

Professional 8 Electrodes Smart Body Fat Scales

Model: FG2504WB



Instruction Manual

Read this manual before using and save for future reference

THANK YOU FOR YOUR PURCHASE!

The Scale uses bio-electrical impedance analysis (BIA) technology to help you conveniently measure body weight, body fat rate, visceral fat, body water, skeletal muscle rate, muscle rate, muscle mass, bone mass, protein, BMR, body age and more.

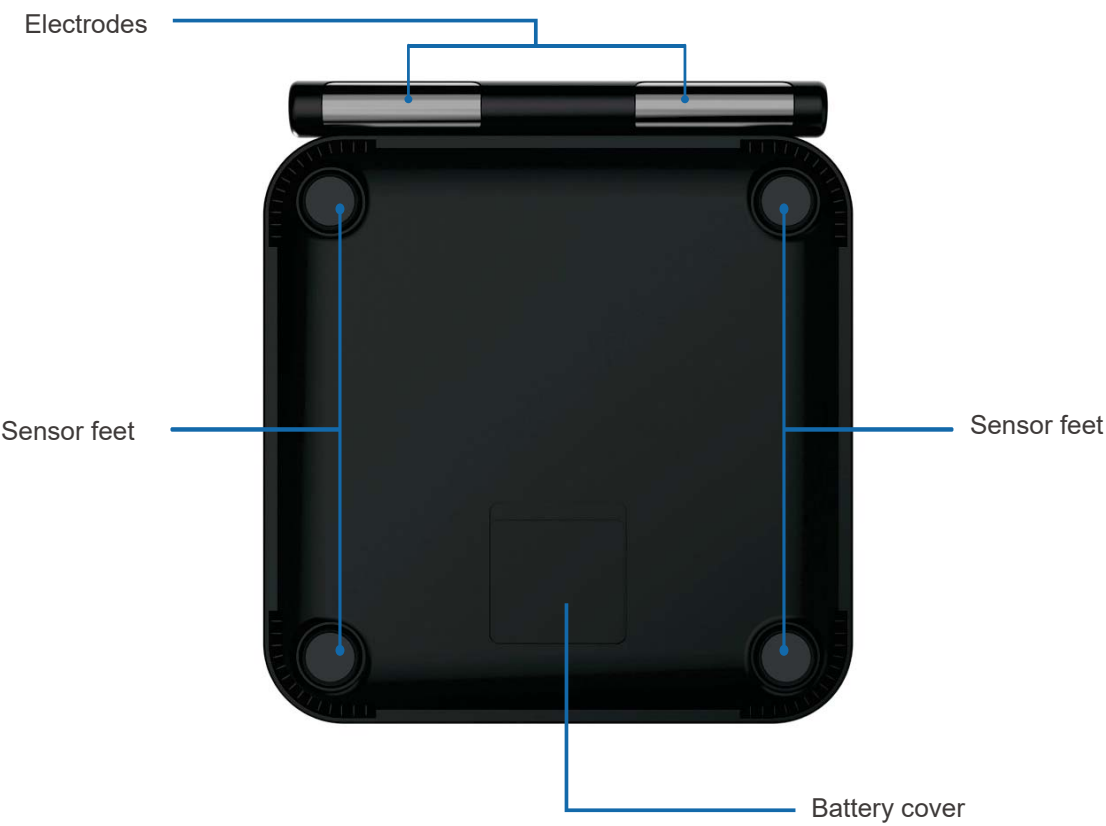
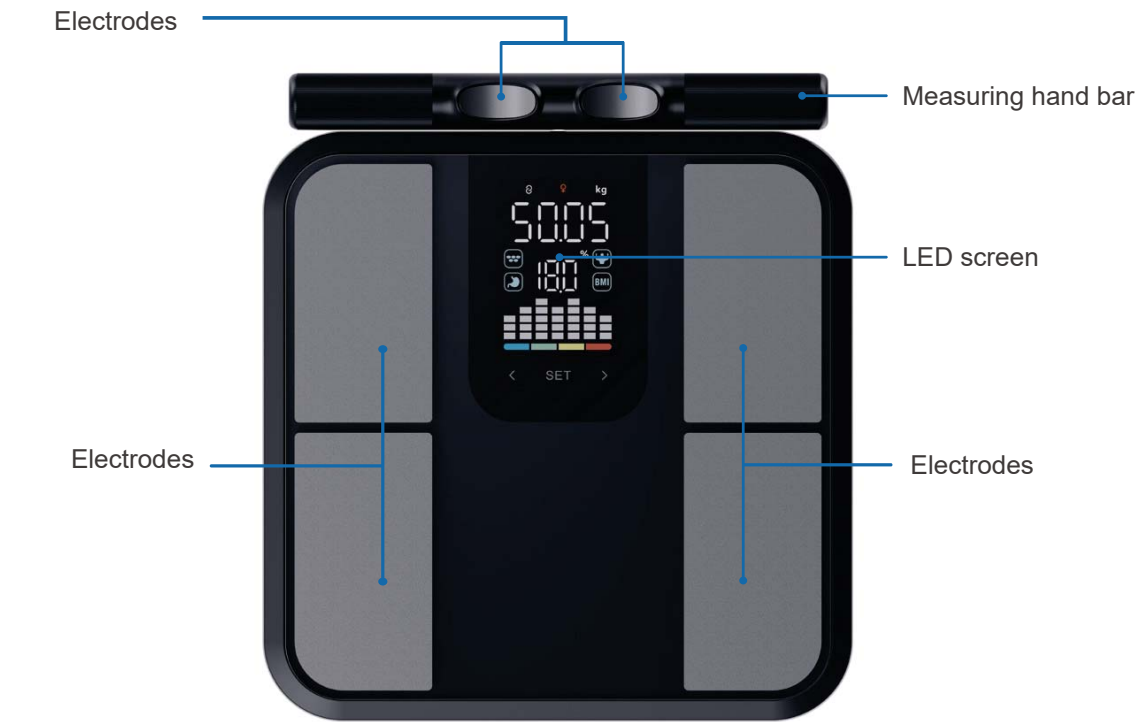
WARNING

