LIORQUE

User Manual

Smart Body Composition Scale

Model：CS20A

Service Email: support@liorque.net

Thank You

Thank you for purchasing the CS20A Wi-Fi and Bluetooth Smart Fitness Scale by LIORQUE. We are dedicated to providing our customers with quality products for building a better living. Feel free to reach out to our helpful customer support team by email at support@liorque.net

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Safety Information

IMPORTANT: Please read and comply with all of the instructions and warnings provided in this manual before using the product. Failure to comply with the instructions and warnings provided herein may result in inaccurate results and/or damage to the product itself.

General Safety

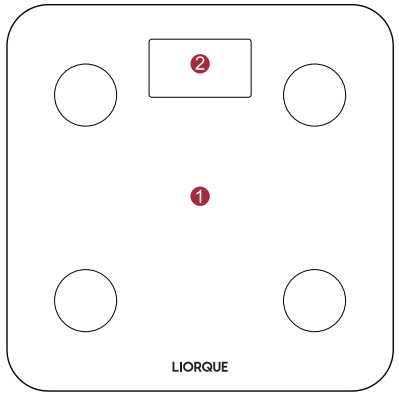
- Do not use if you have a pacemaker, artificial lung, an ECG, or any other internal medical devices. Please note that all data should be used as a reference and is not a substitute for medical advice from a licensed healthcare professional.
- This scale should not be used to diagnose or treat any medical condition. Consult your primary care physician before making changes to your diet, exercise plans, or physical activities.
- Check the scale before each use. Do not use the scale if it is damaged.
- The glass platform is slippery when wet. Make sure the platform and feet are dry before stepping on for measurement.

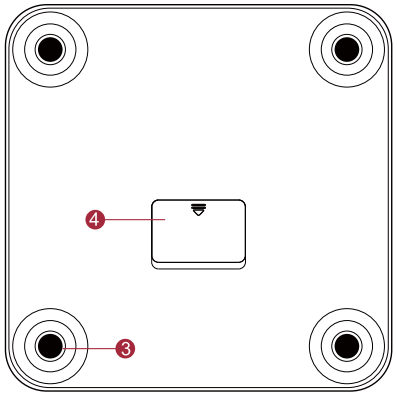
Use Care

- This scale is not intended for commercial use.
- Always place the scale on a hard, flat surface before measurement.
- For safe and accurate weighing, please keep your feet as wide as your shoulders when standing.
- **DO NOT** strike or drop the scale.
- **DO NOT** stand on the edge of the scale or jump on it.
- **DO NOT** store or operate near heat sources or in humid environments.
- Handle the scale with care, it is a precision instrument.
- Clean the scale with a damp and dry cloth and avoid getting water or any other liquid inside the scale.
- **DO NOT** use chemical or abrasive cleaning detergent to clean the scale.
- Keep the scale in a cool environment with dry air.
- Always keep the scale in horizontal position,do not store vertically.
- If the scales fails to turn on, check whether the batteries are installed correctly. Replace the batteries if necessary.
- If an error appears on the display or if the scale does not turn off automatically. Remove the batteries for 3 seconds, then re-install them.
- **DO NOT** overload the scale(maximum weight capacity: 400lb / 180kg).
- **DO NOT** mix new and used batteries or different battery brands to power the scale.
- If the scale not used for a long time, remove the batteries to ensure battery conservation and to extend the scales service lifetime.

Scale Overview

1. Weighing Platform
2. Display
3. Anti-skid Padding
4. Battery Compartment

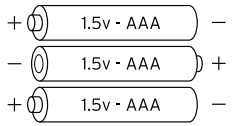


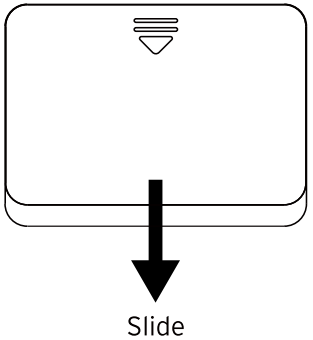


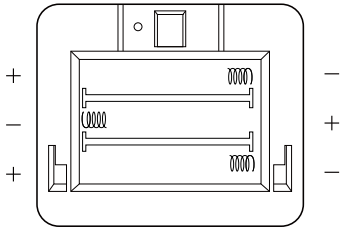
Setup Scale

Insert Batteries

Open the battery compartment and install the batteries under the correct polarity and replace the battery compartment cover.







