



ALLIUMS AS-020 Weight Scale with Wi-Fi and Bluetooth User Manual

[Home](#) » [ALLIUMS](#) » ALLIUMS AS-020 Weight Scale with Wi-Fi and Bluetooth User Manual 

Contents

- 1 ALLIUMS AS-020 Weight Scale with Wi-Fi and Bluetooth
- 2 Product Information
- 3 Product Usage Instructions
- 4 Fitdays APP functions
- 5 WHAT'S IN THE PACKAGE
- 6 SAFETY WARNING
- 7 SPECIFICATION
- 8 VA DISPLAY
- 9 Install Fitdays App
 - 9.1 HOW TO USE FITDAYS APP
- 10 TROUBLESHOOTING GUIDE
- 11 Battery Advice
- 12 Disposal
- 13 FCC Warning
- 14 Limitations/disclaimer of warranty/liability
- 15 Safety & legal aspects
- 16 Agreements
- 17 Defective Products & Returns
- 18 Documents / Resources
 - 18.1 References
- 19 Related Posts





Product Information

Specifications

- **Model:** AS-020
- Made in China
- **Display:** VA Screen

Product Usage Instructions

Install Fitdays App

To fully utilize the features of the Smart Body Fat Scale, it is recommended to install the Fitdays App on your smartphone. The Fitdays App can be downloaded from the App Store or Google Play Store.

Step on the Scale

To measure your body metrics, follow these steps:

1. Ensure that the scale is placed on a flat and hard surface.
2. Make sure that the scale is not exposed to moisture or extreme environmental conditions.
3. Step on the scale with bare feet, ensuring that your feet are centered on the scale's surface.
4. Wait for a few seconds until the scale displays your body metrics.

Read and Interpret Measurements

The Smart Body Fat Scale provides various body metrics. Here's how to interpret them:

- **Weight:** This is your current weight measured in kilograms (kg) or pounds (lb).
- **Body Fat Percentage:** This indicates the proportion of fat in your body as a percentage.
- **Muscle Mass:** This represents the weight of muscle in your body.
- **Bone Mass:** This shows the weight of your bones.

- **Body Water Percentage:** This indicates the percentage of water in your body.
- **BMI (Body Mass Index):** This is a measure of your body fat based on your weight and height.
- **BMR (Basal Metabolic Rate):** This represents the number of calories your body needs to maintain basic functions at rest.

Sync with Fitdays App

To track your body metrics over time, sync the scale with the Fitdays App by following these steps:

1. Open the Fitdays App on your smartphone.
2. Ensure that your smartphone's Bluetooth is enabled.
3. Stand on the scale to activate it.
4. The scale will automatically connect to the Fitdays App and transfer your measurements.
5. Open the Fitdays App to view and analyze your body metrics history.

FAQs

- **Q: How do I change the unit of measurement?**

A: The unit of measurement can be changed within the Fitdays App settings. Open the app, go to settings, and select your preferred unit (kg/lb).

- **Q: Can multiple users track their measurements with this scale?**

A: Yes, the Smart Body Fat Scale supports multiple user profiles. Each user can create their own account within the Fitdays App and sync their measurements separately.

- **Q: How often should I calibrate the scale?**

A: It is recommended to calibrate the scale once every few months or if you suspect any inaccuracies in the measurements. Follow the calibration instructions provided in the user manual or contact customer support for assistance.

Scan the corresponding QR Code to download the APP



Thanks for choosing the smart body scale. This full body composition scale can help you conveniently measure body weight, heart rate, body balance, BMI, body fat rate, Fat-free body weight, subcutaneous fat, visceral fat, body water, skeletal muscle rate, muscle mass, bone mass, protein, BMR, body age and etc;

IMPORTANT:

Please read the instructions in this manual carefully before using the device. Failure to comply with the instructions given in the manual or using this scale in ways other than the ones mentioned in this manual may result in injury to yourself or damage to the scale.

