

HOWBODY

— S580

Product User Manual



一、Product Overview

1.1 Product Introduction

HOWBODY-S680 is a new 3D intelligent body measurement product developed by Guangzhou Haidi Health Technology Co., Ltd. It generates a realistic 3D human model of the subject through three-dimensional scanning, automatically completes body circumference measurements, posture assessment and evaluation, and enables tracking and comparative analysis of body shape and physical data changes. This provides fitness enthusiasts with a newly upgraded 360° all-dimensional body measurement service, offering physiological assessments including body composition and body circumference, as well as functional evaluation services such as body shape and posture analysis, and center of gravity balance detection.

1.2 Product composition

Main unit column, main unit base, power cord, turntable, yoga mat, service kit, accessory kit.



1.3 Basic functions

Body composition analysis

By combining the respective advantages of bioelectrical impedance analysis (BIA) and volumetric density methods, Haidi has pioneered the use of a fusion algorithm to measure body composition. Compared to the traditional BIA principle, this approach is more stable and provides more valuable reference data.

The range of body composition data includes: target weight, weight control, muscle control, fat control, body weight, total body water, protein, inorganic salts, skeletal muscle, body fat, fat-free mass, BMI, body fat percentage, segmental fat, segmental muscle, visceral fat level, waist-to-hip ratio, basal metabolic rate, score, and more.

Segmental fat/muscle analysis

By measuring resistance at multiple frequencies and across multiple segments, detailed information on the fat and muscle distribution in the five major body segments is obtained and intuitively displayed through a 3D model.

Obesity analysis and adjustment recommendations

Based on extensive clinical data, obesity analysis and adjustment recommendations are provided according to three indicators: body weight, body fat mass, and muscle mass.

Body circumference measurement

The largest and most regionally diverse Chinese standard human body measurement database is used. Through deep learning of 3D human body algorithms and big data analysis, the ten body circumferences that fitness enthusiasts care about are measured accurately.

The body circumference data include: left upper arm, right upper arm, chest, waist, hips, left thigh, right thigh, left calf, right calf, and shoulder width.



3D posture assessment

The algorithm is based on deep learning from a rich 3D human body model database to obtain precise skeletal points. Combined with posture assessment services, it generates preliminary posture analysis results.

The 3D posture data include: head tilt, cervical forward inclination, uneven shoulders, left rounded shoulder, right rounded shoulder, automatic body circumference measurement, left/right tilt, forward/backward tilt, anterior pelvic shift, posterior pelvic shift, left/right knee assessment, leg shape, score, etc.



Body change tracking

Based on cloud data storage, after a user's second measurement, the data is automatically compared with previous data to generate comparison data and trend charts. The PC and printed reports can display up to the most recent 8 measurement data points, while WeChat permanently saves all historical measurement data. Users can also manually select data from previous time points for comparison to view their own changes.



Body shape prediction

Relying on extensive clinical data and human body model data, deep learning is used to predict the user's ideal body shape.



Multi-terminal result viewing

All results output by the device can be viewed by users on the PC, mobile devices, printed reports, and display screens.

1.4 Applicable population

【Weight measurement range】 10220 kg (maximum turntable load: 200 kg)

【Age measurement range】 8-99 years old

【Height measurement range】 110205 cm

【Not suitable for】 People with implanted medical metal devices such as pacemakers, fixed steel nails, electronic devices, etc., as well as pregnant women

1.5 Detailed parameters

Measurement principle	8-point contact electrodes, multi-frequency bioelectrical impedance analysis technology
Impedance frequency (Hz)	10、50、250 kHz
Power supply	200~240V/50HZ/96W
Operating temperature	10°C~ 40°C, relative humidity 30~75% (non-condensing)
Network interface	WIFI、Ethernet
Turntable speed	30~35s/revolution
Maximum measurable height	205cm
Maximum measurable weight	220kg
Turntable size	Diameter 600mm

二、User guide

2.1 Precautions

Instructions for use

① Individuals with implanted cardiac pace makers, fixed steel nails, electronic devices, or other metal objects in their bodies should not undergo the test, as it will affect the accuracy of the results.

