

Operational Description

General

Fitrus A is a portable device that measures body compositions through Bioelectrical Impedance Analysis (BIA) via four electrodes. Our device can be paired with the application which provide a variety of services including the use of arithmetic functions to calculate your body composition as well as diet and exercise recommendations.

- * Easy to Use: This device comes with a hassle-free guarantee. Fitrus A is free of space or time limitations. The device is portable and all yours!
- * Add new features: Fitrus A can measure body composition basically. And it can measure heart rate, stress index, and skin temperature. It helps keep your health from diseases such as Hypertension or Diabetes.
- * BLE Connection: Device connects instantly to a smartphone via Bluetooth. Our application will display your results and track your progress over time.
- * Portability: Fitrus A has a light weight of only 45g as opposed to competing products that weigh about 45kg.
- * Activity Assistance: Incorporate physical activity into your daily routine! Our device is compatible with Fitbit, Samsung health and Apple health app; you can keep track of your activity levels throughout the day.
- * Diet and Exercise recommendations: Our diet and exercise recommendations are catered to your specific body type, with more than 18 different categories for men and women.

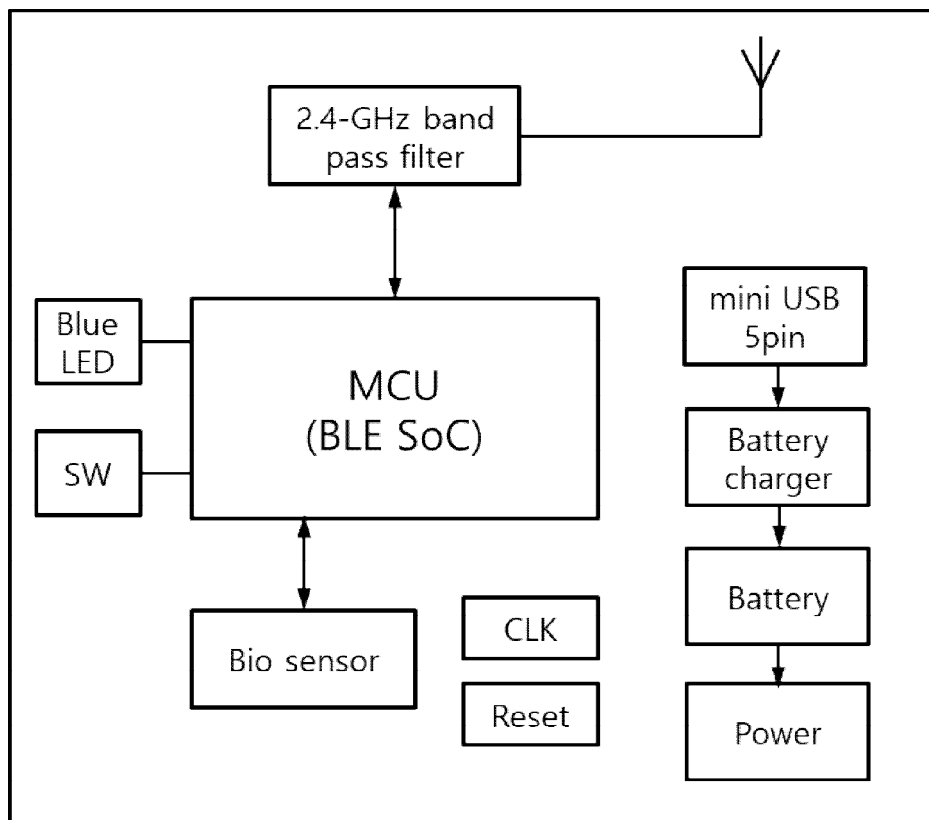
Block Diagram

This biosensor device measures and calculates the electrical impedance of the human body by passing micro amperage current (200uA) harmless to the human body.

In Fitrus A case, MCU and Bluetooth chips were merged as one SoC chip.

The SoC sends this information into Smart-Phone via Antenna.