- DO NOT use the scale if you have implanted medical devices such as pacemakers.
- DO NOT stand on the edge of the scale or jump on it.
- DO NOT overload the scale (Max 396lb/180kg/28st).
- DO NOT drop the scale or drop objects on it as this may damage the sensors.
- DO NOT immerse the scale in water or use chemical cleaning agents. Clean the scale with a slightly damp cloth.
- Always place the scale on a hard, dry and flat surface before measurement.
- Make sure your feet are dry before stepping on the scale.
- DO NOT use the device if damaged. The continuous use of a damaged unit may cause injury or improper results.
- Please check the device before each use.
- Be careful when using on the wet and slippery surface.
- For people under 16 years old, the scale can only measure body weight.

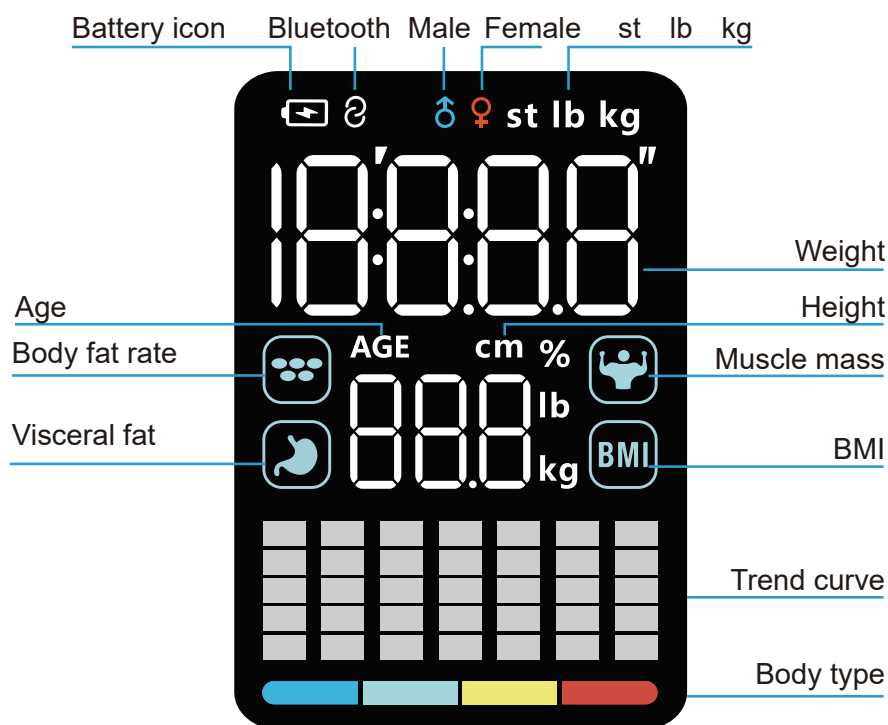
PRODUCT SPECIFICATIONS

Product size:	300x328x36.5mm
Screen size:	78x53mm
Weight unit:	kg/lb/st
Weight limit:	5kg-180kg /11lb-396lb
Weight division:	0.05kg/0.1lb
Power Supply:	4x AAA batteries
Operating temperature:	10-40°C
Operation humidity:	20%-90% RH

PRODUCT OVERVIEW



DISPLAY SCREEN



Note: The pictures shown in this manual are only for illustration. Please refer to the actual product for details.

BMI TABLE

BMI					
Age	Underweight	Healthy weight	Overweight	Obesity	Severe obesity
18-100	<18.5	18.5-23.9	24-27.9	28-34.9	≥35

Body Mass Index (BMI) = Weight (kg) ÷ Height² (m)

For example: BMI = 70kg ÷ (1.75m * 1.75m) = 22.86 In the range of healthy weight

Note: The BMI index is a commonly used standard to measure body weight and health status.