Specification

Model	CS20A
Size	280 x 280 x 24mm
Weight	1.25kg/ 2.76lbs
Batteries	3 x 1.5V AAA (included)
Capacity	0.2 - 180kg (0.44 - 396lbs/ 0.03 - 28st)
Division	0.05kg/ 0.1lbs
Unit	kg/ lb/ st (Swith UNIT Via App)
Recommended Storage Temperature	+5°C ~ +35°C (+41°F ~ +95°F)
Recommended Use Temperature	-20°C ~ +60°C (-4°F ~ +160°F)

Why do we use Bluetooth + Wi-Fi dual-mode technology?

Bluetooth connection (these body fat datas are displayed in the app at first, then saved on the server)

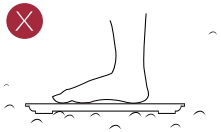
Wi-Fi connection (these body fat datas are saved on the Cloud at first, then displayed in the app)

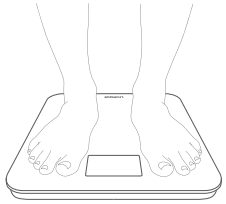
1. When you are eager to view the measurement data, you can open the mobile app at the same time during the measurement, and the measurement data can be instantly transmitted to the app via Bluetooth.
2. When you are not in a hurry to view the measurement data, or mobile phone not in hand, just stand on the scale and take a measurement. You do not need to open the app. The measurement data can be automatically saved in the cloud through Wi-Fi for you to view in the app at your convenience and will not be missed every time you measure.

Weighing without the App

After inserting the batteries, your scale is ready to use. Without downloading "Feelfit" app, this scale can be used stand alone as a regular digital weight scale. After you register with "Feelfit" app and the scale connects to a Wi-Fi network, you can weigh anytime without the app. Your data will be uploaded to your account through the Wi-Fi connection. Login to the app when you need to check your measurement data.

1. Place the scale on a hard, flat surface.
2. Step onto the scale to turn on the scale, then step off to let the scale calibrate. Wait until you see the scale displays "00", then step on the scale again to measure your weight.
3. Keep standing on the scale until the digits on the screen flash two times with your final measurement.





NOTE: The default weight unit for CS20A is pounds(lbs). To change the weight unit, you must download the "Feelfit" app and select the desired weight unit in your App's Settings menu(see page 24).

Setup "Feelfit" Mobile App

After setting up your scale, you need to setup your "Feelfit" mobile app.

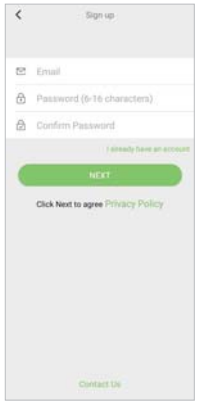
With the "Feelfit" mobile app, you will have full access to all the measurements from the CS20A scale. All the measurements will display on your mobile app. The mobile app provides easy tracking your historical weight and many other features.

The CS20A scale supports both Bluetooth and Wi-Fi wireless connection. You can use the scale with Bluetooth only, without setting up Wi-Fi connections. Either with the Wi-Fi connection or not you will have all of your measurements and all of your history. It is highly recommended that you setup the Wi-Fi connections if a secure network is available. Scale with Wi-Fi connections offers additional features and conveniences.

Setup App with Bluetooth Connections

This section describes how to setup your app account and connect to your scales through Bluetooth connections. By the end of this section your will have your measurement.

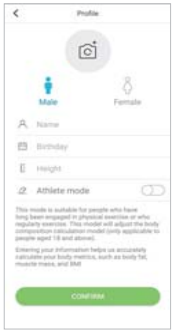
1. Download and install the "Feelfit" mobile app. You can search "Feelfit" from Apple Store or Google Play Store, or QR code below.



