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Triomph TRSC21N

Triomph Rechargeable Body Fat Scale TRSC21N User Manual

Model: TRSC21N

Introduction

This manual provides detailed instructions for the proper use and maintenance of your Triomph Rechargeable Body Fat Scale, Model TRSC21N. This digital bathroom scale is designed to measure various body composition metrics, including weight, body fat, water, BMI, BMR, bone mass, and muscle mass, and syncs with a free mobile application for comprehensive health tracking.

Product Overview

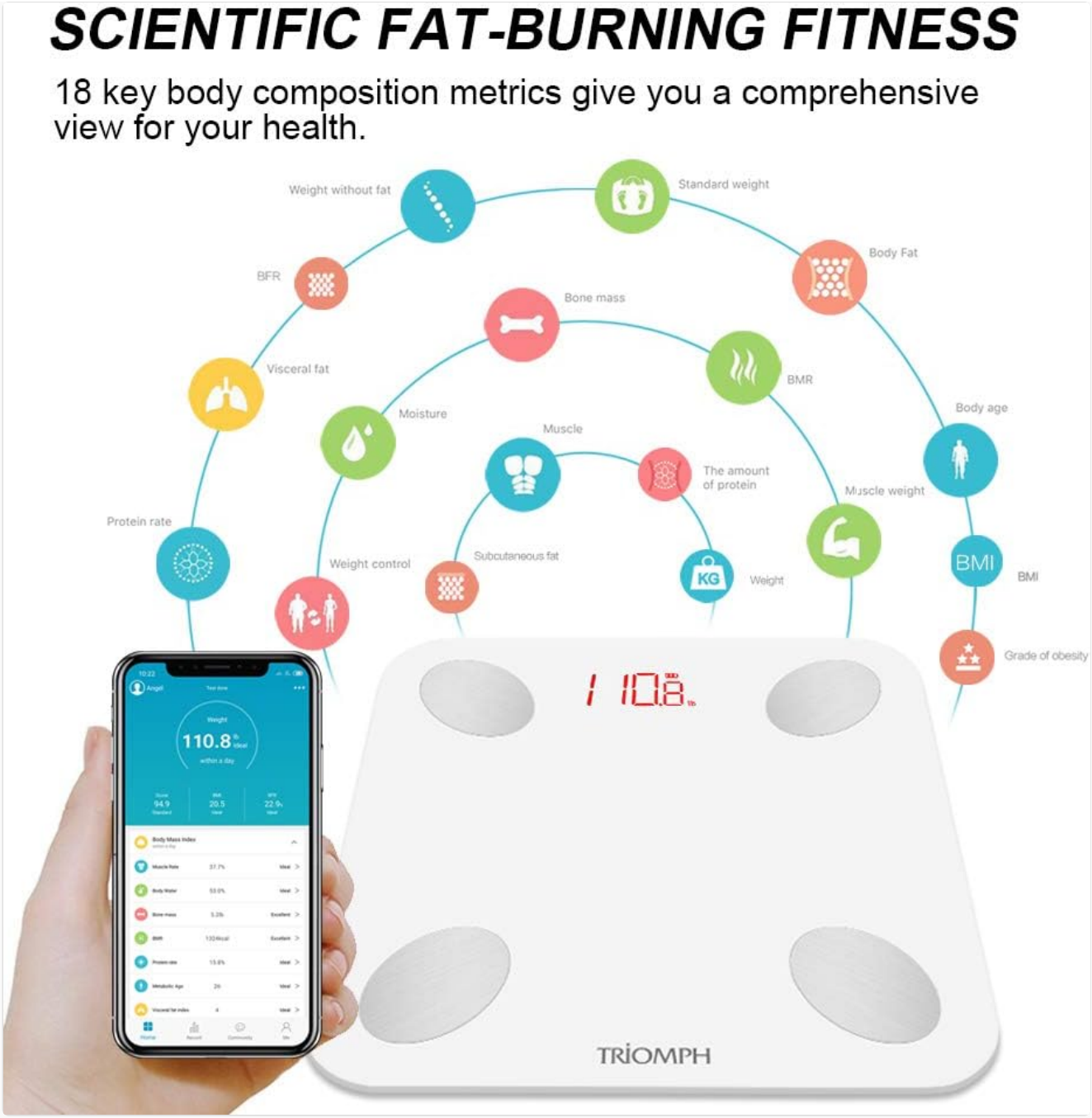
The Triomph TRSC21N is a smart digital scale featuring a sleek design and advanced measurement capabilities. It connects via Bluetooth to a mobile application, allowing you to track your health data over time. The scale has a maximum capacity of 400 lbs and is equipped with a hidden LED display for clear readings.



This image shows the top and side view of the Triomph Body Fat Scale, highlighting its compact dimensions of 10.2 inches square and 0.7 inches in thickness. The display shows '110.8 lb'.