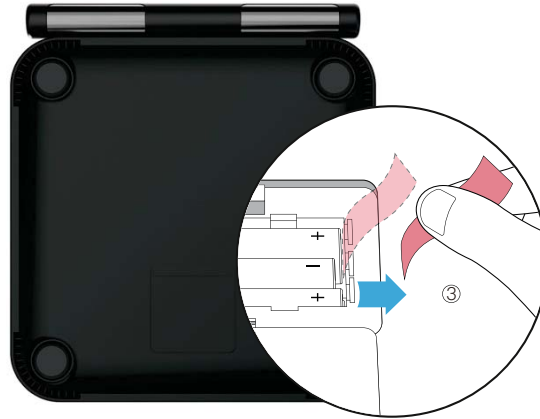
TROUBLESHOOTING

LO	Low battery - Please change new batteries.
Err	Overload (Scale will show Err)
C	An error has occurred during measurement. Step off the scales and step onto it again to repeat the measuring process.

POWER ON

For first use

1. Press the battery cover with your thumb and push it up to remove the battery cover .
2. Insert the batteries. Be sure the polarity of the batteries is placed correctly. (If there are batteries in the the scale, please remove the insulating strip.)
3. Put the battery cover back and push it down to the bottom.



For subsequent use

Press to wake the body composition scale. The pressure should be bigger than the minimum range of the scale (5 kg).

Install Fitdays+ App

1. Search “Fitdays+” in Apple Store or Google Play or scan the QR Code below:



2. Download and install the App on your device.
3. The App icon will appear on your phone or tablet after the installation is completed.



Special selling points

1-First time use: must be online use.

(Otherwise, scale only show weight)

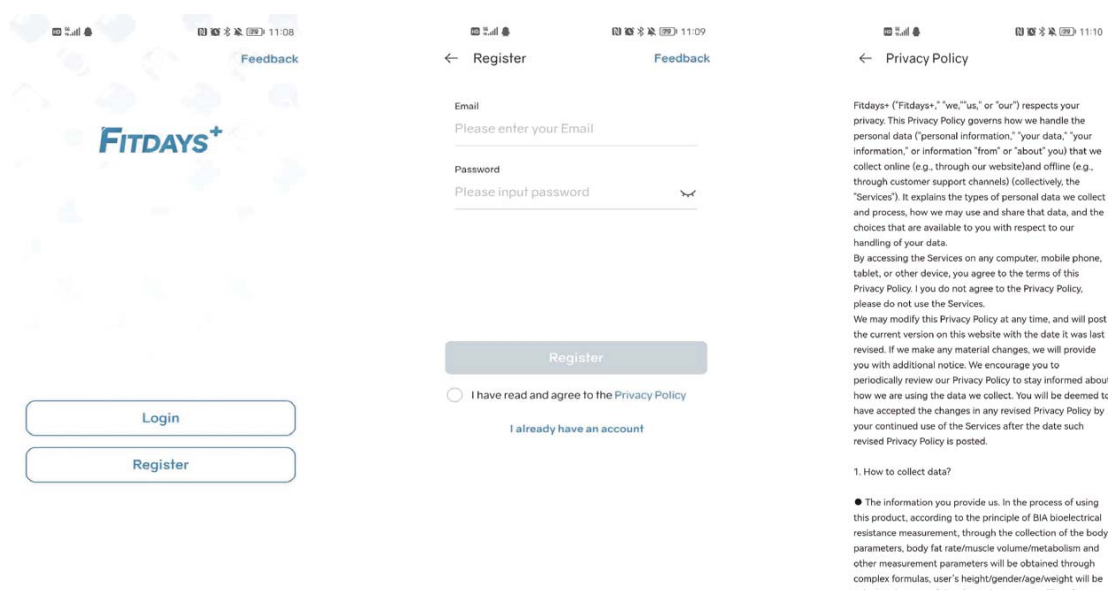
During use, please keep App on home page, and keep measurement posture for about 30S. When finishing measurement, you can check core data in scale display. You also can check more details in App page.

HOW TO USE FITDAYS+ APP

1.Place the scale on the hard, flat ground.

