

INSMART FG260

INSMART Bluetooth Smart Body Fat Scale (Model FG260) User Manual

Model: FG260

1. INTRODUCTION

Thank you for choosing the INSMART Bluetooth Smart Body Fat Scale. This device is designed to provide comprehensive body composition analysis, helping you track your health and fitness progress. By connecting to the INSMART Health app on your smartphone, you can monitor 17 key body metrics with ease and accuracy.



The INSMART Smart Body Fat Scale offers a sleek design and advanced health tracking capabilities.

2. SAFETY INFORMATION

- Always place the scale on a hard, flat floor for accurate measurements. Avoid carpets or uneven surfaces.

- Ensure your feet are dry, bare, and touching all four electrode areas on the scale for proper body composition analysis.
- Do not use this device if you are pregnant.
- Measurements are for reference only and are not suitable for diagnosing medical conditions. Consult a healthcare professional for medical advice.
- Enter correct personal information into the app before use to ensure accurate readings.

3. WHAT'S INCLUDED

- INSMART Body Fat Scale
- User Manual (this document)
- AAA batteries (2 required, included)

4. PRODUCT OVERVIEW

The INSMART Smart Body Fat Scale is designed for high precision and ease of use, offering a comprehensive view of your body composition. It features a 5mm high-quality toughened glass plate and 4 high-precision sensors for accurate measurements.

Key Features:

- **17 Body Data Metrics:** Measures Weight, BMI, Body Fat, Fat-free Body Weight, Subcutaneous Fat, Visceral Fat, Body Water, Skeletal Muscle, Muscle Mass, Bone Mass, Protein, BMR, Standard Weight, Body Type, Obesity Level, Muscle Rate, and Metabolic Age.
- **High Precision:** Increments of 0.2lb / 0.05kg with a maximum capacity of 180kg/400lbs.
- **LED Display:** Self-illuminated LED display provides clear readouts in any lighting condition.
- **Durable Design:** Rounded corners for safety, especially in households with children.
- **Smart Connectivity:** Connects via Bluetooth 4.0 to the INSMART Health app (iOS 8.0 / Android 6.0 or higher).
- **Multi-User Support:** Tracks unlimited users, making it suitable for the entire family.
- **Data Synchronization:** Automatically syncs data to the app and can integrate with other fitness programs.



The INSMART Smart Body Fat Scale features a sleek black design with four conductive pads for comprehensive body analysis.

5. SETUP AND APP INSTALLATION

5.1. App Download

The INSMART Health app is essential for accessing all body composition data. You can download it from the App Store (for iOS devices) or Google Play Store (for Android devices). Alternatively, scan the QR code provided in the physical user manual or on the product packaging.



The INSMART Health app integrates with popular fitness platforms like Apple Health, Fitbit, and Google Fit.

5.2. Initial Setup and Bluetooth Pairing

1. Insert the included AAA batteries into the battery compartment on the underside of the scale.
2. Place the scale on a hard, flat, and dry surface.
3. Ensure Bluetooth is enabled on your smartphone.
4. Open the INSMART Health app.
5. Follow the in-app instructions to pair your scale. Typically, you will need to step on the scale briefly to activate it and allow the app to detect it.
6. Once paired, the app will guide you through setting up your user profile (gender, height, age, etc.). This information is crucial for accurate body composition calculations.

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Watch this video for a visual guide on unboxing, setting up the scale, and connecting it to the INSMART Health app.

