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Triomph TRSC21

Triomph TRSC21 Rechargeable Smart Bluetooth Scale User Manual

Model: TRSC21

1. Product Overview

The Triomph TRSC21 Smart Bluetooth Scale is designed to provide comprehensive body composition analysis. This rechargeable digital scale connects via Bluetooth to a mobile application, allowing users to track various health metrics beyond just weight. It is suitable for multiple users and offers a clear, hidden LED display.



This image displays the Triomph Smart Bluetooth Scale, highlighting its ultra-thin design, 10.2-inch dimensions, 400 lbs capacity, Bluetooth 4.0 connectivity, and compatibility with iOS 8.0+ and Android 4.3+ devices.

2. Setup Guide

2.1 Charging the Scale

Before first use, ensure the scale is fully charged. Connect the scale to a USB power source using the provided charging cable. The display will indicate charging status.



The image shows the Triomph Smart Scale being charged via a USB cable, demonstrating its convenient rechargeable feature. It supports standard Apple/Android charging plugs and can be charged from various sources like charging heads, desktop machines, notebooks, or portable power banks.

2.2 Downloading the Mobile Application

1. Search for the **"AIFit"** app in the Apple App Store (for iOS devices) or Google Play Store (for Android devices).
2. Download and install the application on your smartphone or tablet.

2.3 Initial Pairing and Profile Setup

1. Open the **"AIFit"** app and follow the on-screen instructions to register a new account.
2. Enable Bluetooth on your mobile device.
3. Step onto the scale briefly to activate it, then step off. The scale will display "0.0" or similar, indicating it is ready for measurement.
4. In the app, select the option to add a new device or initiate pairing. The app should detect the Triomph scale.

5. Complete your personal profile within the app, including details such as gender, height, and age. This information is crucial for accurate body composition calculations.



This diagram illustrates the initial setup process: 1. Download the 'AIFit' app by scanning the QR code or searching in app stores. 2. Complete your profile in the app. 3. Turn on Bluetooth and step barefoot onto the scale to start measurement. 4. Measurement is completed, and data is automatically received by the app.

3. Operating Instructions

3.1 Taking a Measurement

1. Place the scale on a hard, flat surface. Avoid carpets or uneven flooring, as this can affect accuracy.
2. Ensure Bluetooth is enabled on your mobile device and the **"AIFit"** app is open or running in the background.
3. Step onto the scale with **bare feet**. Ensure your feet are positioned on the four metal electrodes.
4. Stand still on the scale until your weight is displayed and the measurement process is complete.

5. The scale will transmit your data to the app automatically. You can then view your detailed body composition analysis in the app.

3.2 Multiple User Management

The Triomph TRSC21 scale supports up to 8 individual user profiles within the**"AIFit"** app. Each user can have their own profile to track their personal health data.

1. To add a new user, navigate to the user management section within the**"AIFit"** app.
2. Create a new profile and enter the required personal information for the new user.
3. Before each measurement, ensure the correct user profile is selected in the app to ensure data is recorded accurately for that individual.



The image illustrates the multi-user capability of the Triomph Smart Scale, allowing up to 8 personal profiles to be stored within the mobile application. Each user can track their individual body composition data, including Body Age and Body Fat.

4. Understanding Your Data

The Triomph TRSC21 scale measures 18 different body composition metrics, providing a comprehensive overview of your health. These metrics are displayed and tracked within the **"AIFit"** app.



