FondCircle

Smart Body Fat Scale

User Manual

Model: FBF-F2 Version: 1.0.0_2506

FOREWORD

Thank you for choosing the FondCircle Smart Body Fat Scale! This intelligent scale is your personal health companion, designed to help you monitor key body composition metrics such as weight, body fat percentage, muscle mass, and more. With accurate measurements and convenient tracking, it supports you on your journey toward better health and fitness. We sincerely hope you enjoy using your FondCircle Smart Body Fat Scale!

This manual contains important safety and care information, and provides step-by-step instructions for using this smart body fat scale. FondCircle assumes no liability and provides no guarantee with regard to damage (including indirect damage) arising due to this user manual not being complied with. Please read through this user manual carefully before using the product and pay special attention to all safety precautions as well as follow them strictly.

Video Tutorials

Scan the QR code to watch the tutorial videos, which demonstrate how to use the Body Fat Scale safely.

Online Manual

Scan the QR code to get the manual as a PDF, which can be enlarged and viewed on your mobile device.

App Download

Scan the QR code with your phone or tablet to download the FondCircle app.

PACKAGE CONTENTS

No.	Name	Quantity
1	Smart Body Fat Scale	1
2	AAA Battery	1
3	User Manual	1

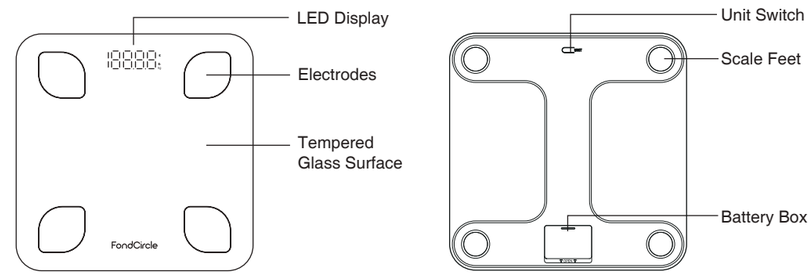
PRECAUTIONS

Read carefully before use:

- Do not use the body fat scale if you have a pacemaker or any other internal medical device in your body. When you take a measurement, the scale passes a very low, harmless electrical current through your body. The current may cause your internal medical devices to malfunction.
- Do not use the scale on a wet surface. This could lead to slipping.
- Dispose of the scale properly following your local regulations.
- Do not jump on the scale. This scale has a weight limit of 400 lbs.

SCALE OVERVIEW

FondCircle Smart Body Fat Scale measures weight, BMI, body fat %, and other body compositions using bioelectrical impedance analysis (BIA) technology. This smart scale is intended for home use only.



Bluetooth Connection

No Bluetooth Connection

Overload

Change Battery

SPECIFICATIONS

Weighing Range	0.1–180 kg/0.2–400 lb	**Product Dimensions**	260×260×22.5 mm
Power Supply	2×1.5V AAA batteries	**Operating Temperature**	5-40°C
Units	kg/lb	**Weight Unlock Threshold**	≥ 20 kg
Net Weight	1 kg	**Storage Temperature**	-10-60°C
Increments	0.1 kg≤m<100 kg, D=0.05 kg/0.1 lb 100 kg≤m≤180 kg, D=0.1 kg/0.1 lb	**Operating Humidity**	≤ 90% RH

INSTALL THE BATTERY

1. Open the battery compartment on the underside of the scale.
2. Install the included AAA batteries.
3. Follow the guidelines in the battery compartment to match the + and – terminals.

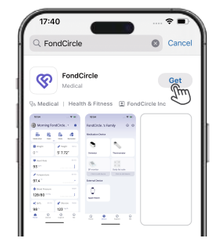
Note:

- Do not mix new and old batteries.
- If the scale not in use for a long period of time, remove the batteries to extend the lifetime of the scale.

PREPARATION BEFORE USE

Step 1: Download the App

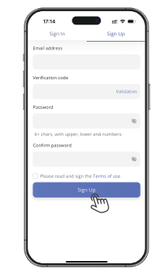
Search for "FondCircle" on the App Store or Google Play Store and install it on the device.



Scan the QR code with your phone or tablet to download the FondCircle app.

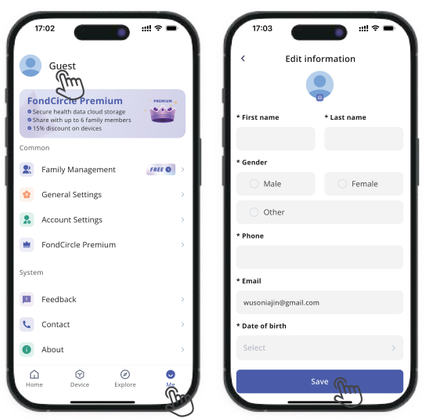
Step 2: Sign Up

- Open the FondCircle app.
- Use an email to create an account and password.