2. On your phone setting
   a. Turn on Bluetooth.
   b. Turn on "Feelfit" App.
   c. Enable Location service if you use an Android phone (non-iphone).

3. Sign up and log in
   a. Enter your email.
   b. Select a proper password.
   c. Tap the "Next " button.

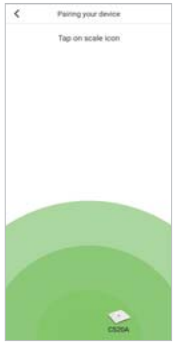
4. Enter your personal Profile
   a. Name
   b. Gender
   c. Birth date
   d. Height
   e. Athlete Mode(Most users shouldn't use the Athlete Mode. Select the Athlete Mod if you have strong muscles. As a rule of thumb, use the Athlete Mode if you work our intensively more than 12 hours a week and your resting heart rate is less than 60 beats per minute)
   f. Tap the "Confirm" button



5. Compatible Apps
   Fitbit or Google Fit, if you wanna sync the date tap to turn on, if you dont want syns, tap Next. (Can be set in anytime,you can find these in the setting menu.)

6. Choose device. Tap the "Smart body fat scale"on the screen. The app will change from the "Choose device" to the "Paring your device" screen.
(if you tap the "home screen" at the bottom,you will go to the app "Measurements
"screen, you wont see step 7)

7. Place the scale on a hard flat surface, Stand on the scale to turn on the scale, then step off to let the scale calibrate. Wait until you see the scale displays"00", then step on the scale again to measure.
8. Now you can see the scale icon with model name"CS20A" appeared on your app, tap it to let it paring.



9. After the app paired with the scale. Can start to Measurement under the Bluetooth Connection Mode. Keep Standing on the scale for 5-10 seconds while the scale transmits the measurement data to your app. The weight data will stable on the display after flash twice about 2 seconds. Then will measure the other body data.

PS:(Sometimes your the measuring time its so fast that the "Measuring" pic will not appearing. You can see your date on the app directly.)

10. After the data uploading completed, you may start "Wi-Fi Configurations" or "Skip Wi-Fi Configurations" at this time.

11. Tap the "Skip Wi-Fi Configurations" button will lead you to your "Measurements" screen. You measurement data will display here, Weight, BMI, Body Fat, and others.

    Tap "Wi-Fi Configuration" button to setup Wi-Fi connection. See next section.

Setup App with Wi-Fi Connections

The LIORQUE CS20A scale supports both Bluetooth and Wi-Fi wireless connections. You don't have to use the Wi-Fi connections because the Bluetooth alone will have all of your measurements and all of your history. However, It is highly recommended that you setup Wi-Fi connections if a secure network is available. With Wi-Fi connections, your scale offers additional features and conveniences.

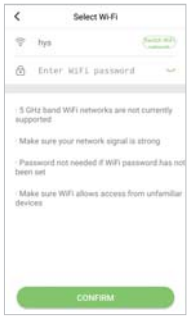
- Wi-Fi connections' range is longer than Bluetooth connections.
- With Wi-Fi connections you will be able to receive scale measurement data without running the app. You can use the scale hands-free.
- Wi-Fi wireless connections are more robust. Typically, you don't need re-connections once the Wi-Fi is configured.

During the settings, you will need to have Bluetooth connections first. Then we will configure your scale's Wi-Fi connections. By the end of this section you will have your measurement done using Wi-Fi connections.

NOTE: With the Wi-Fi connections, your measurement data will be uploaded from scale to your home's wireless router through Wi-Fi connections. Then your data will be sent to the LIORQUE's secure data server over the internet (the cloud). Your mobile app running on your smart phone will download your measurement data from the data server. It differs from the Bluetooth connections where your scale sends data directly to your phone.

1. To configure your scale's Wi-Fi connections and to establish your Profile to your scale and the server, first we need to use the Bluetooth connections. Please follow Setup app with Bluetooth Connections. (Step1-Step7)
2. With the above steps, you made an initial measurement using the Bluetooth connection. Now on the "Select Wi-Fi" screen, tap the "Wi-Fi Configurations" button (see the last screenshot).