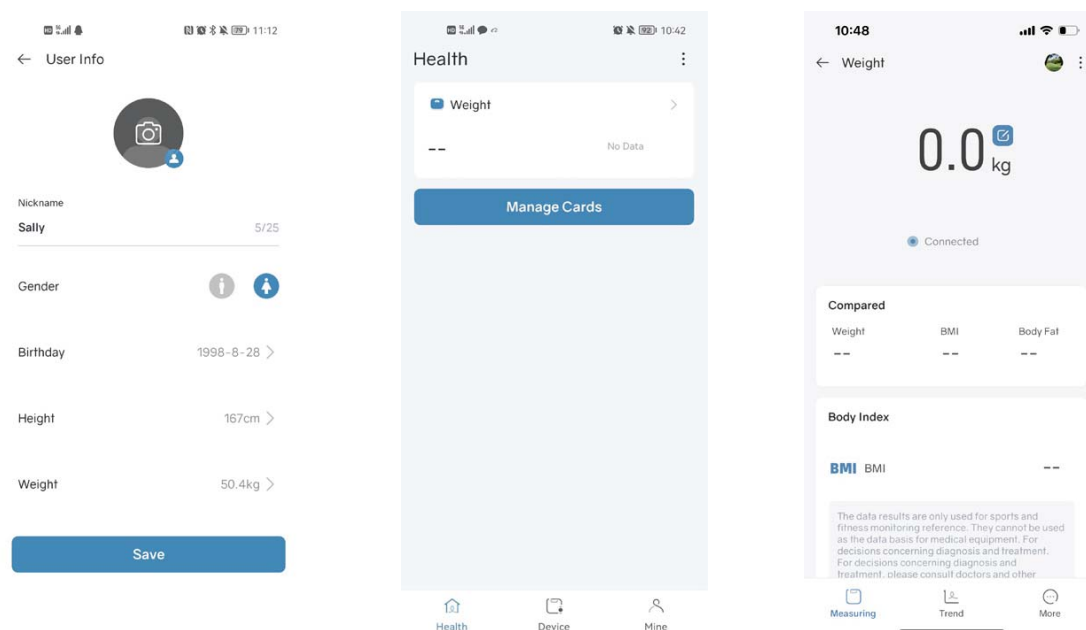
2.Turn on the Bluetooth on your smart phone or tablet.

3.Register your own ID by email or social media account.

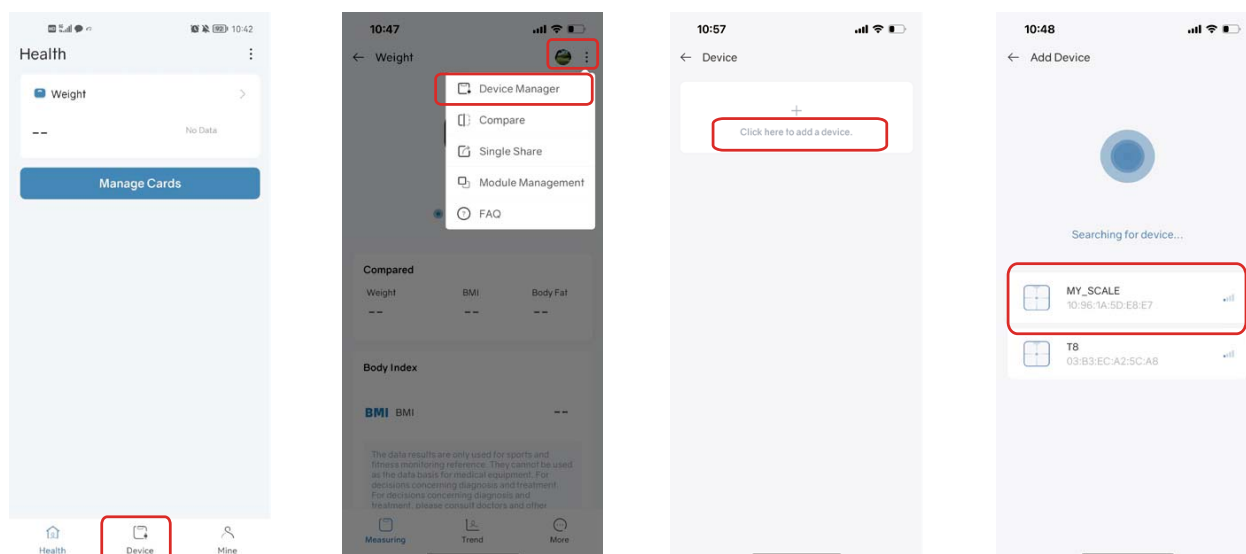


4.Add personal data and confirm OK;

Note: Enter the wrong gender, age, height info may result in measurement being inaccurate.