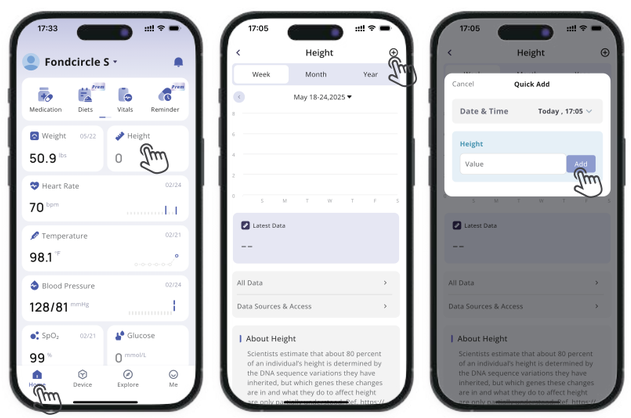
Step 3: Add Height and More Data

First, click "Me," then "Guest." Then edit the information.



Step 3: Add Height and More Data

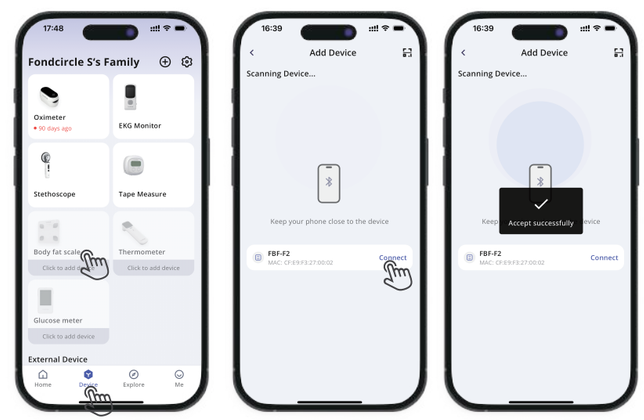
- Return to the homepage and click "Height."
- Click "⊕" to quick add height.



Step 4: Connection

Method 1

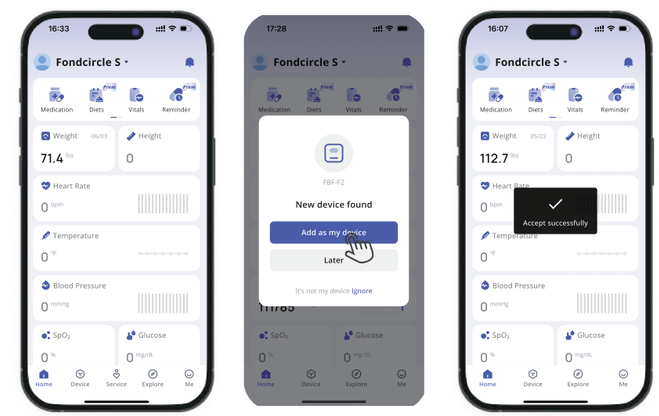
- First, click "Device," then "⊕" or "Body Fat Scale."
- The screen will show "Scanning Device."
- Tap the scale. Wait for a few seconds, then click "Connect."



Step 4: Connection

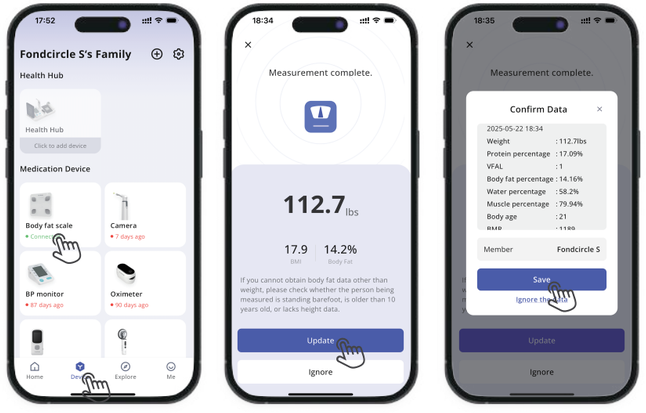
Method 2 (Quick Add)

- First, open the FondCircle app.
- Tap the scale. Wait for a few seconds, then click "Add my device."
- The screen will show "Accept successfully." You can then proceed with the measurement.



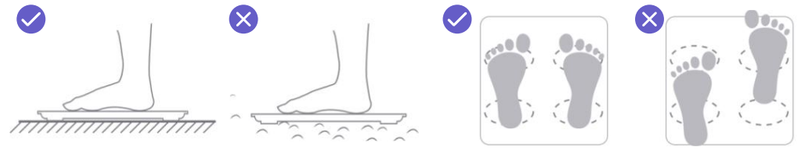
TAKE MEASUREMENTS

- First, click "Device," then "Body Fat Scale."
- Turn on the scale by stepping on and off, waiting for "0.0" display on the screen.
- Step on the scale while all numbers display on the scale. Your measurement is over, and the results will also display on the app.
- The measured value will be displayed on the app after the measurement, click "Update."
- Press the "Save" button to upload the result.