   NOTE: The scale only support 2.4G - 2.48G network. On your phone Settings, connect your Wi-Fi to a 2.4G - 2.48G network. You may change back after your setup is done.
3. Select a Wi-Fi network. By default, your phone's currently connected Wi-Fi network is selected. You can change to anaother Wi-Fi network, Type in the network password,and then tap the "Next" button.



4. Then you will see the Wi-Fi "Connect" screen. Don't close your app during the connection period. Once done, the Wi-Fi configurations is complete.

5. To test your Wi-Fi configurations,close your "Feelfit" app. And use the scale to make a new measurement (see Weighting without the app) When finishes, re-open your app again, and your new data should be already recorded in your app.

   By now you app setup is complete with both Bluetooth and Wi-Fi Connections.

6. If Wi-Fi connections were not setup initially, a user can setup it later: on the "Measurements" screen, tap the "+" sign at the top right corner, then select "Device management", tap "CS20A" image to enter the "Select Wi-Fi" screen. It it the above Step 2. Then follow instructions to complete Steps 3 - 5 to setup Wi-Fi Connections.

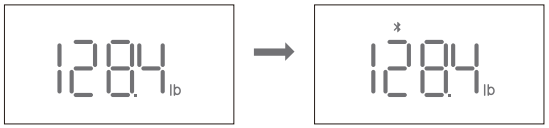
Mearsurements

In this section,measurements refer to full measurements with a user's Feelfit app already setup.

Measurements with Bluetooth Connections

When measuring with your app open, the Bluetooth connection will be used. Your measurement data will be sent to your app through the Bluetooth.

1. Make sure yoru phone's Bluetooth is on. Login to your "Feelfit" app.(Android 6.0+ need turn on the location, this is the android system asked. iOS don't need to turn on the location service.)
2. Step onto the scale to turn on the scale, then step off to let the scale calibrate. Wait until your see the scale displays "00", then step on the scale again to measure.
3. On your scale, the Bluetooth icon will appear. On your app "measurements" screen the circles will spin until stabilized to display the measurements.

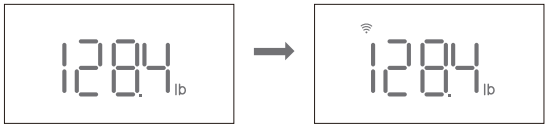


4. If you didn't login to your Feelfit app（or your Bluetooth is disabled, or your phone is too far away from your scale）, the Bluetooth connection will not be established. The measurements will use the Wi-Fi connections If your Wi-Fi connextions haven't setup yet, the measurement data will be stored in the scale temporally. The data will be uploaded to your app next time a Bluetooth connection is established.

Measurements with Wi-Fi Connections

You don't need to open your Feelfit app before your use the Wi-Fi connections,You may disable your phone's Bluetooth. Your measurement data will be uploaded to the cloud server first them to your app.

1. Don't open your Feelfit app.
2. Step onto the scale to turn on the scale, then step off to let the scale calibrate. Wait until you see the scale displays "00", then step on the scale again to measure.
3. On your scale, the Wi-Fi icon will appear. When completed, the scale will display your measurements: weight, body fat, body water, skeletal muscle, bone, BMI, BMR one by one, and then "OPEN App", it means your measurement data is already sent to the cloud server. You now can open your app to ready your measurements, you can open the app now, or you can choose later time to open app to ready your data.



4. The server recognizes your based on your existing measurements. So, when you open your app, your measurements will be loaded to your account automatically.The server will also list those unknown data.not recognized as yours, and ask you to assign to yourself if these are yours.You need to select the data and tap either "Assign" button or "Delete" button.

Switches between Bluetooth and Wi-Fi Connections

Switched between Bluetooth connections and Wi-Fi connections are automatic,no user interventions are required.

If you haven't setup your Wi-Fi connections yet, you will always use the Bluetooth connections.There are no switches.

If you already setup your Wi-Fi connections your Bluetooth connections are also setup.If you open your App before you make a scale measurement, the Bluetooth connections will be used. Otherwise, if you didn't open your app(or your phone's Bluetooth is disabled, or your phone is too far away from your scales), then your will use the Wi-Fi connections. Switches between the two are sutomatic, Users don't need to worry about which connections are used. Either connections method, you will be able to see your data from you app.

