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> [INEVIFIT Smart Body Fat Scale \(Model I-BF001\) Instruction Manual](#)

INEVIFIT I-BF001

INEVIFIT Smart Body Fat Scale (Model I-BF001) Instruction Manual

Your guide to tracking your fitness journey with precision.

INTRODUCTION

The INEVIFIT Smart Body Fat Scale (Model I-BF001) is designed to help you track key body composition metrics with ease and accuracy. This digital bathroom scale connects to your smartphone via Bluetooth, providing a comprehensive overview of your health and fitness progress. This manual provides detailed instructions for setting up, operating, maintaining, and troubleshooting your scale.

SETUP

1. Unboxing and Battery Installation

Your INEVIFIT Smart Body Fat Scale comes with 3 AAA batteries included. To install them:

1. Locate the battery compartment on the underside of the scale.
2. Open the battery compartment cover.
3. Insert the 3 AAA batteries, ensuring correct polarity (+/-).
4. Close the battery compartment cover securely.

Video: INEVIFIT Smart Scale Overview (Model I-BF001). This video demonstrates the scale's design, battery installation, and basic app functionality.

2. App Download and Pairing

To unlock the full potential of your smart scale, download the free INEVIFIT app:

- Search for 'INEVIFIT' in the Apple App Store or Google Play Store.
- Download and install the app on your smartphone.
- Ensure Bluetooth is enabled on your smartphone.
- Open the INEVIFIT app and follow the on-screen instructions to create your user profile and pair the scale.