6. OPERATING THE SCALE

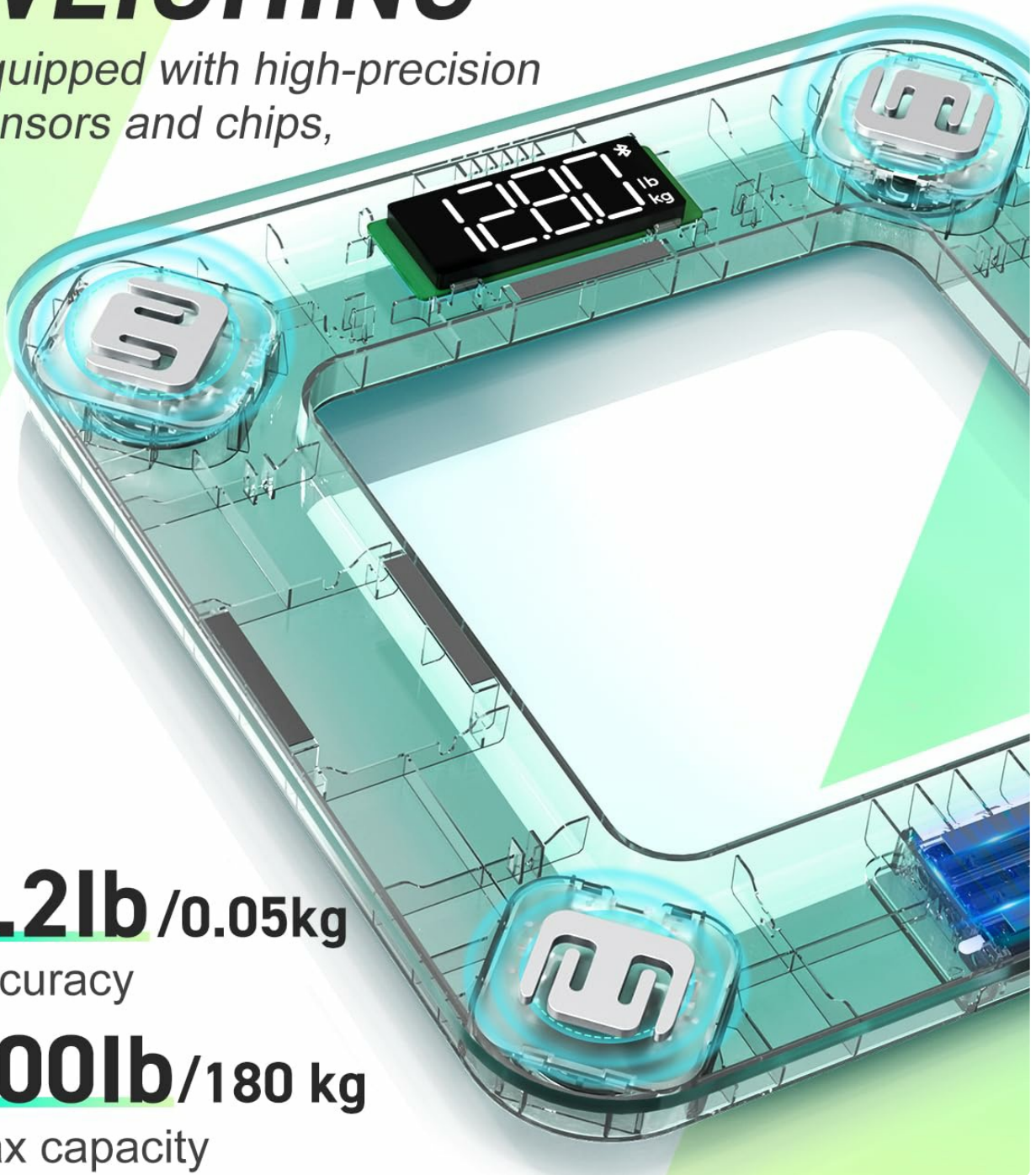
To obtain a full body composition analysis, follow these steps:

1. Open the INSMART Health app on your smartphone.
2. Step barefoot onto the scale, ensuring your feet are positioned on the four metal electrode pads.
3. Stand still for approximately 10 seconds until the measurement is complete. The scale's LED display will show your weight.
4. The app will automatically synchronize all 17 body composition data points.

You can weigh yourself at any time without opening your phone; the weight data will sync to the INSMART Health app once connected. Even without a network connection, you can still use the scale to check your basic body information.

HIGH PRECISION WEIGHING

Equipped with high-precision sensors and chips,



0.2lb / 0.05kg

Accuracy

400lb / 180 kg

Max capacity

The scale features a clear LED display and high-precision sensors for accurate measurements.

7. UNDERSTANDING YOUR BODY DATA

The INSMART Health app provides detailed insights into your body composition. Here are the 17 key metrics measured:

- **Weight:** Your total body mass.
- **BMI (Body Mass Index):** A measure of body fat based on height and weight.

- **Body Fat:** The percentage of fat in your body.
- **Fat-free Body Weight:** Your total body weight minus body fat.
- **Subcutaneous Fat:** Fat stored directly under the skin.
- **Visceral Fat:** Fat stored around your organs.
- **Body Water:** The percentage of water in your body.
- **Skeletal Muscle:** Muscle attached to bones, responsible for movement.
- **Muscle Mass:** Total weight of muscles in your body.
- **Bone Mass:** The weight of bone mineral in your body.
- **Protein:** The percentage of protein in your body.
- **BMR (Basal Metabolic Rate):** The number of calories your body needs to perform basic, life-sustaining functions.
- **Standard Weight:** An ideal weight range based on your profile.
- **Body Type:** Classification of your physique.
- **Obesity Level:** An indicator of your body fat level relative to healthy ranges.
- **Muscle Rate:** The proportion of muscle mass to total body weight.
- **Metabolic Age:** Compares your BMR to the average BMR for your chronological age group.