Using Feelfit Mobile App

The Feelfit Mobile app provides many functions you view your weight,BMI,body fat, muscle mass, water weight,etc. You can achieve your weight loss goals by tracking your progress. You can share your status or progressed on social media. You can sync your data with other popular Apps like Apple Health, Google Fit, Fitbit, Samsung Health, etc.

View Reports

1.Tap "Trends" to view your progress history. You can select your progress for the week, month, or year.

Delete Measurement Data

You can delete your measurement data. Please follow the instructions here.

1. Tap "Tracking" you will see your data charts.

2. To go to the calendar, tap the " ⏲ " icon at the top right corner of the screen.

3. On your "History" screen. Use arrows to go to your selected date. Tap on this date on the calendar. The measurement date for this date will be listed underneath the calendar. Tap"Select Date"(Top right corner) to select a data your want to delete, then tap the garbage can " 🗑 " icon (bottom right corner) to delete.

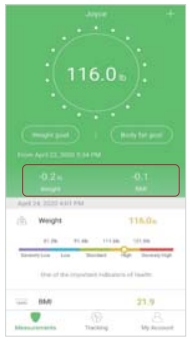
Show progress

You can show your weight loss progress by comparing your latest measurements with your earlier measurements. You can select any data to compare.

1. To select a data to compare, on your "Measurements" screen tap the block below the circle with your weight displayed.

2. On your "History" screen. Select a date and then select the desired date your want to compare. Then it will go back to your "Measurements" screen, displaying the comparisons against the data your just selected.

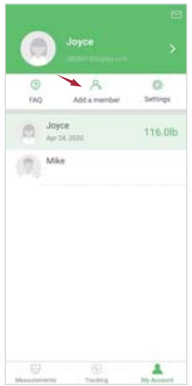
   If you don't make any selections, the default comparison setting is compare to your earliest measurements you made. If your reference data set is deleted, you will compare with your default data, No comparison if you only have one set of measurements.



Add / Delete Users

1. On the "Measurements" screen, tap "My Account" at the bottom the screen.

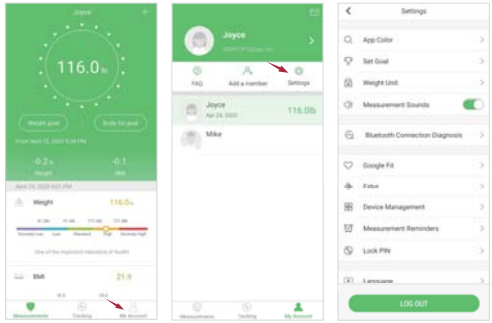
2. To add new users, tap "Add a member".



3. To delete a user, swipe left on the account that you want to delete and tap "Delete".

Settings

1. To access the Setting menu tap "My account".
2. Tap "Settings".
3. On the Settings menu,you can change the app theme, set weight goals, change weight units, select sound mode, or select languages ...etc.



SYNC with Other Fitness Apps

You can SYNC with Fitbit, Apple Health, Google Fit, Samsung Health.

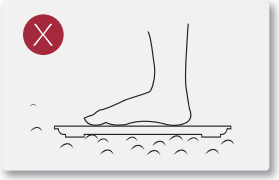
1. Under the Setting menu. Select the " Fitbit, or Apple Health, or Google Fit, or Samsung Health".
2. Turn on the app you wanna SYNC , then sign into your account.
3. After successfully connecting, your weight data will SYNC these Apps.

Display Description

60.00 kg Bluetooth Connection	60.00 kg Wi-Fi Connection	CAL Calibrate	Lo Change Battery
Blink-Pairing Network	FAIL Pairing Network Failed	Data is being transferred	OPEN APP Open App

EEr Overload	UP OTA Upgrade	20.0 % Body fat %	68.0 % Body water %
50.0 % Skeletal muscle %	3.0 kg Bone mass	28.8 BMI	1240 BMR

Where to get accurate body weight



Please Place it in a hard and flat place. Do not use it on uneven soft materials (such as soft floors, carpets or spring pads, etc.) Otherwise, it cannot be measured correctly.