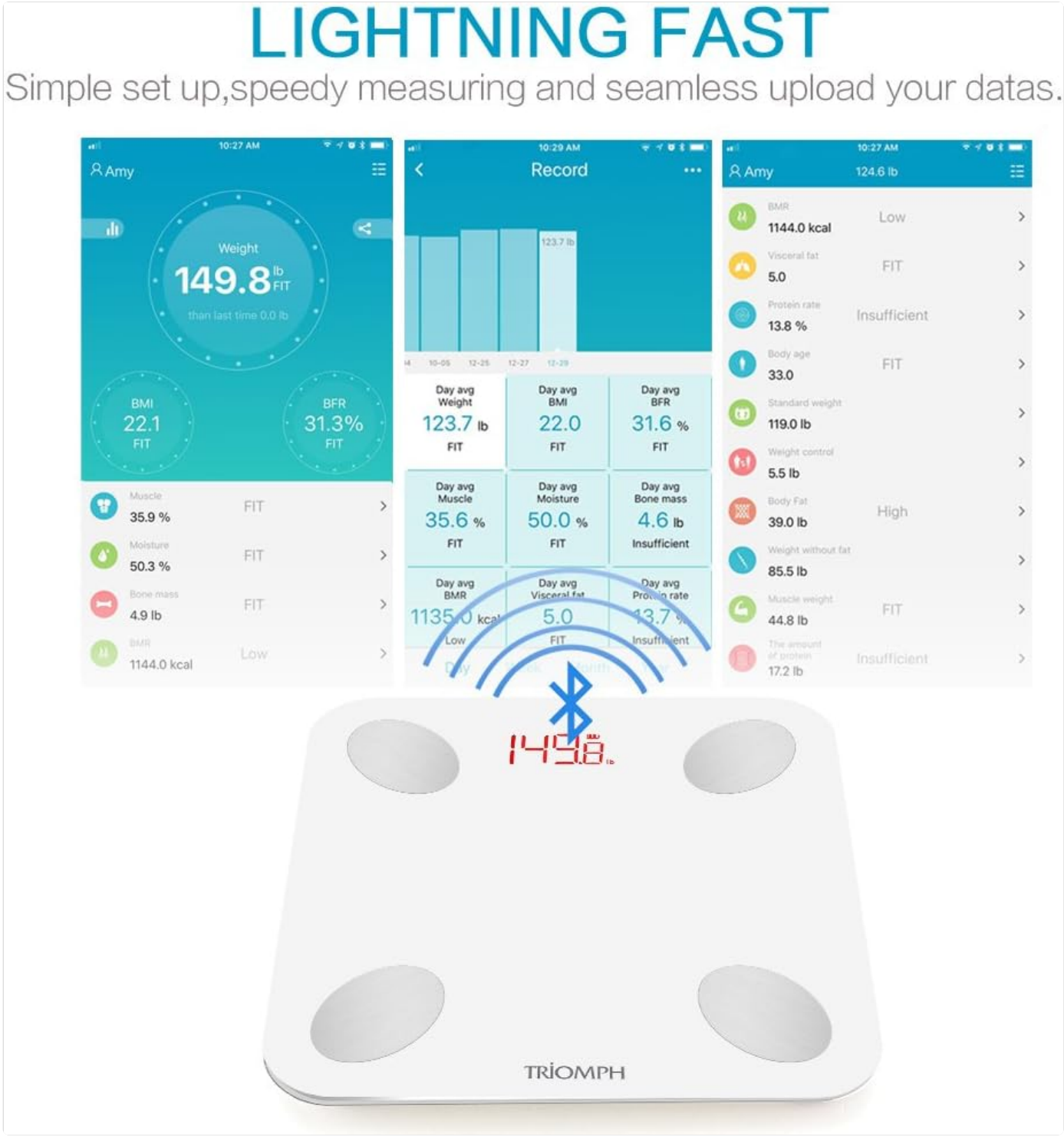
This visual represents the 18 different healthy data terms the scale measures, including Weight, Body Fat, BMR, BMI, Bone Mass, Muscle, Moisture, Visceral Fat, Protein Rate, Body Age, and more. These metrics provide a comprehensive overview of body composition.

Key Metrics Measured:

- **Weight:** Your total body mass.
- **Body Fat:** The percentage of fat in your body.
- **Body Mass Index (BMI):** A measure of body fat based on height and weight.
- **Basal Metabolic Rate (BMR):** The number of calories required to keep your body functioning at rest.
- **Muscle Mass:** The total amount of muscle in your body.
- **Bone Mass:** The weight of bone mineral in your body.
- **Body Water:** The percentage of water in your body.
- **Visceral Fat:** Fat stored around the organs in your abdomen.