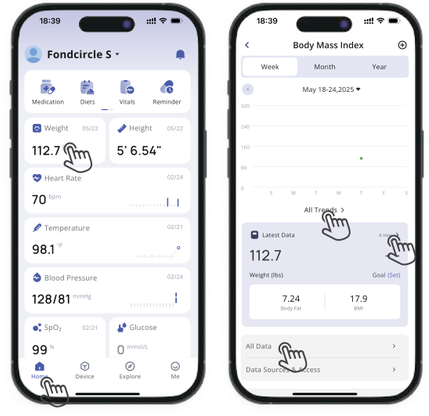
Note:

- Place the scale on a hard flat floor surface, do not place it on carpet or any other soft surfaces.
- For accurate measurement, place both feet fully and symmetrically on the electrode areas.



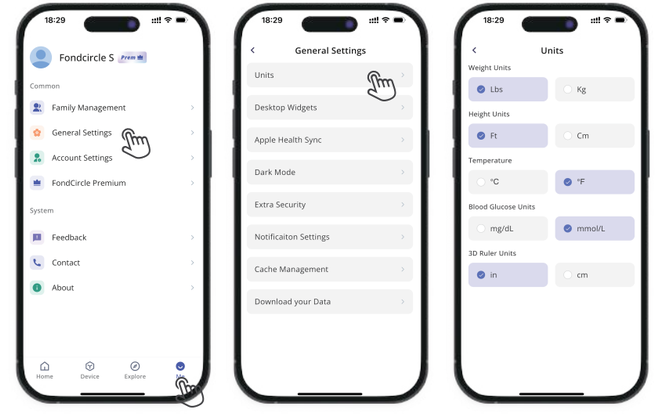
HISTORICAL DATA REVIEW

- Return to the homepage and click "Weight."
- There are 3 ways to query measurement data: "All Trends"/"Latest Data"/"All Data."



SWITCHING UNITS

- By default, the scale uses pounds (lb) as the unit of measurement, but it also supports kilograms (kg).
- To switch the unit of measurement on the scale, first open the FondCircle app, then go to the app "Me" page -> "General Settings" -> "Units".



MEASUREMENT TIPS

To have accurate, consistent and comparable measurement results, there are some DO's and DON'Ts.

1. DO's

- Before first use, open the battery cover and Install batteries.
- Ensure the personal information in your profile is correct.
- Place the scale on a hard flat floor surface when you weigh.
- Do calibration each time. Wait back to "0.0", then step on the scale for measurements.
- Use the scale under the same condition during same hour each day.
- Empty your bladder before weighing.
- To switch the unit of measurement (kg, lo), press the UNIT button on the underside of the scale or adjust the settings in the app.
- To prevent damage, please avoid hitting the edges of the scale against hard objects or surface.
- Just step on, the scale will show your weight in real time. The display will flash several times before showing your final measurement.

2. DON' Ts

- Do not place the scale on a carpet or a soft surface when you weigh.
- Do not measure with socks or shoes on.
- Do not measure when your body is wet. For example, immediately after a shower, bath, sauna, or strenuous exercise.
- Do not measure after drinking a lot of water or alcohol.
- Do not measure if you have a cold or fever.

3. This smart scale is intended for home use only.

- Provides full body composition measurements for individuals aged 18–65 years and with a height between 100–220 cm.
- If the user is under 18 or over 65 years old, only weight will be measured.
- If the user's height is below 100 cm or above 220 cm, only weight will be measured.

4.This smart scale is not intended for pregnant women or people with a pacemaker.

TROUBLESHOOTING

Symptom	Cause	Solution
Lo	Low power	Use new 1.5V AAA batteries.
Err	Overload	Use the scale within 402.3 lb/182.5 kg.
Display Weight Only	Not completed profile data in the app	No User Profile: Create an app profile and weigh once with Bluetooth connected. No Electrical Current: Need to stand on the scale barefoot. Users: Not suitable for children under 10. Other Issues: Contact Customer Support for assistance.
No Display	Auto-off, or no power	Auto-off: Step on then off to turn on the scale; No power: replace new batteries.
Unable to Sync with App	Lost connection, or scale turns off	Reconnect the scale: For iPhones, authorize bluetooth; for Android, enable location. Click the icon on the top-right corner and tap "Device" -> "+ Add device" on the app.

FCC STATEMENTS

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (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, under 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.

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

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

WARRANTY

The device is covered by a 12-month warranty from the date of purchase, subject to the following terms and conditions.

The warranty does not cover:

The batteries, packaging, or any other consumables.

Damage resulting from improper use, including but not limited to:

- Unauthorized disassembly or modification of the device.
- Accidental dropping or impact during use or transportation.
- Failure to follow the instructions provided in the user manual.

To claim warranty service, users must provide proof of purchase and comply with the terms outlined in the user manual.

Customer Support:

Email: support@fondcircle.com
Tel: 1-877-899-7770 (US) (Mon-Fri, 8:00 AM-5:00 PM PST)
Web: www.fondcircle.com

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