Fitdays APP functions

- Weight
- Heart rate
- Body Balance
- BMI
- Body fat rate
- Fat-free body weight
- Subcutaneous fat
- Visceral fat
- Body water
- Skeletal muscle rate
- Muscle mass
- Bone mass
- Protein
- BMR
- Body age
- Height record (<16 years old)

INDICATION SYMBOLS

LO	Low battery – please charge the batteries with a USB plug
Err	Overload
C	An error has occurred during measurement. Step off the scales and step onto it again to repeat the measuring process.

WHAT'S IN THE PACKAGE

- 1 X Smart body fat scale
- 1 X User manual
- 1 X Type-C USB Cable

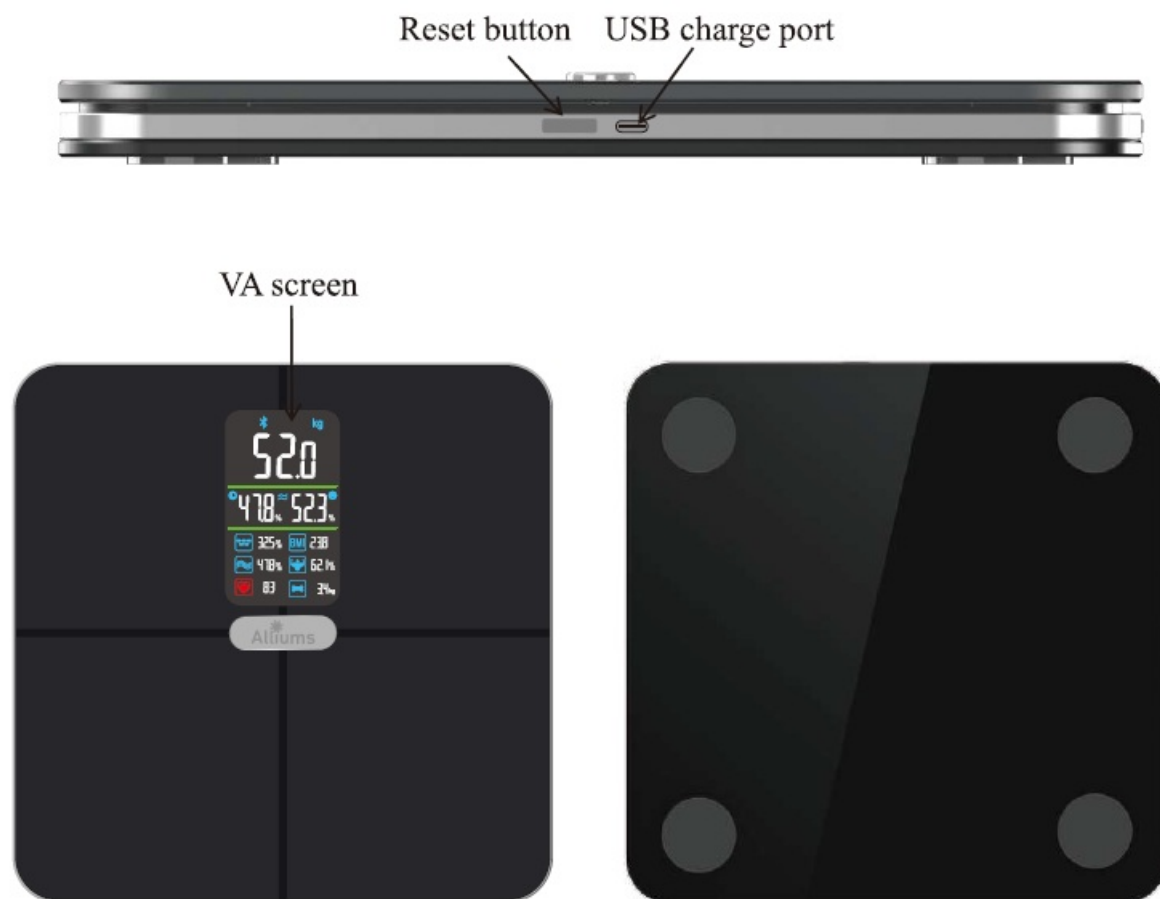
SAFETY WARNING

- DO NOT use with medical implants such as pacemakers.
- DO NOT stand on the edge of the scale or jump on it;
- DO NOT overload the scale(Max.180kg)
- DO NOT drop the scale or droop 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.
- Not recommended for pregnant women.
- Not recommended for infants, toddlers, and children under 10 years of age.
- Any obtained measurement results from this device are for reference only and should not be considered as a medical opinion.
- Consult your primary care doctor or physician before making changes to your diet, exercise plan, or physical

activities.

