the scale.

2. Do not immerse the scale in water or use chemical cleaning agents. Clear the scale with a slightly damp cloth.

3. Do not place the scale on any carpet or uneven flooring. Always place the scale on hard, flat, dry surface before measurement.

4. Always keep your scale in horizontal position.

5. Any measurement obtained using this device is for reference only and should not be considered as a medical opinion.

6. Consult your primary care doctor or physician before making changes to your diet, exercise plan or physical activity.

Specifications

Size:11.02*11.02*0.98in/280*280*25mm
Weight:3.44lb / 1.56kg
Batteries: 4*1.5 V AAA
Capacity: 11-400lb / 5~180kg
Division: 0.2lb/0.1kg
Unit: lb/kg/st

Accuracy Range

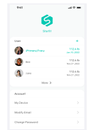
50kg:±0.3kg	100kg:±0.4kg	180kg:±0.5kg
110lb:±0.66lb	220lb:±0.88lb	396lb:±1.1lb

Operating instructions

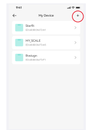
The Bluetooth Scale can connect with your mobile phone (Android 6.0+ & IOS 8.0+) or iPad via Bluetooth 4.0. Download the 'Fitdays' app free from the App Store or Google Play.

Pairing the scale with your smartphone

Turn on Bluetooth on your smartphone.



Press [Device] and Device Management to enter measuring page and find device.



Power on the scale, press[+] to select "Scale" to add the device.

Come back to measure page. Step on the scale and keep standing for 5-10 seconds with bare feet. The weighing has finished after the analysing datas come out.

View reports, deleted data, set reference data, share progress by recently,weekly,month and year.

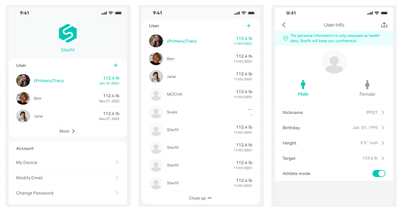
Click " Chart " to view your progress history. Enter it into the calendar to form a list and select a dataset or all data you want to delete. You can also select different date datas to contrast and share to friend via facebook,instagram, or SMS by click button

At the bottom, you will find a bar where you can select different types of data to display. You can share your fitness data with friends via Facebook, Instagram, or SMS by clicking the share button [+] and Share on the Measuring page.

Add/Delete Users & Basic Settings

Under " Mine " you can add user(s) " ". To delete an account, swipe the account to the left and select " Delete " .

Themes, Set goals, Weight units, Weighing done sounds, Languages, Passwords can all be set under the Setting " " page. Please note that you can change the weighing unit under Press the Unit button,then if will control the unit of App.



Frequently Asked Questions&Answers

1.Why doesn't the scale work? Why does the data on screen disappear in a flash?

- Please check the batteries are installed properly, replace batteries if necessary.

2. The scale cannot connect with App.

- Check that the phone's software is iOS 8.0 or higher or Android6.0 or higher.
- Download and open the newest version of the Fitdays App.
- Enable Bluetooth on your phone. For Android 6.0 or higher, location needs to be enabled

3.No body fat measured when weighing.

- Step on with dry and bare feet
- Ensure Bluetooth is enabled and working
- Ensure personal data is entered.

Warning Note

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

FCC Statement

Operation is subject to the following two conditions:

(1) This device may not cause harmful interference.
(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, 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 communica-tions. 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.

FCC ID : 2AP3Q-FI2019LB-B
Model No.: FI2019LB
Guangdong Welland Technology Co., Ltd.
No.85, Minke East Road, Minying Science & Technology Park,
Shiqi District, Zhongshan, Guangdong, China

Made in China

RUN STAR

SMART BODY FAT SCALE FI2019LB

User Manual

13cm

9.8cm

风琴式折法