5. Pair the scale through Bluetooth. Click Device (From Health page or Weight page)
 ----> Device Manager- + - scale “My_Scale” now your phone is connected with the scale;



6. Tap your foot on the scales to activate the display. Wait until the display shows “0.0”(kg/lb/st:lb).
 7. Step onto scale with bare feet;
 At the same time, make sure your fingers are full touch with four electrodes on handle bar
 (Pay attention for Left & Right direction), at the same time, stand on each two electrodes metal plate with bare feet as below indication photos;



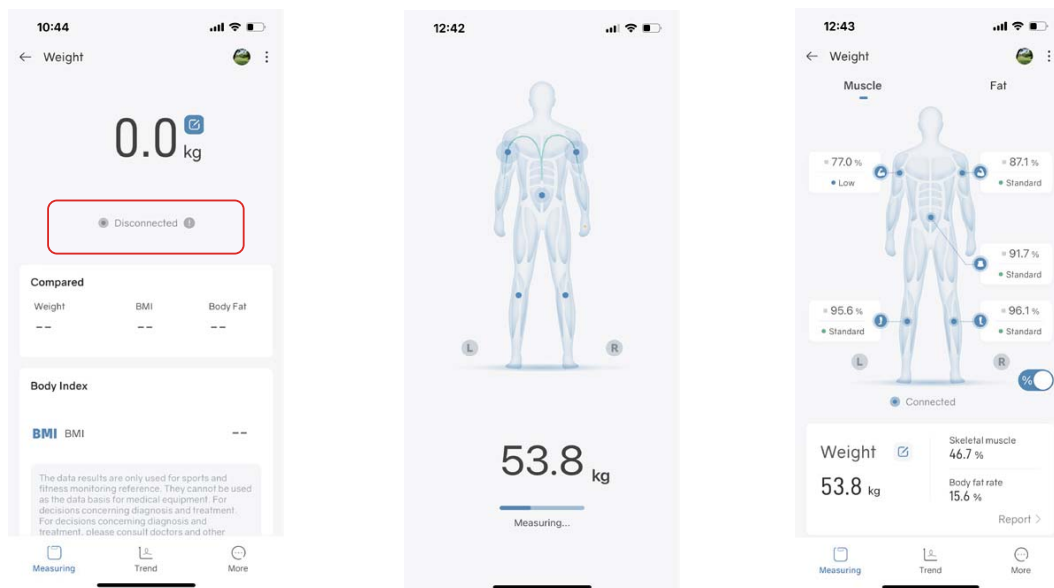
Please pay attention for handle bar posture, specially for thumb position and four finger position, make sure both of them are full contact with metal electrodes, and with correct side.



Note:

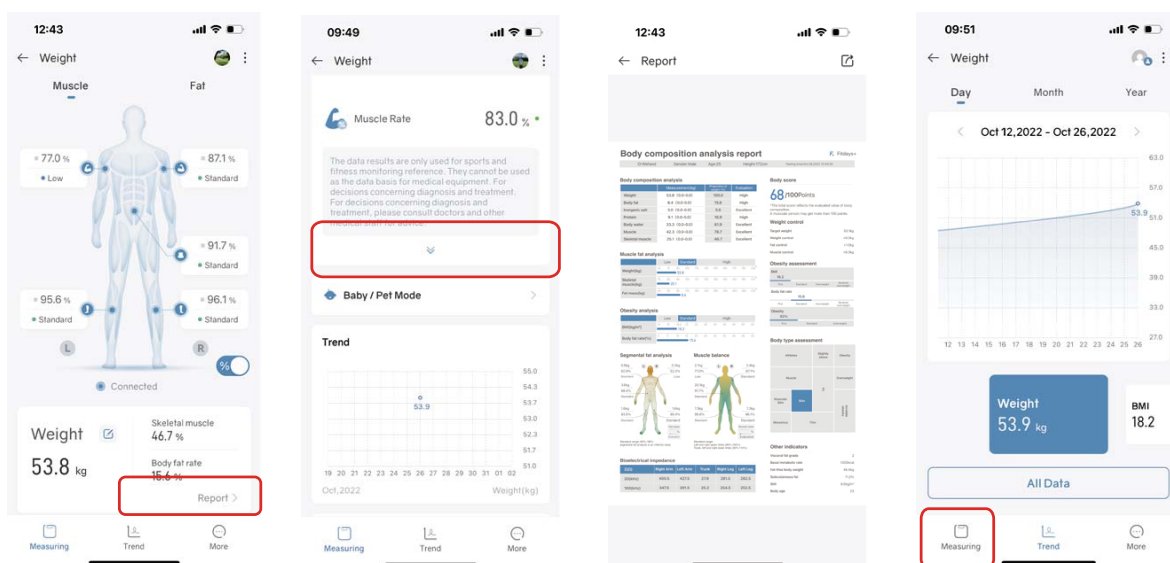
If stepping on the scale with socks, or weighing posture is not correct, only weight and BMI will be measured and displayed on the main page. To get complete data, please step on the scale with bare feet, and grip the handle bar with correct posture.