EASY TO USE

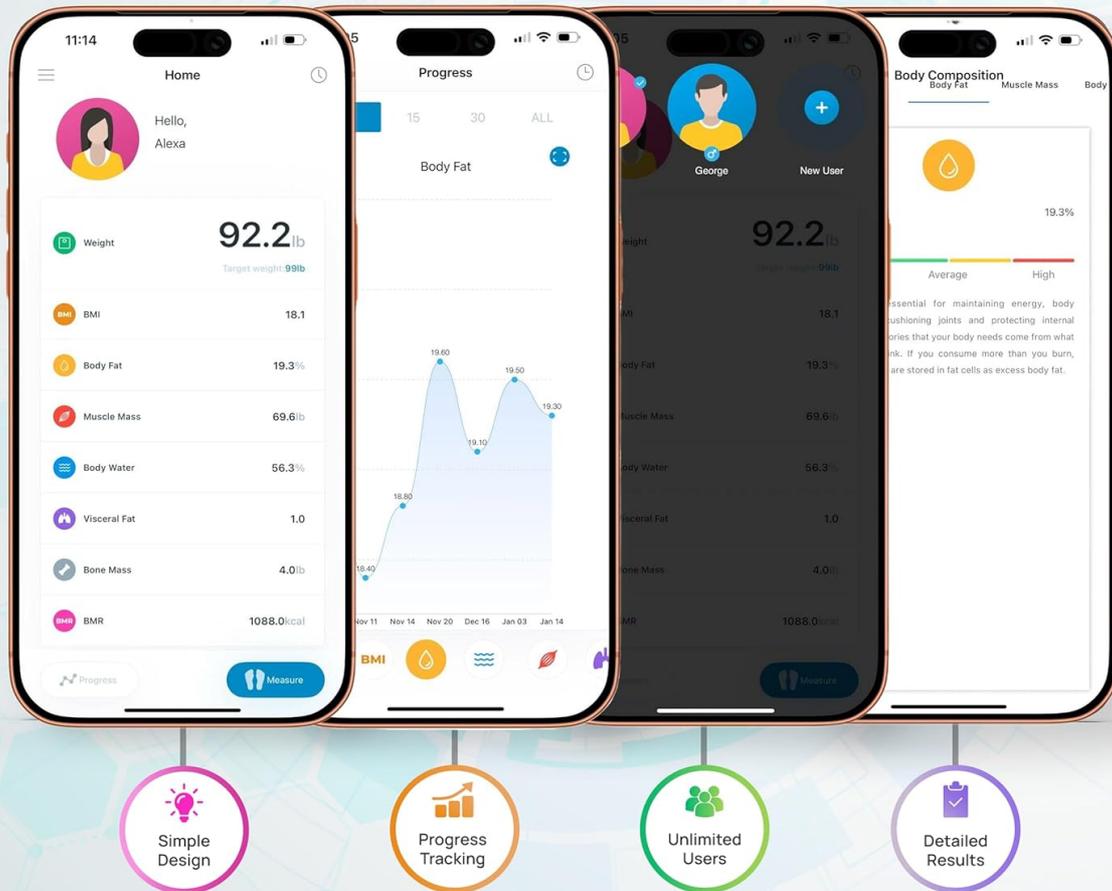


Image: The INEVIFIT app provides an easy-to-use interface for managing user profiles, tracking progress, and viewing detailed body composition results.

3. User Profile Setup

After pairing, set up your personal profile in the app. This typically includes:

- Gender
- Age
- Height
- Activity Level (if prompted)

The app supports an unlimited number of profiles, allowing your entire family to track their progress.

OPERATING INSTRUCTIONS

1. Taking a Measurement

For accurate readings, place the scale on a hard, flat surface. Avoid carpets or uneven flooring.

1. Step onto the scale barefoot. Ensure your feet are making contact with the four metal electrode sensors.
2. Stand still until your weight is displayed on the luminous LED screen.

3. Your body composition metrics will appear on the scale and automatically sync to the INEVIFIT app on your smartphone if it's open and connected via Bluetooth.

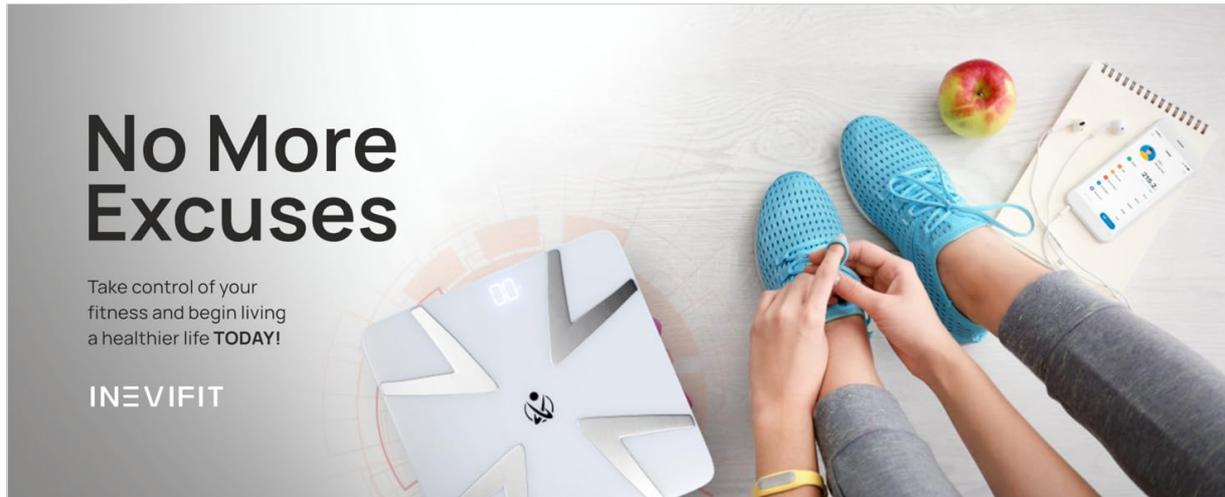


Image: Step onto the scale barefoot for quick and simple body composition measurements.

2. Viewing Metrics

The scale's LED display will show your weight. For detailed body composition metrics, refer to the INEVIFIT app. The app tracks 8 key metrics:

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



Image: The INEVIFIT app displays 8 key body composition metrics, providing a comprehensive view of your health.