② To ensure the success and accuracy of the measurement, please avoid wearing reflective clothing, long skirts, wide-leg pants, turtlenecks, or hoodies during the test. At the same time, try to minimize carrying personal items, remove outerwear, and wear light, close-fitting clothing for the test.

③ To guarantee the precision of the test results, do not wear any metal items such as rings, watches, bracelets, or necklaces during the test.

④ For participants with long hair, it is recommended to tie up your hair before the test.



2.2 Participant Instructions

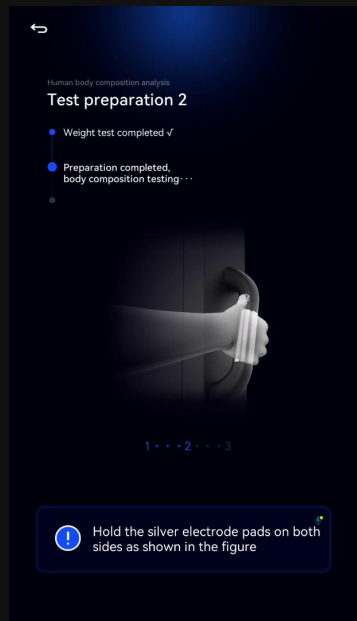
- ① Participants must carefully read or understand the product's precautions.
- ② Gender, age, height, and other factors can significantly affect the data. Please be sure to provide accurate information when registering. If you enter incorrect information, you can modify it in the Personal Center of the mobile report.

2.3 Measurement Procedure



Step One

According to the participant instructions, prepare yourself before use, remove your shoes and socks, then stand on the turntable or scale and wait for the measurement to begin.
Suggestion: The operator should clean the electrodes on the device with alcohol before measurement to ensure data accuracy and maintain hygiene.



Step Two

According to the prompts and voice instructions on the display screen, the operator can operate the device screen to select the test items as needed; the participant can also select the test items themselves by touching the screen.

Step Three

When selecting measurement items, you can choose body composition measurement, posture assessment, or body dimension measurement items.

Note: For the first measurement, only body composition measurement or posture assessment can be selected. Body dimension measurement items, which include neck function and shoulder function, can only be selected after continuing with further measurements. If you stay on the test item selection page for 30 seconds, it will automatically return to the home page.

A. Body composition measurement

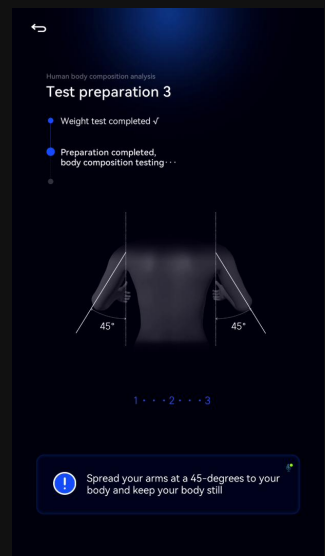
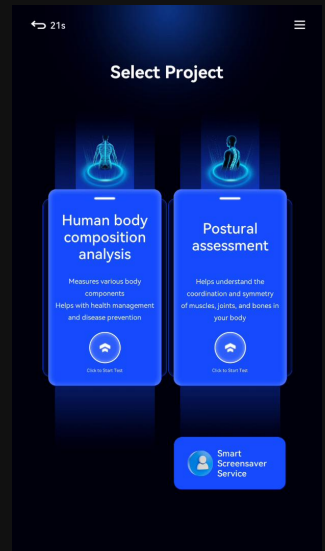
a. The subject stands naturally on the turntable as guided by the voice prompts to measure body weight, which takes about 3 – 5 seconds.

After weighing, the subject prepares for body composition measurement as instructed:

1. Place both heels and the balls of the feet on the designated electrodes;
2. Touch the square electrode on top of the handle with both thumbs, and the lower electrode with the other four fingers, standing upright;
3. Keep arms slightly bent at a 45-degree angle from the body and maintain this position until the measurement is complete.

Note: Avoid contact between the upper arms and the body to prevent affecting the circumference measurement.

