

FITINDEX FT-26BB-B

FITINDEX Smart Body Composition Scale User Manual

Model: FT-26BB-B

INTRODUCTION

The FITINDEX Smart Body Composition Scale is designed to provide comprehensive insights into your body health. This digital scale utilizes advanced technology to measure 13 essential body composition metrics, including weight, BMI, body fat, and muscle mass. It seamlessly syncs with the FITINDEX App on your smartphone, allowing for easy tracking and monitoring of your health and fitness progress.

KEY FEATURES

- **13 Essential Measurements:** This scale provides precise measurements of 13 key body composition metrics, including weight, BMI, body fat, muscle mass, and body age. Track and monitor data conveniently with the FITINDEX App for insights into your health and fitness progress.
- **Accurate Measurements:** Utilizing advanced Bioelectric Impedance Analysis (BIA) technology with 4 high-sensitivity sensors and electrodes, this FITINDEX scale provides precise body composition analysis with immediate readings upon stepping on.
- **Works with Popular Fitness Apps:** This smart scale seamlessly syncs with Samsung Health, Apple Health, FitBit, and Apple Watch via the "FITINDEX" App, available on the Apple Store and Google Play for easy daily data recording and monitoring.
- **One Scale for the Whole Family:** Share the weight scale with multiple users, each managing their profiles independently through the FITINDEX app, including a baby mode for tracking baby's growth.
- **Compact Design:** Our scale is crafted from high-quality tempered glass, featuring a sleek, easy-to-clean surface and backlit LED display for clear readability.

SETUP GUIDE

1. Install Batteries

Open the battery compartment on the back of the scale and insert 3 AAA batteries, ensuring correct polarity. The scale comes with batteries included.

2. Download the FITINDEX App

Search for "FITINDEX" in the Apple App Store or Google Play Store and download the application to your smartphone. Create an account and set up your personal profile.



The FITINDEX App seamlessly integrates with popular fitness applications like Samsung Health, Apple Health, Fitbit, and Health Connect.

3. Pair the Scale via Bluetooth

Ensure Bluetooth is enabled on your smartphone. Open the FITINDEX App. Step onto the scale barefoot to activate it. The app should automatically detect and pair with the scale. Follow any on-screen prompts within the app to complete the pairing process.



The FITINDEX Smart Scale displaying a weight reading, with a smartphone showing the connected app interface and a smartwatch indicating a measurement in progress.

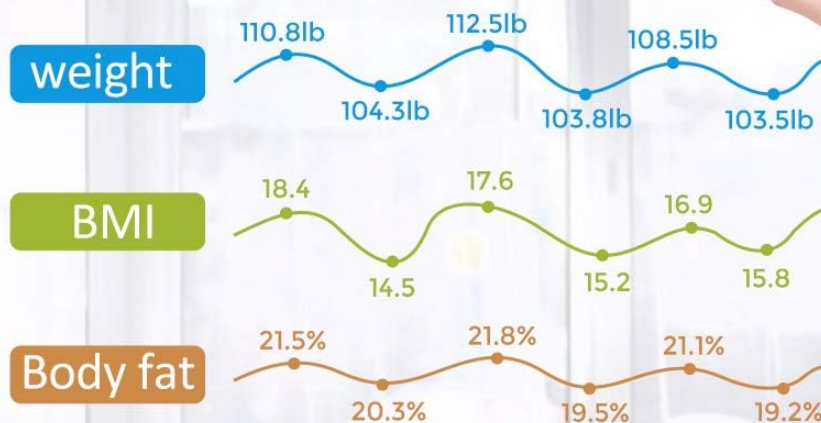
OPERATING INSTRUCTIONS

Taking a Measurement

Place the scale on a hard, flat surface (avoid carpets). Step onto the scale barefoot. Stand still until the display shows your stable weight. The measurement data will automatically sync to the FITINDEX App on your smartphone.

Track the data on your phone

Detailed graphs and datas give you a bird's-eye view of your progress.

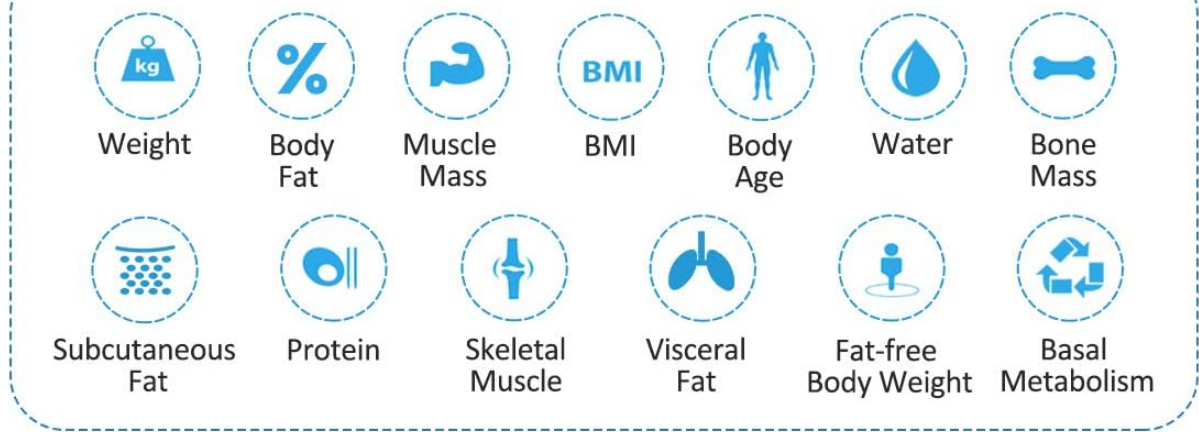


Track your data on your phone: Detailed graphs and data provide a bird's-eye view of your progress over time for weight, BMI, and body fat.