Key Features:

- **Rechargeable Battery:** Convenient USB charging.
- **Smart Body Composition Analysis:** Measures 18 key metrics including Weight, Body Fat, Water, BMI, BMR, Bone Mass, and Muscle Mass.
- **Bluetooth Connectivity:** Syncs data with iOS (8.0 or later) and Android (4.3 or later) devices via the 'AIFit' app.
- **High Capacity:** Supports up to 400 lbs (180 kg).
- **Multi-User Support:** Stores data for up to 8 personal user profiles.
- **Hidden LED Display:** Provides clear readings in various lighting conditions.



This diagram visually represents the 18 key body composition metrics the Triomph Smart Scale can track, providing a comprehensive view of health. Metrics include Body Fat, BMI, BMR, Muscle, Bone Mass, Body Water, Protein Rate, and others, all accessible via the connected app.

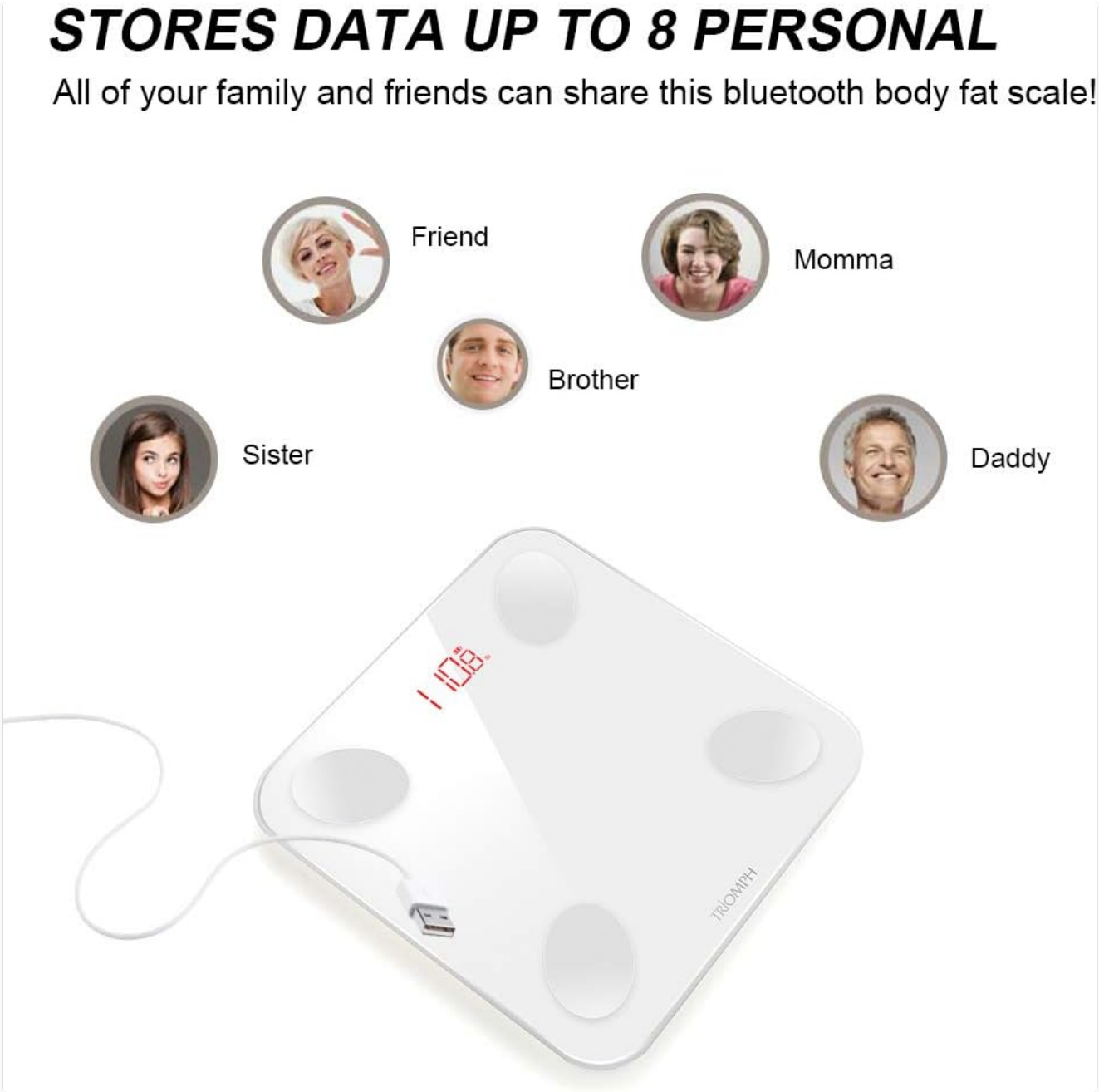


This image focuses on the scale's hidden LED display, which provides clear readings with high transmittance. The display is designed to be easily readable in various lighting conditions, day or night, without ghosting or light leakage.