8.The number on the display is flashing when the scale is weighing and analyzing.
(Connected need to be shown in weighing main page)

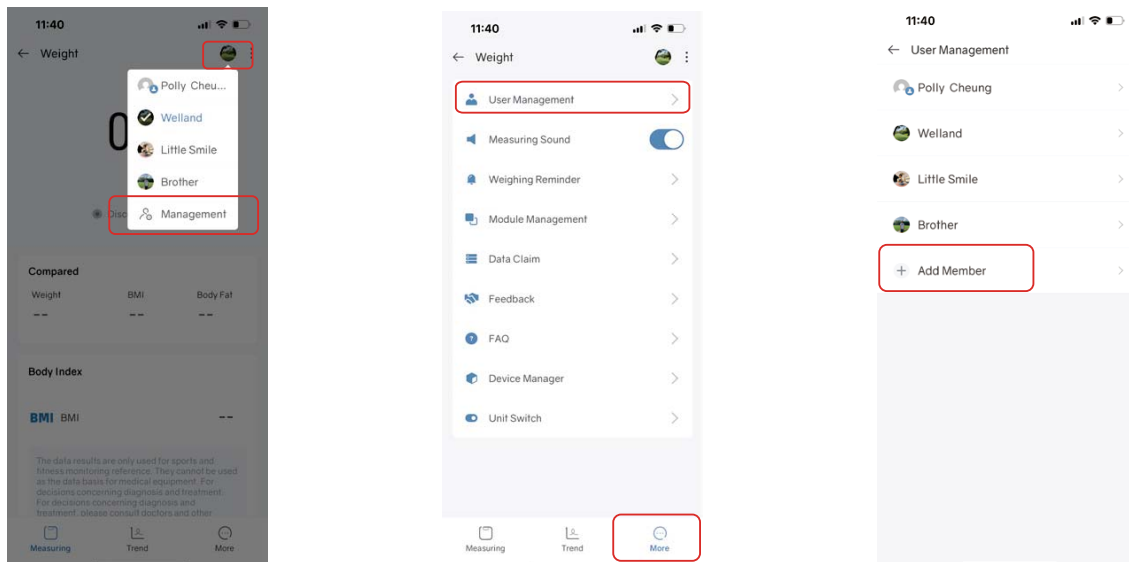


Continue to stand on the scale until the circle is stable, your phone has received all the data from the scale.

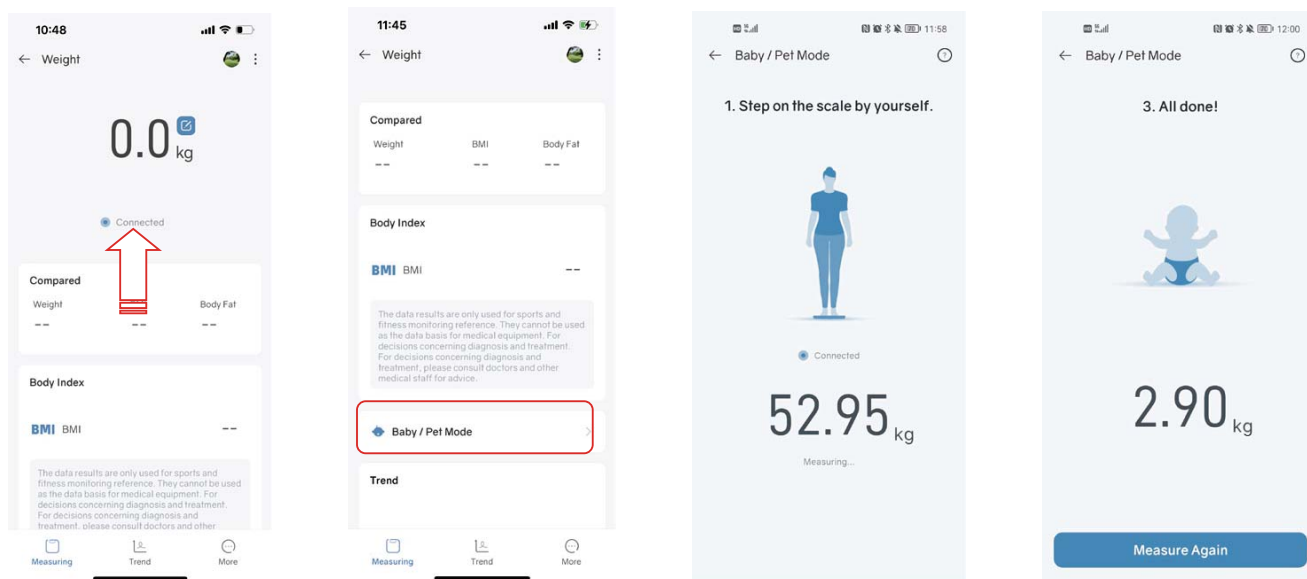
9.You can find the analyzing report on Body Weight, BMI, BFR, Muscle, Bone Mass etc.
(Slip down screen to check body report and detail body parameter data).
You can check body history chart via Trend.