- Always place the scale on a hard, dry, and flat surface before measurement.
- Make sure your feet are dry before stepping on the scale.
- Charge the battery with a USB plug when low power or LO indication shows on the scale.

SPECIFICATION

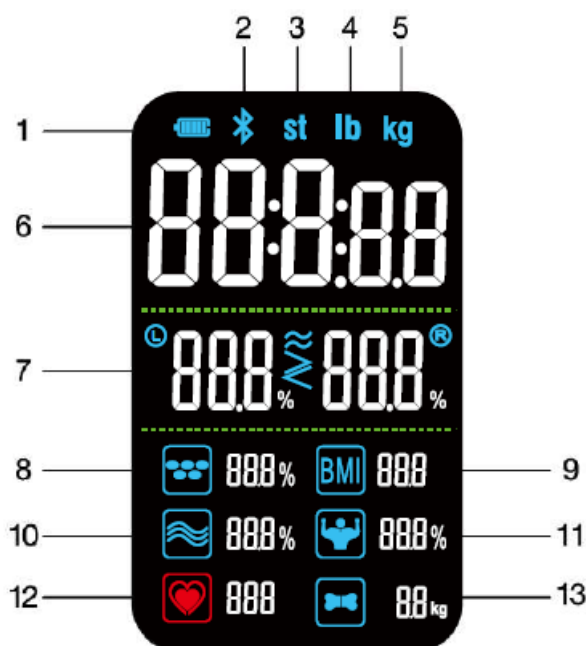


- **Product size:** 300x300x20.Smm
- **VA display:** 62x109mm
- **Weight unit:** Kg/Lb/St
- **Weight limit:** 6kg-180kg
- **Power Supply:** Rechargeable lithium cell 600mAh
- **Account number:** No limitation (each account can add 24 persons)
- **Baby mode:** Allows you to scale the weight of the baby
- **Height record:** Allows you to record the height info under 16 years old
- **Operating temperature:** 10-40°C
- **Operation humidity:** 20%-90%

VA DISPLAY

1. Battery charge indicator.
2. Bluetooth indicator.
3. Stone indicator.

4. Pound indicator.
5. Kilogram indicator.
6. Weight measurement.
7. Body balance % measurement.
8. Body fat % measurement.
9. BMI measurement.
10. Body water % measurement.
11. Skeletal muscle % measurement.
12. Heart rate measurement.
13. Bone mass measurement.



Support Devices:

- iOS 8.0 or higher
- Android 6.0 or higher

Install Fitdays App

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



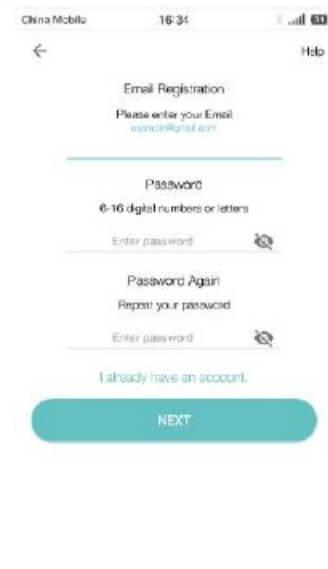
2. Download and install the App on your device.
3. The App icon will appear on your phone or tablet after the installation is completed.