Setup

1. Initial Charging

Before first use, ensure the scale is fully charged. Connect the scale to a standard USB charging port using the provided cable. The scale supports conventional charging methods, compatible with common charging heads, desktop machines, notebooks, or portable power sources.



The image displays the Triomph Body Fat Scale being charged via a USB cable, demonstrating its conventional charging method. It supports standard Apple/Android charging plugs, allowing for convenient power replenishment from various sources like charging heads, desktop machines, notebooks, or portable power banks.

2. Download and Install the 'AIFit' App

1. Scan the QR code provided in the product packaging or search for "AIFit" 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.

3. Create User Profile and Pair Device

1. Open the 'AIFit' app and follow the on-screen instructions to register and create your personal profile. You will need to enter information such as height, age, and gender for accurate body composition analysis.
2. Ensure Bluetooth is enabled on your smartphone.
3. Step onto the scale with bare feet to activate it. The app should automatically detect and pair with the scale. If not, follow the app's instructions to manually add the device.



This visual guide outlines the four simple steps to use the Triomph Smart Scale: 1. Download the 'AIFit' app by scanning a QR code or searching app stores. 2. Complete your personal profile within the app. 3. Turn on phone's Bluetooth, stand barefoot on the scale to start measurement. 4. Measurement completed, data automatically received by the app.

Operating Instructions

Taking a Measurement

1. Place the scale on a hard, flat surface. Avoid carpets or uneven flooring, as this can affect accuracy.
2. Ensure your smartphone's Bluetooth is on and the 'AIFit' app is open or running in the background.
3. Step onto the scale with bare, dry feet. Position your feet on the metallic electrodes.
4. Stand still until the display shows a stable weight reading and the app indicates that the measurement is complete.
5. The scale will automatically transmit your weight and body composition data to the 'AIFit' app.

Using the 'AIFit' App

The 'AIFit' app provides a detailed overview of your health metrics and progress.

- **Dashboard:** View your current weight and a summary of key body composition metrics.
- **History:** Access graphs and historical data for all measured metrics (weight, BMI, body fat, etc.) over days, weeks, months, or years.
- **Detailed Metrics:** Tap on any metric to see a more detailed explanation and your current status.
- **User Management:** Add or switch between up to 8 user profiles. Each user's data is stored separately.



This image shows multiple screenshots of the Triomph app interface, demonstrating its 'Lightning Fast' setup, speedy measurement, and seamless data upload. Users can view their weight history, body mass index, and detailed body composition metrics like body water, bone mass, and protein rate, organized for easy tracking.



This image highlights the scale's ability to store data for up to 8 personal users, making it suitable for families or multiple individuals to track their health metrics independently. Each user can have their data recorded and managed within the app.

Maintenance

- **Cleaning:** Wipe the scale surface with a soft, damp cloth. Do not use abrasive cleaners or immerse the scale in water.
- **Storage:** Store the scale in a cool, dry place. Avoid extreme temperatures and direct sunlight.
- **Recharging:** Recharge the scale when the battery indicator appears low on the display or in the app. A full charge typically lasts for several months with regular use.
- **Avoid Impact:** Do not drop the scale or subject it to heavy impact, as this may damage the sensors.

Troubleshooting

Inaccurate Readings

- Ensure the scale is placed on a hard, flat, and level surface.

- Make sure your feet are bare and dry, and positioned correctly on the electrodes.
- Avoid moving during measurement.
- Calibrate the scale by stepping on it briefly, stepping off, and then stepping back on for a measurement.

Bluetooth Disconnection / App Not Syncing

- Verify that Bluetooth is enabled on your smartphone.
- Ensure the 'AIFit' app is open and running.
- Restart the 'AIFit' app.
- Try turning the scale off and on (if applicable) or stepping on it to activate it.
- If the issue persists, try unpairing and re-pairing the scale in your phone's Bluetooth settings and within the 'AIFit' app.
- Ensure your phone's operating system (iOS 8.0+ or Android 4.3+) is compatible.

Scale Not Turning On

- Check if the battery is charged. Connect the scale to a power source using the USB cable.
- If the scale has been stored for a long time, it may require a longer charging period to reactivate.

Specifications

Feature	Detail
Model Number	TRSC21N
Weight Capacity Maximum	400 Pounds (180 kg)
Readout Accuracy	0.2 Pounds (0.1 kg)
Measurement Type	Pounds (lb), Kilograms (kg)
Material Type	Acrylonitrile Butadiene Styrene (ABS)
Connectivity	Bluetooth 4.0
App Compatibility	iOS 8.0 or later, Android 4.3 or later
Power Source	Rechargeable via USB
Manufacturer	Triomph
Package Dimensions	12.65 x 12.05 x 1.45 inches

Warranty and Support

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