10. Add, switch user by click  , or click Mine--> User Management, then add personal data. The Smart Scale can recognize which user is step on it and remind user to switch the correct user. Each account can support 24 users;




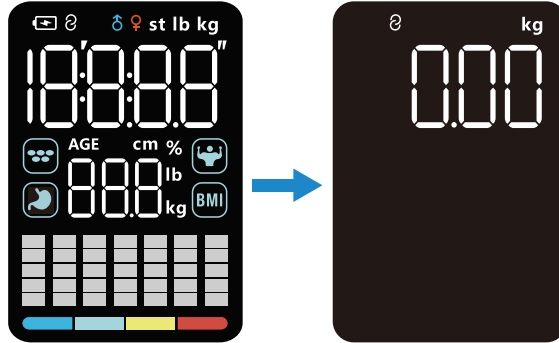
11. Weighing baby: Slip down weighing page --> Baby/Pet Mode. Step on the scale by you own, after scale gets your weight, and then hold the baby to get the weight of baby.



QUICK GUIDE

- 1 Install the battery and turn on the scale. After the full screen is displayed on the scale body and then the number 0.00 appears, you can place items on the scale for measurement.

Note: The Bluetooth symbol will not appear “” when the scale body is not connected to the mobile phone app.



- 2 After the weighing scale is connected to the "Fitday+" App, the screen will display the current user information. When you step on the scale for measurement, after the weight value is locked, the trend indicator bar at the bottom will start to jump and enter the body fat measurement state. After the body fat measurement is completed, the values of weight, body fat, muscle mass, water content, and BMI will be displayed in sequence for 3 seconds each.

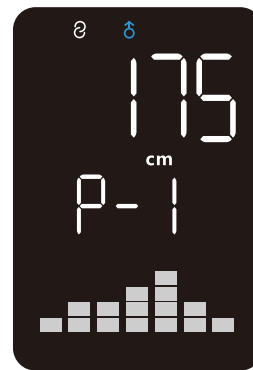
After two rounds of display, the scale will automatically turn off.



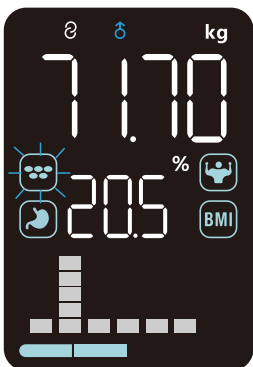
1. The weighing scale recognizes the current user (P-1) in the App.



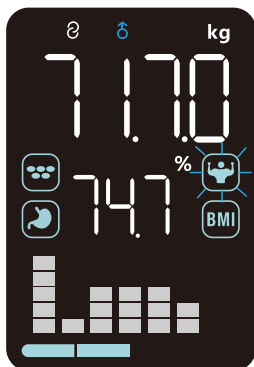
2. Lock the user's weight.



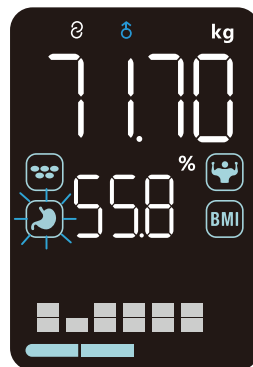
3. Display the user's height.
The jumping of the trend bar below indicates that the measurement is in progress.



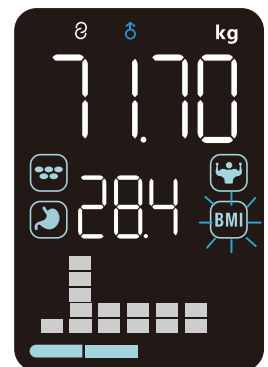
4. Show body fat rate



5. Show muscle rate



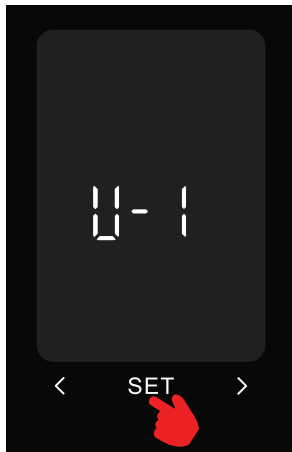
6. Show visceral fat



7. Show BMI

Offline operation

1. When the scale shows 0.00 after powering on, click the "set" button to enter the offline user setting mode. After entering, set the user information in the order of username, age, gender, and height.



1. Press the SET button lightly.



2. Press and hold the SET button to set the age information.
【< Decrease, > Increase】



3. Press the SET button lightly to set the gender information.
【< > Select Male - Female】



4. Press the SET button lightly to set the height information.
【< Decrease, > Increase】

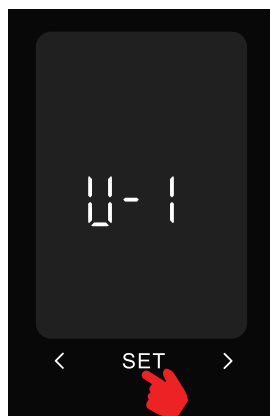


5. Press the SET button lightly.
Once the screen shows 0.00 after the setting is completed, you can step on the scale for measurement.