HOW TO USE FITDAYS APP

1. Activate the scale by stepping on it or pressing the switch on the side.

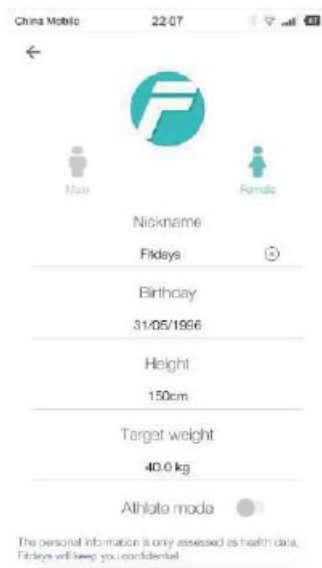


2. Turn on Bluetooth on your smartphone or tablet.
3. Register your own ID by email or social media account.



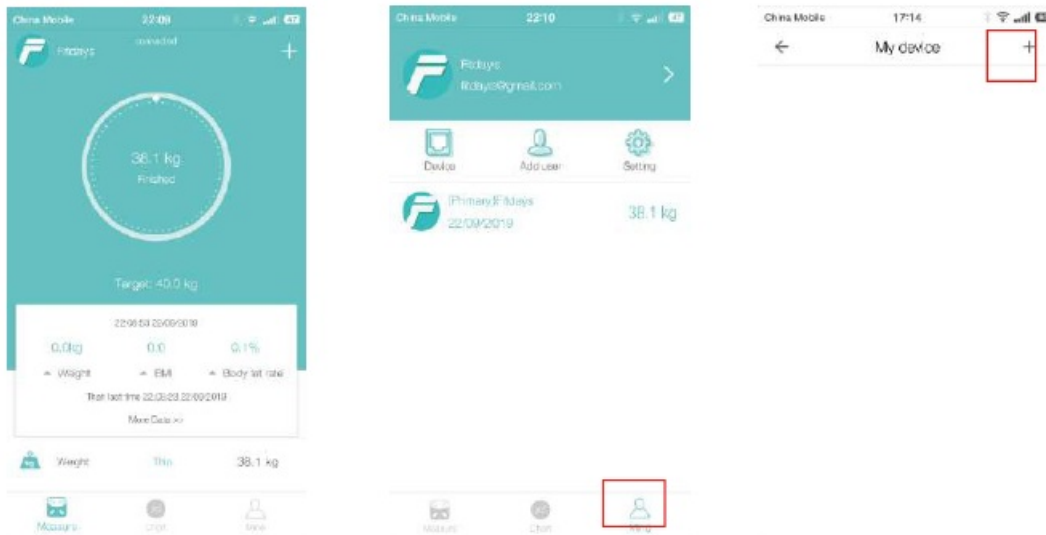
4. Add personal data and click Confirm;

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



5. Pair the scale via Bluetooth. Click Mine —> Device—>+ to find and pair the scale ID.

Note: When successfully connected, a Bluetooth icon will show on the scale and the word Connected will show on the circle of the homepage.



6. Tap your foot on the scale to activate the display. Wait until the display shows “0.0” kg.
7. Stay Fitdays at the homepage and step on the scale with BARE feet to start measuring.



Note:

Leave at the homepage, the data cannot sync on the phone;

Step on the scale with socks, the scale only measures weight and BMI.

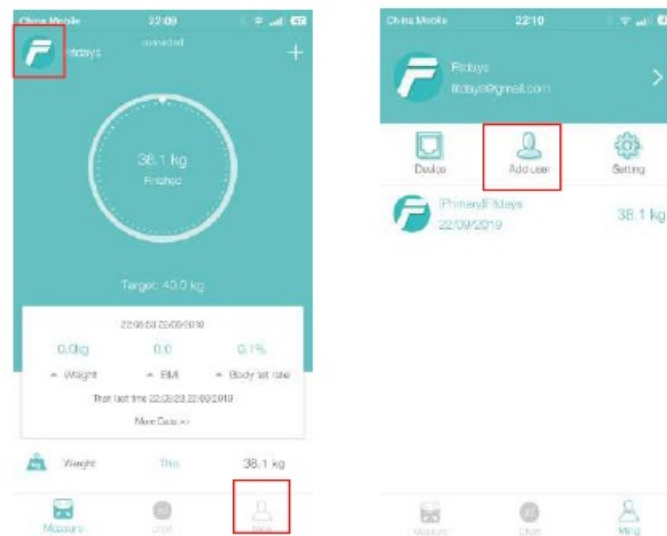
8. The number on display is flashing when the scale is weighing and analyzing.
When it shows your left weight and right weight, you will have about 5-10s to adjust your body. Please try to get equal left & right weight;
9. When heart rate is measured, a heart icon will shine on the scale and flash on the app. Please keep silent and peace to get more accurate data.
10. Stay on the scale until the circle shows ‘Finished’, all data sync on the scale and phone.