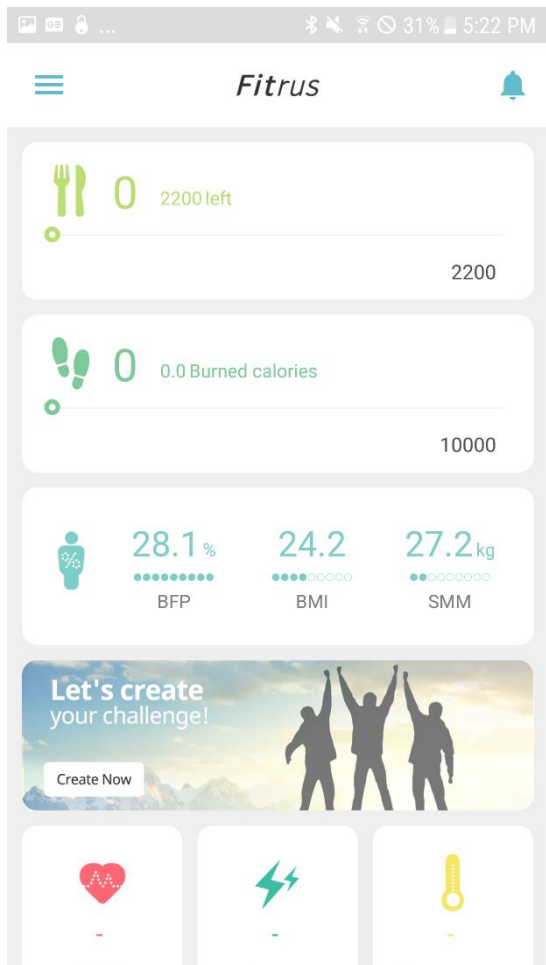
Lithium Rechargeable Battery provided in 4 volts is used as supply power and it is recharged by using mini USB.

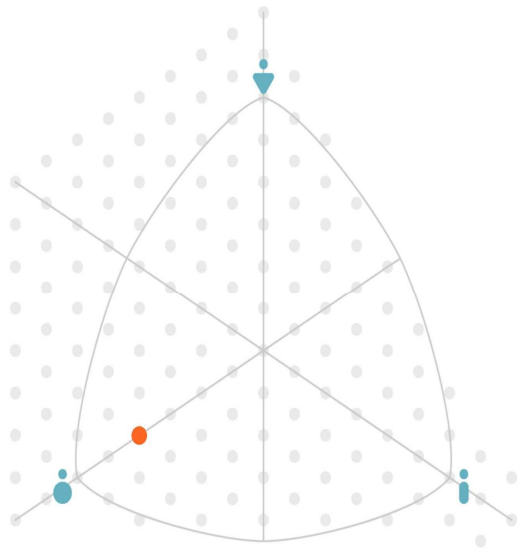


Analysis Result Display

The smartphone app shows various values from Fitrus A.

The values are shown such as below screenshots.





Endomorph

Endomorph is smooth and round body shape. Their build is wider with a thick ribcage, wide hips, and shorter limbs. Their metabolism is slow, so they usually gain weight if they eat a little, and they have more fat than muscles. They may have more muscle than either of the other body types, but they often struggle to gain it without significant amounts of accompanying body fat. They are more sensitive to calorie consumption

← Comment



Analysis

Guidance

To be



Weight	70.0kg
Body Fat Mass	19.7kg
Skeletal muscle mass	27.2kg
Body age	53



To get the most out of your time in the gym and quickly work towards the physique you want, make sure to start resistance training with the right level of intensity.

It is important to push yourself to make sure that you are training effectively and efficiently; however, this does not mean to go so heavy to the point where your form is compromised for that will result in both injury and ineffective training.

If you are new to resistance training, make sure to do your own research and to have someone who is experienced and well-educated on weight/strength training to properly learn and develop the correct form

Product Description

This device has easy way to conducting measuring feature. To measuring body composition, user should press the button on the device and sync with smartphone as Fitrus app. And then hold the device by thumb and index fingers. After 3 seconds, device will scan the body.

When measuring is completed, the device will be shut down automatically. And the measuring result will be shown in the app.

- LED indicator: It shows the condition of battery. (4 lights means full of battery)