- **Protein Rate:** The percentage of protein in your body.
- **Body Age:** An estimation of your body's biological age.
- **Subcutaneous Fat:** Fat stored directly under the skin.
- **Weight Control:** Guidance on weight management.
- **Standard Weight:** An ideal weight range based on your profile.
- **Body Fat Rate (BFR):** Similar to Body Fat percentage.
- **Muscle Weight:** The absolute weight of muscle.
- **Amount of Protein:** The absolute amount of protein.
- **Grade of Obesity:** Classification of obesity level.
- **Weight without Fat:** Your body weight excluding fat mass.

The **"AIFit"** app provides detailed graphs and historical data, allowing you to monitor trends and progress over time. It also categorizes your results (e.g., Fit, Insufficient, High) for easy interpretation.



This image shows the 'AIFit' app interface, demonstrating how it records and displays various body composition data points such as Weight, BMI, BFR, Muscle, Moisture, Bone Mass, Visceral Fat, Protein Rate, Body Age, and more. The app provides daily average values and categorizes results as 'Fit', 'Insufficient', or 'High'.

5. Maintenance

5.1 Cleaning

To clean the scale, wipe the surface with a soft, damp cloth. Do not use abrasive cleaners, harsh chemicals, or immerse the scale in water. Ensure the scale is dry before storage or next use.

5.2 Storage

Store the scale in a cool, dry place, away from direct sunlight and extreme temperatures. Avoid placing heavy objects on the scale when not in use. Store flat to prevent damage.

5.3 Recharging

Recharge the scale when the battery indicator in the app or on the scale's display shows low battery. Use the provided USB cable and a compatible power adapter.

6. Troubleshooting

- **Scale not turning on:** Ensure the scale is charged. Connect it to a USB power source and allow it to charge for at least 30 minutes before attempting to use it again.
- **Bluetooth connection issues:**
  - Verify Bluetooth is enabled on your mobile device.
  - Ensure the **"AIFit"** app is open and running.
  - Restart your mobile device and the scale (by stepping on and off).
  - If the issue persists, try unpairing and re-pairing the scale in the app's settings.
- **Inaccurate readings:**
  - Ensure the scale is placed on a hard, flat, and level surface. Avoid carpets or soft flooring.
  - Always step onto the scale with bare feet, ensuring contact with all four electrodes.
  - Stand still during the measurement process.
  - Perform a calibration by stepping on the scale briefly, letting it display a reading, then stepping off and waiting for it to return to "0.0" before taking a new measurement.
- **App not displaying data:**
  - Check if the scale is successfully paired via Bluetooth.
  - Ensure the app has the necessary permissions (e.g., Bluetooth, location) on your mobile device.
  - Close and reopen the **"AIFit"** app.
  - If problems persist, try reinstalling the app.

7. Specifications

Feature	Specification
Model Number	TRSC21
Product Dimensions	10.2 x 10.2 x 0.7 inches
Product Weight	2.65 Pounds
Weight Capacity	400 lbs
Readout Accuracy	0.2 Pounds
Connectivity	Bluetooth 4.0
App Compatibility	iOS 8.0 or later, Android 4.3 or later
Power Source	Rechargeable via USB
Material Type	Acrylonitrile Butadiene Styrene
First Available Date	October 9, 2017



This close-up highlights the hidden LED display screen of the Triomph Smart Scale, which offers high transmittance for clear readability in various lighting conditions. The display shows weight measurements.

8. Warranty and Support

Triomph is committed to product quality and customer satisfaction. For any questions, concerns, or technical assistance regarding your TRSC21 Smart Bluetooth Scale, please contact Triomph customer support. Triomph offers lifetime support for its products.

Please refer to the contact information provided with your product packaging or visit the official Triomph website for support details.

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