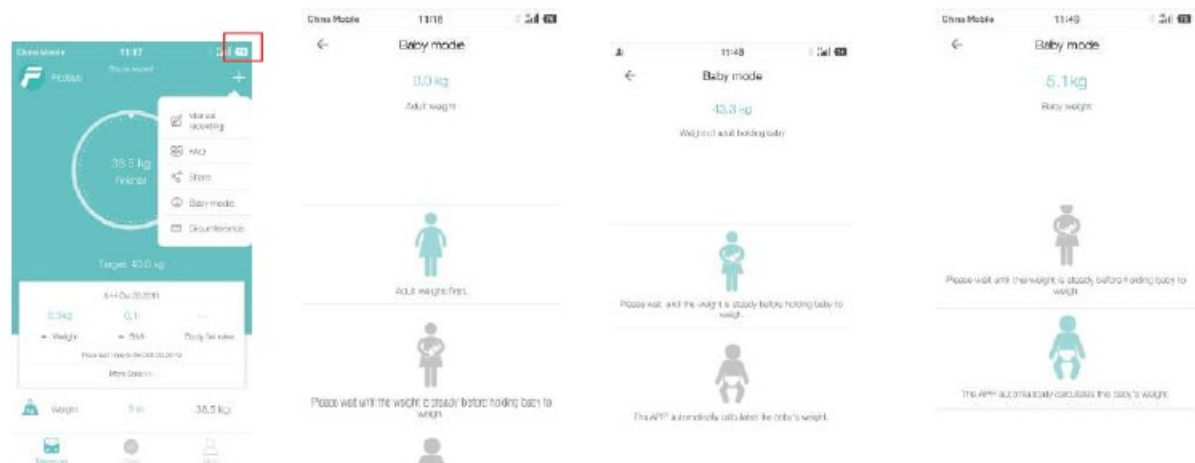
11. Click More data to find details for Body Weight, BMI, BMR, muscle, Bone Mass, etc. Check the data difference on the Chart by week, month, and year in the vertical or horizon version with the icon upright.



12. Add or switch user: click photo profile on the homepage, or Mine→ Add user. The Smart Scale can recognize the user by weight difference and remind them to change the correct one. Each account can support 24 users;



13. Baby weight checking: click+→ Baby Mode. Adult steps on the scale to weight first; after the scale gets the weight, please step off the scale and hold the baby to weigh again; Fitdays will automatically calculate the baby's weight.



TROUBLESHOOTING GUIDE

1. Device failure

- **Features:** the scale failed to pressure the switch on when full of power or the display stopped running when it was light.
- Press the button on the edge of the scale to reset the scale.

2. Bluetooth failed to connect

- Make sure the scale and the Bluetooth on your phone are on
- Check the OS version of your smartphone, it must be iOS 8.0 or higher/Android 6.0 or higher.
- For successful connection, there is a Bluetooth icon on the display, and the word Connected will show on the circle of the homepage on the phone
- If fail to connect via Bluetooth, please click Mine—>Device to find the scale ID.

3. No body fat data after weighting

- The user must step onto the scale with bare feet.
- Make sure your feet and the scale are both dry.
- Step off the scale when the measurement does not finish {Please keep standing on the scale for around 10 seconds until the number on the display stops flashing}.
- Bluetooth is not turned on.
- Bluetooth is paired with a different scale.

4. Incorrect weight data occurs.

- 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.
- Press the button on the edge of the scale;

5. The incorrect fat-muscle ratio shown on the App

- The body parameter settings are incorrect, check to make sure you entered the correct gender, height, and age.

6. How do I re-calibrate the scale after removing it?

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

7. The scale does not turn on

- Check if the battery has run out of power and charge with a USB plug if needed.

8. How to exchange the unit

- Click Mine —>Setting —>Switch unit to change the unit on your phone.

Battery Advice



- Place the scale far away from the children in case of falling down or crashing.
- Keep the USB cable out of reach of children to prevent it from wrapping to death.



- Do not expose the scale to heat or fire, which will easily cause an explosion.



