

# Digital Smart Scale Instruction Manual

Thanks for choosing our product, please read the instruction manual carefully and keep it for future reference.

## 1. SPECIFICATION

- 1).Max Capacity: 180kg / 396 lb
- 2).Auto on and auto off
- Remark: The scale would be switched on when weight of 5 kg or more is placed on it.
- 3). Measurement: Body Weight, BMI, BFR, Muscle, Moisture, Bone mass, BMR, Visceral fat, Protein rate, Body age, Standard weight, Weight control,Body fat, Weight without fat,Muscle weight,The amount of protein,The degree of obesity
- 4). High precision strain gauge sensor system and High Performance CPU, make sure of good accuracy.
- 5).Safety tempered glass platform
- 6).Low battery and overload indication

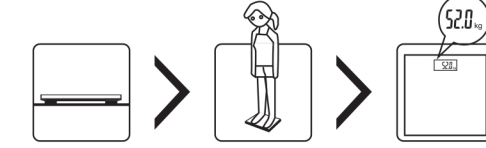
### Battery

Power: AAA battery  
For the first time use, please open the battery cover to insert the battery according to the polarity. If the scale fails to operate, remove the battery completely and reinsert it.

## 2. Operation

**A.How to measure Body weight**  
When you stand on the scale without connecting to Bluetooth,the scale will only measure your body weight. Please follow below steps:

- 1) Please use scale on the hard & flat surface.don't use on the carpet or soft surface.



- 2)Carefully step on the platform of the scale. Stand as stably as possible until the weight reading is shown and locked on the LCD.
- 3)The scale will be automatically off if no further operation.

**B. How to connect with Bluetooth for Body Weight, BMI, BFR, Muscle, Moisture, Bone mass, BMR, Visceral fat, Protein rate, Body age, Standard weight, Weight control,Body fat,Weight without fat,Muscle weight,The amount of protein &The degree of obesity and so on.**

- 1).Download App  
APP name: AIFit



Remark: Our APP is available for IOS and android device with IOS version 8.0 or Android version 5.0 and Bluetooth 4.0( Or higher version).



Download APP "AIFit" on Apple store or Google play online store.

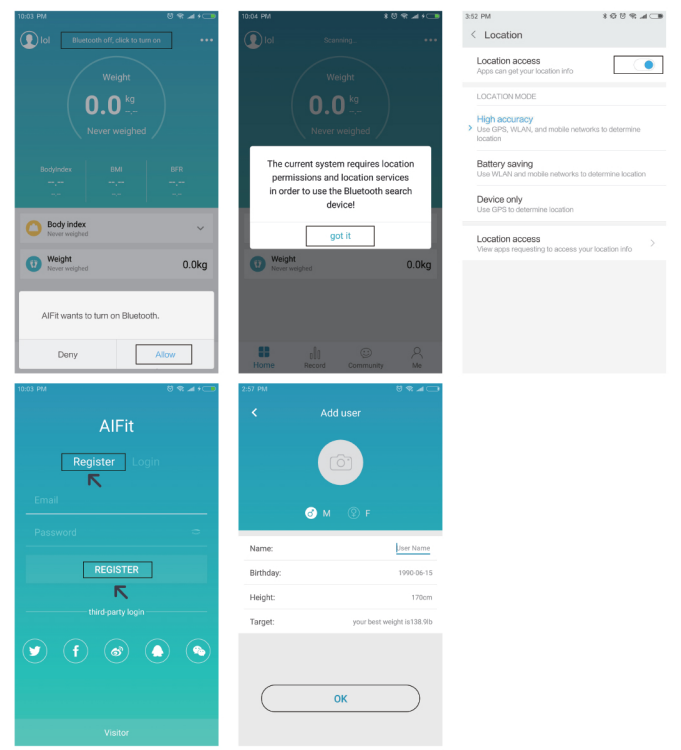
### 2).Registered user

- 1).Start <AIFit>
- 2).Press the "Allow" bottom to turn on Bluetooth
- 3).The current system requires location permissions: press the "got it" bottom to set up "location access"
- 4).Register a account or use the third-party login
- 5).Edit User and complete user Profile

### 3).Pair the device

When app pair Bluetooth scale, please step on the Bluetooth scale to power on. Then Press "me" and click "my device" to do searching , then click " sync the device". Back to "Home" page and you will see the device is : Scanning > Connecting > Connected. Measuring can start after the device is connected.