3. Changing Weight Units

To switch between pounds (lb) and kilograms (kg), locate the unit conversion button on the underside of the scale, near the battery compartment. Press it to toggle between units.

MAINTENANCE

To ensure the longevity and accuracy of your INEVIFIT Smart Body Fat Scale, follow these maintenance guidelines:

- **Cleaning:** Wipe the scale's 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.
- **Battery Replacement:** Replace batteries when the low battery indicator appears on the display.

TROUBLESHOOTING

If you encounter issues with your scale, refer to the following common solutions:

- **Inaccurate Readings:** Ensure the scale is on a hard, flat surface. Re-calibrate by stepping on and off the

scale quickly to reset it to zero.

- **No Display/Power:** Check if the batteries are correctly installed and not depleted. Replace batteries if necessary.
- **App Connectivity Issues:** Ensure Bluetooth is enabled on your smartphone and the INEVIFIT app is open. Try restarting both the app and your phone.
- **'Err' Message:** This usually indicates an overload. The scale has a weight limit of 400 lbs.

SPECIFICATIONS

Feature	Detail
Model Number	I-BF001
Weight Limit	400 Pounds (180 kgs)
Display Type	LED
Material	6mm Tempered Glass
Power Source	3 AAA batteries (included)
Product Dimensions	11 x 11 x 1 inches
Item Weight	3 pounds

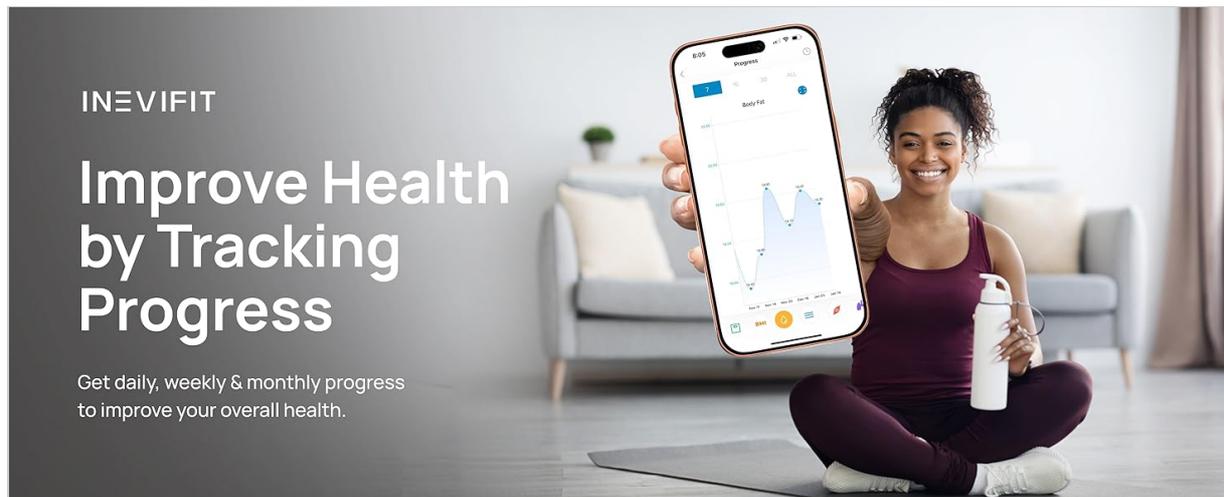


Image: Key components of the INEVIFIT Smart Body Fat Scale, including its durable tempered glass platform and accurate sensors.

WARRANTY AND SUPPORT

INEVIFIT is committed to providing high-quality products and excellent customer service.

- **Warranty:** Your INEVIFIT Smart Body Fat Scale is covered by an industry-leading 5-year warranty.
- **Customer Support:** For any questions or assistance, please contact our 7-day real USA customer support. Refer to the product packaging or the INEVIFIT website for contact details.