17 Key Measurements

Body Composition Analysis



Weight



Body Fat



Muscle Mass



Body Water



Muscle Rate



Muscle Mass

 Weight	 Body Fat	 Body Water	 Protein	 Subcutaneous Fat	 Lean Body Mass	 Visceral Fat	 Skeletal Muscle
 Standard Weight	 Body Type	 Fat Level	 BMI	 Bone Mass	 Muscle Mass	 Body age	 BMR

Visual representation of the 17 body metrics tracked by the INSMART Smart Body Fat Scale.

Record Your Fitness Progress

Body Water

Body Water 57.4%

The proportion of human body water in weight, that is part of a person's composition. Plenty of water can promote metabolism in the body.



Body Details

body composition analysis

09:35:06	47.15 kg	Weight
BMI	17.7	Lean
Body fat	16.2%	Lean
Muscle Mass	37.1kg	Standard
Body Water	57.4%	Standard
Visceral fat	1.0	Standard
Bone mass	2.3kg	Optimal
BMR	1220.0kcal	Optimal
Protein	20.4%	High

Trends

Weight Circumference Drink water

Day Week Month Year



Body Date

57.4	1.0
Body Water	Visceral fat
2.3	1220.0
Bone mass	BMR

The INSMART Health app provides a detailed dashboard of your body data, allowing you to track progress over time.

8. MAINTENANCE AND CARE

- Clean the scale surface with a soft, damp cloth. Do not use abrasive cleaners or immerse the scale in water.
- Avoid dropping the scale or subjecting it to strong impacts, as this may damage the sensors.
- Store the scale in a cool, dry place away from direct sunlight and extreme temperatures.

- If the scale will not be used for an extended period, remove the batteries to prevent leakage.

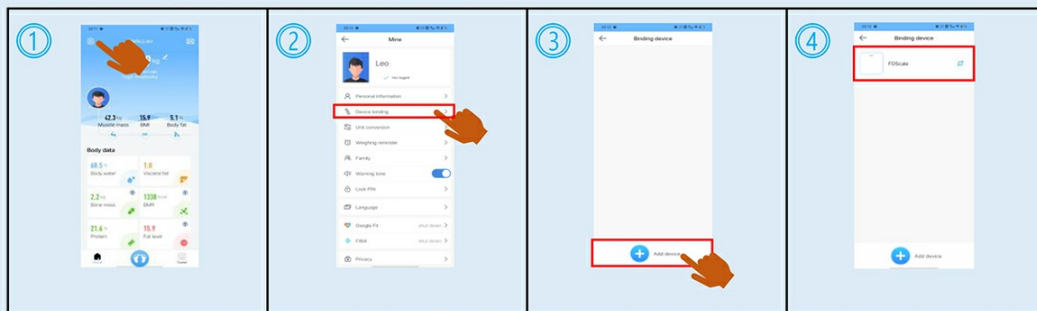
9. TROUBLESHOOTING

No Bluetooth connection to my scale:

1. Make sure your phone's network is enabled (for registered users).
2. Ensure that Bluetooth and GPS connection are enabled on your phone.
3. Pair the device and take a measurement when the app is open.
4. If you failed to get a connection to the app, proceed as below:
 - a. Tap the "Setting" button in the app.
 - b. Then tap "Device Binding".
 - c. Tap "+" to search and pair the Bluetooth Scale.
 - d. Go back to the home page, tap the "Measure" button to start weighing.

Trouble Shooting, No Bluetooth connection to my scale

1. Make sure the phone's network is enabled. (For REGISTERED User)
2. Make sure that the Bluetooth and GPS connection is enabled.
3. Pair device and take measurement when the APP is open.
4. If you failed to get a connection to the app, proceed as below.



Tap "Setting" button

Then Tap "Device Binding"

Tap "+" to search and pair the Bluetooth Scale

Go back to the home page, tap the "Measure" button to start weighing.

Visual guide for troubleshooting Bluetooth connection problems with the INSMART Smart Body Fat Scale.

Precision Error:

- If the display shows "Err", the scale is overloaded. Maximum capacity is 180kg/400lbs.
- If the display shows "Lo", the battery is low. Replace the AAA batteries.

10. SPECIFICATIONS

Feature	Detail
Model Number	FG260
Product Dimensions	26 x 26 x 2.45 cm
Item Weight	1 kg
Weight Capacity Maximum	180 Kilograms / 400 lbs
Readout Accuracy	0.2 Pounds / 0.05 kg

Material	Glass
Display Type	LED
Connectivity	Bluetooth 4.0
App Compatibility	iOS 8.0 / Android 6.0 or higher
Batteries	2 AAA batteries (included)
Auto Shut Off	Yes (within 10 seconds of inactivity)

11. WARRANTY AND SUPPORT

The INSMART Bluetooth Smart Body Fat Scale comes with a **1-year warranty** from the date of purchase. For warranty claims, technical support, or any inquiries, please contact INSMART customer service through the contact information provided on the product packaging or the official INSMART website.

Please retain your proof of purchase for warranty validation.