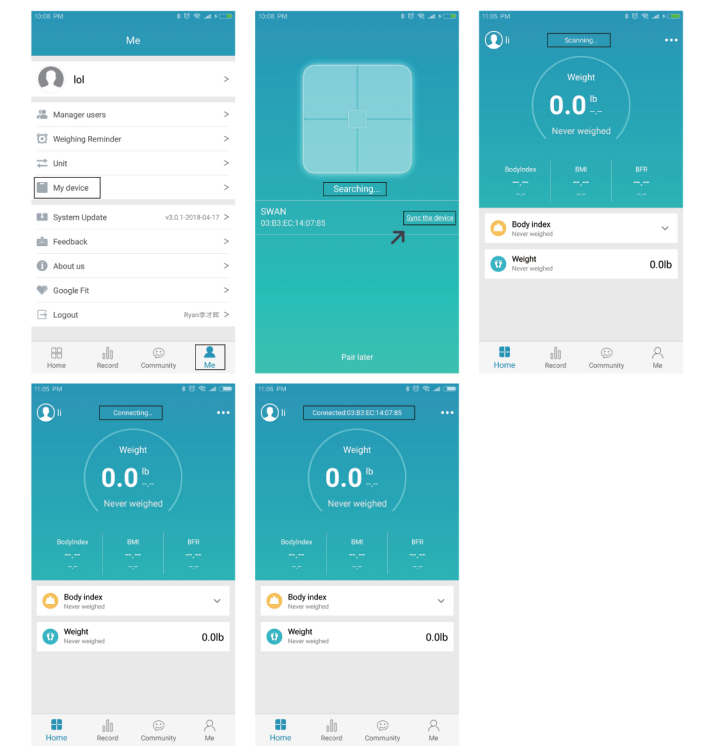
**Tips: First time to pair the app and Bluetooth scale, scale must be in power on status.**



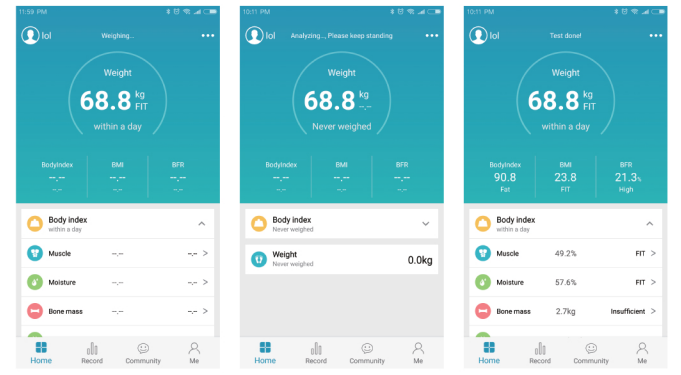
If users want to pair another device please Click --<my device> to unpair another device.

### 4).Unit

If users want to change units, please Click --<Unit> to select weight unit :kg/lb/st, Height unit: cm/inch

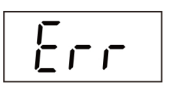


## 5). Measure

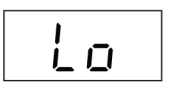


### 3. Error icon of the scale

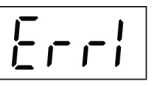
Overload or Measure in error operations: the LCD will indicates "Err", when scale is over max capacity .Please remove the weight to avoid any damage.



Low battery;the LCD will indicates "Lo" , Please open the battery cover and replace the new battery with correct polarity and negative.



Faulty measurement:  
Measurement fail indicates"Err1", for below 2 conditions:  
1.Body fat percentage is less 5% or over 50%,  
2.Unsuccessful test



## 4. Attention

- 1.Please take off shoes and socks and keep your bare feet in touch with the electrodes when taking Body Weight, BMI, BFR, Muscle, Moisture, Bone mass, BMR,Visceral fat, Protein rate, Body age, Standard weight, Body Fat measurement.
- 2.Please check the batteries if the scale malfunctions. Change new batteries if necessary.
- 3.Please use soft tissue with alcohol or glass cleaner to clean the surface if it is dirty. No soap or other chemicals. Keep it away from water, heat and extreme coldness.
- 4.The scale is high precision measuring device. Never jump or stomp on the scale or disassemble it and please handle it carefully to avoid breaking when moving it.
- 5.The scale is for family use only and not suitable for professional use. Body Weight, BMI, BFR, Muscle, Moisture, Bone mass, BMR, Visceral fat, Protein rate, Body age, Standard weight, Body Fat measured are for reference only. You should consult a doctor when you undertake any diet or exercise program.

**Caution:** Slippery when wet ! The glass platform maybe pretty slippery when wet, thus please make sure both the glass and your feet are dry before use. Never step on the scale platform with wet foot.