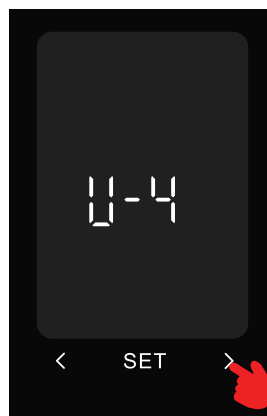
2. In the user selection interface, use the left and right keys to cycle through and switch in the order of U-1, U-2, U-3, U-4, and P-0. Among them, U-1, U-2, U-3, and U-4 are fixed users, and P-0 is a guest user.



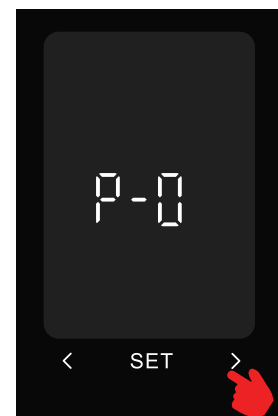
1. Press the weighing scale lightly, and the screen will display 0.00kg.



2. Press the SET button lightly for the U-1 user.



3. Press the > button lightly for U-1, U-2, U-3, U-4, and P-0 respectively.



4. Press the > button lightly to cycle and switch in sequence.
pacemakers.

Offline Data Review

- Short Press SET to activate the scale.
- Choose the User number you want to check.
- When the user display shows 0.00kg, long press < for 5 seconds to enter data review mode.
- Long Press SET for 3 seconds to exit data review mode.
(Online data can only be reviewed by App.)



User information change and delete

- App users P1-P8: Update users information on the app.
- Offline users U1-U4: Choose the user, long press “SET” to reset user informations when the user number is flashing.
- Delete all users data: Long press unit button under the battery cover, both app and offline users will being delete.

TROUBLE SHOOTING GUIDE

1. Bluetooth not connected

- The scale and smart phone must both have Bluetooth on.
- Check the OS version of your smart phone, it must be iOS 8.0 or higher/Android 6.0 higher.
- Click Device (From Health page or Weight page)----> Device Manager- + - scale "My_Scale"
now your phone is connected with the scale;

2. No body fat data measured when weighing

- User must be bare foot to measure the body fat.
- Do pay attention for correct handle bar grip posture during measurement.
- Make sure your feet and the scale are both dry.
- Scale not finishing weighing when the number display is flashing (Keep standing on the scale around 30 second until the number on the display stops flashing).
- Bluetooth is not turned on.
- Bluetooth is paired with a difference scale.

3. The scale is producing inconsistent weight

Check whether the scale is on a hard, flat surface.

Check each sensor foot on the back to make sure nothing is stuck to the bottom of it.

Remove the batteries to restart the scale;

4. The App is display the incorrect fat-muscle ratio

The body parameter setting is incorrect, check to make sure you entered the correct gender, height, and age.

5. How do I re-calibrate the scale after moving it or change the batteries?

Step on the scale to turn it on. Let it automatically drop to 0.0kg to calibrate.

6. The scale does not turn on

Remove the batteries and put it back. Make sure to insert the batteries in the correct direction;

7. Scale only show weight & BMI?

- For first time use for every user, need to use on-line mode, connect with App for successful measurement.
Otherwise, scale will only weight & BMI.
- For every time use, need to hold up handle bar, and confirm correct grip posture, specially for thumb & four fingers contact posture.
Otherwise, scale will only weight & BMI.
- Keep feet apart, and bear feet onto scale platform, face to display direction.
Otherwise, scale will only weight & BMI.
- Keep stand still for about 20-30s to finish the whole measurement.
Otherwise, scale will only weight & BMI.

Battery Advice



- * If the scale is not to be used for long periods, it's recommended to remove the battery to avoid damage to the scale due to possible battery leakage.
- * Keep the battery out of reach of children.



- * Do not mix old and new batteries, with different compositions or of different brands in order to prevent possible leakage, explosion.
- * Do not heat or deform the batteries or expose to fire.



- * Waste batteries should not be disposed of with household waste.
- * Please check with your local authority for battery recycling advice.



Waste electrical products should not be disposed of with household waste. Please recycle where facilities exist. Check with your local Authority or retailer for recycling advice.

Disposal



The packaging material is recyclable. Please dispose of it in an environmentally friendly manner and take it to a recycling centre.



Dispose of the device in an environmentally friendly manner. Dispose of it at a recycling centre for used electrical and electronic devices. You can obtain more information from your local authorities.



The batteries should be removed prior to disposal of the device and disposed of separately from the device. To protect the environment, non-rechargeable and rechargeable batteries may not be disposed of with normal household waste, but must be taken to suitable collection points. Also note the relevant statutory regulations governing the disposal of batteries.

FCC Statement

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

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the 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.

FCC RF Exposure Warning Statement:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment can be used in portable exposure conditions.