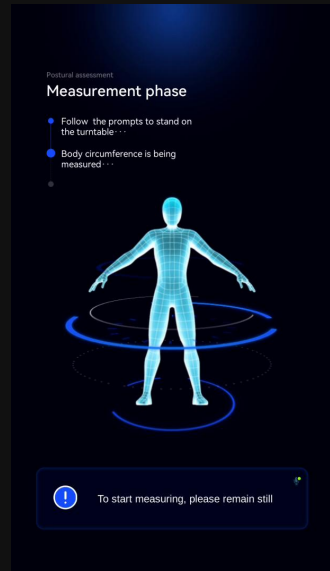
b. After the screen and voice clearly indicate that the measurement is successful, you may choose whether to proceed to the next measurement item. If the measurement fails, the subject can repeat the measurement. If not, simply step off the scale or click to end the measurement.



B. Posture and body circumference measurement

a. The subject prepares for posture measurement by following voice instructions:

- Stand with feet shoulder-width apart;
- Extend both arms at a 45° angle from the body;
- Stand naturally on the turntable;
- Keep eyes looking straight ahead.



b. After confirming the user is ready, the operator or subject selects "Body Measurement" on the screen and remains still for 10 seconds to start. The device gives voice prompts, then begins scanning as the camera operates and the turntable rotates 360 degrees.

Note: During the measurement, maintain your posture and do not move your body or head arbitrarily.

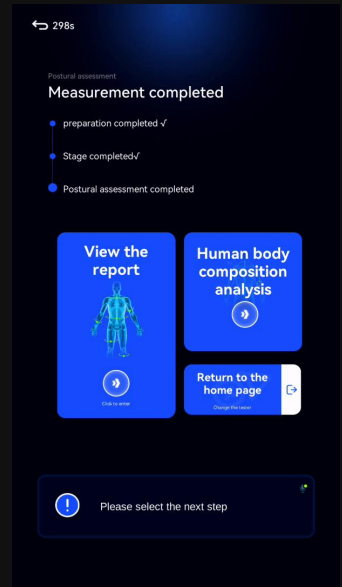
c. After the turntable completes one full rotation and the device indicates that the measurement is finished, the subject may relax their posture.

d. Once the screen and voice clearly confirm that the measurement was successful, you may choose "View Report" or "End Measurement." If the feedback indicates that the measurement failed, the subject can perform a re-measurement; if not, simply click to select "End Measurement."

Suggestions on Testing Conditions

① It is recommended to test on an empty stomach in the morning. This is because, during bioelectrical impedance analysis, undigested food and bladder contents may be misclassified as fat, affecting accuracy. Additionally, body water distribution is more stable in the morning, leading to more accurate results.

② For data comparison, users should keep measurement time, clothing, and physical condition consistent. For example, measure at 12 p.m., avoid intense exercise for 2 hours before testing, and wear similar clothing for both measurements.



2.5 Print Report

A.Device prints the report.

a.Printer Configuration

- ① Purchase an external printer and connect it to the USB port at the back of the device;
- ② Currently supported printer model: Pantum P2506 (more models will be added in the future);
- ③ After the printer is turned on, you can select "Direct Print" or "Template Print" on the device's report viewing page. After selecting, click "Print Report" on the report page to print directly.

Currently, the printing method is: manual printing—after each successful measurement, click "Print Report" to print.

B.Report Printing on the B-end Management Platform

Log in to the B-end management platform, view the current or a specific measurement report, and click "Print Report" on the report page to execute report printing.

Note: When printing by logging into the B-end management platform on a computer, ensure that the computer is connected to the printer via USB or cloud.

2.7 Starting the Device

On the device's test item selection page, click the icon in the upper right corner to enter the settings module. Here, you can adjust the device's volume, brightness, and access the software update function.

三、Product Maintenance Precautions

3.1 Operating Requirements

- a.When the subject is using the device, please try to avoid stepping on the edge of the scale. Frequent tilting and dropping of the scale may easily cause abnormal weight measurement accuracy.
- b.When the subject is getting on or off the turntable, using the scale, or during daily use, please avoid leaning on, pulling, or shaking the handrails as much as possible.
- c.If the device needs to be moved, please carefully read the user manual for instructions or contact after-sales engineers. Do not disassemble or move the device at will.

FCC Warning:

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.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

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.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 20cm between the radiator and your body.