- Do not use the scale when it is on charge.



- 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 it in an environment-protective way or take it to a recycling center.



- Please dispose of the device in an environment-protective way or take it to the recycling center for used electrical and electronic devices. You can obtain more information from your local authorities.



- To protect the environment, the battery cannot be disposed of in normal household waste. Please separate it from the device before disposing or take it to a suitable collection area. For more information, please focus on the relevant statutory regulations governing the disposal of batterie.

FCC Warning

Any 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.
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, 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 the receiver.
- Connect the equipment to 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.

The device has been evaluated to meet general RF exposure requirements. The device can be used in portable exposure conditions without restriction.

Limitations/disclaimer of warranty/liability

1. The company shall not be liable/responsible directly or indirectly for any claim for compensations, damages, any losses, etc. Under this "Limited Warranty" due to inconvenience, loss of time, loss of profits, loss of business opportunity, loss of data, loss of goodwill, work stoppage, any personal and/or commercial loss,

- compensation for mental agony, anxiety, etc. Resulting from the use of the products) or any direct or indirect loss of any nature whatsoever (incl. any personal injury or death).
2. Except for the warranties set forth herein, the Company disclaims all other warranties, expressed or implied or statutory, including but not limited to the implied warranties of merchantability or fitness for a particular purpose.
 3. The maximum liability of the company under any circumstances shall be limited to an amount equal to the invoice amount paid by the purchaser to the company or a company-authorized reseller for the Product(s).
 4. Company shall not be liable directly or indirectly for any claim for compensation if the Product has been exposed to moisture and/or dampness and/or extreme thermal and/or extreme environmental conditions or to rapid changes in such conditions, to corrosion, to oxidation, to spillage of food or liquid or to influence from external chemical products.
 5. **Alliums** (hereinafter referred to as “the company”) guarantees to the purchaser that this product carries a warranty for the period mentioned above, commencing from the date of purchase.

Safety & legal aspects

All rights are reserved. Duplication, transfer, or distribution of the contents herein in any manner without the prior written permission of Alliums is prohibited. **Alliums** reserves the right to add, modify, or delete, any of the contents herein or withdraw these documents at any time without prior notice and without assigning any reasons thereof. For detailed terms and conditions refer to www.alliums.com.au.

Agreements

By purchasing **Alliums** Body Scale, you hereby agree with all the terms and conditions of warranty, warnings, and precautions. If for any reason you do not agree with these terms, you may return the product in its original packaging unused within its return window for a full refund.

Defective Products & Returns

- Proved defective product meeting the specified warranty period, should be contacted Customer Support via support@alliums.com.au addressing your order number.
- Make sure to NOT dispose of your product before contacting us. Once our Customer Support Team has reached your request approval, please return the unit with its order number.

Disposal

To prevent possible harm to the environment or human health from uncontrolled waste disposal, ask your local council where to dispose of your projector and its related accessories. You should not dispose of your appliance and its related accessories away with the daily normal household waste.



Alliums Customer Support

Feel free to contact our helpful customer support team with any questions regarding your product! Your satisfaction is our priority.

- Alliums brand Unit 4/9 Waratah St, Melrose Park NSW 2114
- www.alliums.com.au
- support@alliums.com.au.

Please provide your order number when you contact our customer support services.


MOST ACCURATE MEASUREMENT

- 4 SENSITIVE STRAIN GAUGE
- DURABLE TEMPERED GLASS
- CLEAR READING DISPLAY
- HIGH PRECISION BIA ELECTRO PANE

Questions or Inquiries?

support@alliums.com.au.

Documents / Resources

 <p>Alliums Smart Body Fat Scale With VA Screen</p> <p>Model: AS-020 User Manual</p> <p>FC CE vGHS UK</p>	<p>ALLIUMS AS-020 Weight Scale with Wi-Fi and Bluetooth [pdf] User Manual</p> <p>AS-020 Weight Scale with Wi-Fi and Bluetooth, AS-020, Weight Scale with Wi-Fi and Bluetooth , Scale with Wi-Fi and Bluetooth, Wi-Fi and Bluetooth, Bluetooth</p>
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References

- [User Manual](#)