• Do not place it in direct sunlight, near heating equipment and at the air outlet of air conditioners.

• Do not use in places where the temperature changes drastically.

• Do not place it in a humid or watery place.

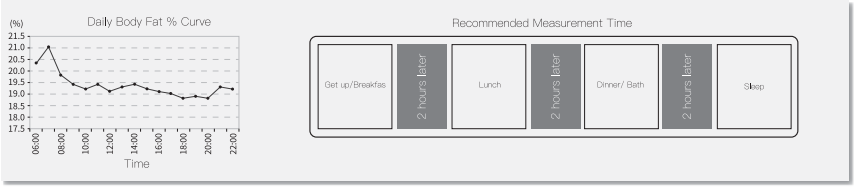
When to get accurate body weight

1. This product is obtained by the BIA bioelectrical resistance measurement method. The fat rate obtained by the BIA measurement method is closely related to the following parameters: body impedance coefficient / height / weight / age / gender. Therefore, changing any of these parameters will cause the fat rate changed.

2. Please avoid taking measurements:

   - After strenuous exercise
   - After bathing or sauna
   - After overeating
   - After drinking a lot of water or alcohol
   - During fever
   - During pregnancy

3. The body weight changes daily with eating and drinking water, varies from 0.5 to 2kg. Ast the body fat rate = fat weight / body weight, so there will also be fluctuations in the fat rate, as the figure below.
   In the morning, before eating and drinking, the body fat rate reaches the highest peak in a day.
   In the afternoon and evening, as the weight and water content increase due to eating and drinking, the body fat rate reaches the lowest value in a day.



How to get accurate body weight

In order to get accurate body weight, please note the measurement posture.

- Correct posture:two feet stand on the electrode pads on both sides.
- As much as possible without wearing clothes; when wearing clothes, the weight of the clothes is also included.
- Bare feet and cleaning soles before taking measurements; wearing socks or dust on the soles will affect the accuracy of the measurement.
- Do not bend your knees or sit and do not shake during measurement, keep your body relaxed.

Warranty and Support

Product	CS20A Smart Fitness Scale
Default Warranty Period	1 year(s)
For your own reference, we strongly recommend that your record your Order Number and date of purchase.	
Retail Store	
Order Number	
Date of Purchase	

Terms & Policy

- LIORQUE warrants all products to be of the highest quality in material, craftsmanship, and service. effective starting from the date of purchase.
- LIORQUE will replace any product found to be defective due to manufacturer flaws based on eligibility; refunds are available within the first 30 days of purchase. This warranty extends only to personal use and does not extend to any product that has been used for commercial, rental, or any other use in which the product is not intended for. There are no warranties other than the warranties expressly set forth with each product.
- This warranty is non-transferrable. LIORQUE is not responsible in any way for any damages, losses or inconveniences caused by equipment failure or by user negligence, abuse, or use noncompliant with the user manual or any additional safety, use, or warnings included in the product packaging and manual.

This warranty does not apply to the following:

• Damage due to abuse, accident, alteration, misuse, tampering or vandalism.

• Improper or inadequate maintenance.

• Damage in return transit.

• Unsupervised use by children under 18 years of age.

LIORQUE and its subsidiaries assume no liability for damage caused by the use of the product other than for its intended use or as instructed in the user manual. Some states do not allow this exclusion or limitation of incidental or consequential losses So the foregoing disclaimer may not apply to you. This warranty gives you specific legal rights and you may also have other rights which may vary from state to state.

Defective Products & Returns

Should your product prove defective within the specified warranty period, please contact Customer Support via support@liorque.net with your order number. Once our customer service team has approved your request, please return the unit with a copy of the invoice or your order number.

Customer Support

Do you have questions? LET US HELP! If you encounter any issues or have any questions regarding your scale product, feel free to contact our Customer Support Team. Your satisfaction is our goal !
Service Email: support@liorque.net

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 compliancecould 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:2AV2W-CS20C

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