Understanding Your Data

The FITINDEX App provides 13 essential body composition metrics. Navigate through the app to view your weight, BMI, body fat percentage, muscle mass, body water, bone mass, subcutaneous fat, protein, skeletal muscle, visceral fat, fat-free body weight, BMR (Basal Metabolic Rate), and metabolic age.

13 Essential Measurements



The FITINDEX Smart Scale measures 13 essential body composition metrics, including Weight, Body Fat, Muscle Mass, BMI, Body Age, Water, Bone Mass, Subcutaneous Fat, Protein, Skeletal Muscle, Visceral Fat, Fat-free Body Weight, and Basal Metabolism.

Baby Holding Mode

To weigh a baby or pet, first weigh yourself on the scale. Once your weight is stable, step off. Then, pick up the baby/pet and step back onto the scale. The app will calculate the baby/pet's weight by subtracting your initial weight from the combined weight.



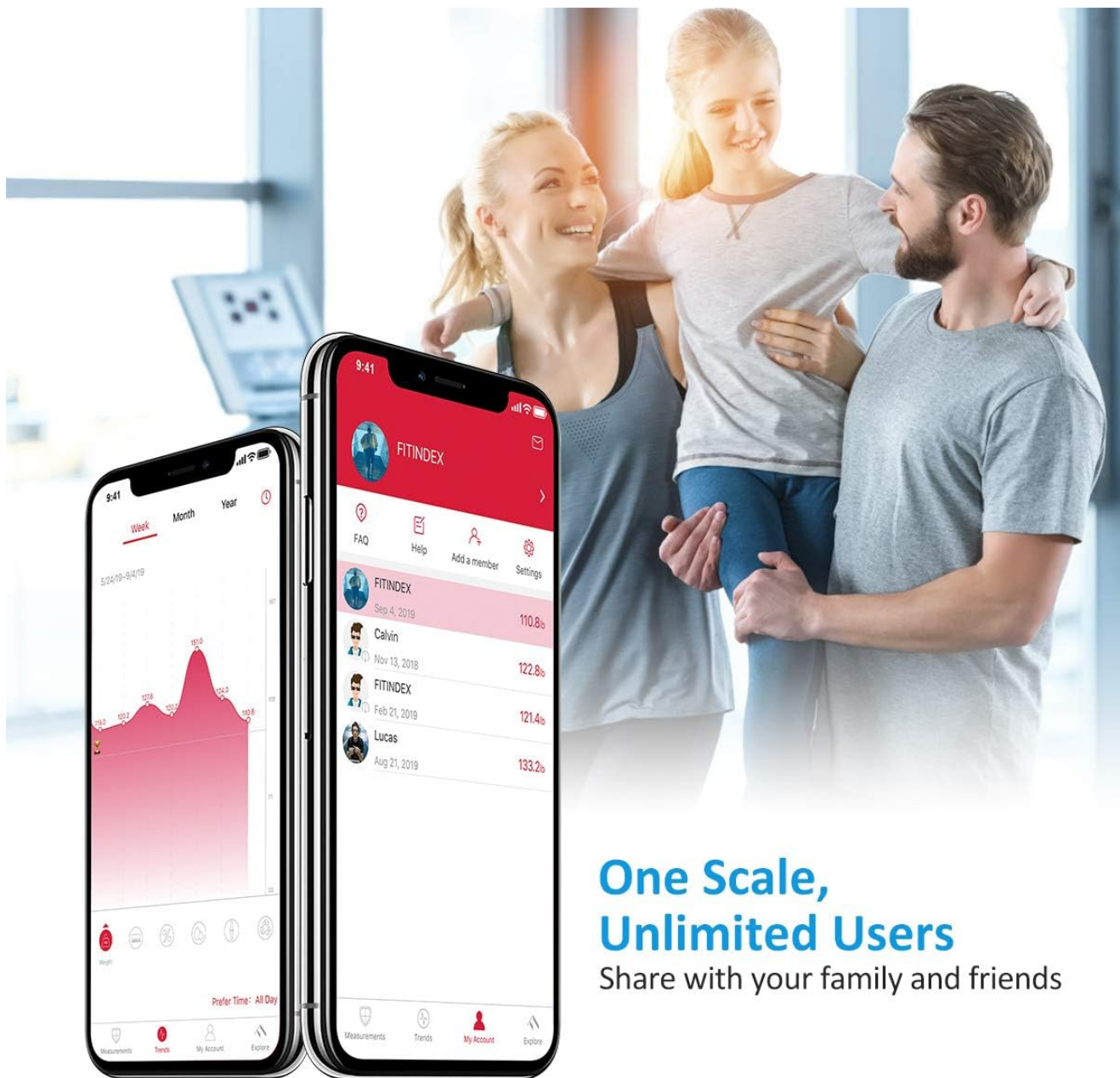
The Baby Mode

Convenient to measure your baby's or pet's weight with the baby mode in the FITINDEX app.

The Baby Mode in the FITINDEX app allows for convenient measurement of your baby's or pet's weight by holding them while stepping on the scale.

Multi-User Functionality

The FITINDEX App supports multiple user profiles. Each family member can create their own profile within the app to track their individual progress. The scale intelligently recognizes different users based on their weight data.



One Scale, Unlimited Users

Share with your family and friends

One scale, unlimited users: Share the FITINDEX Smart Scale with your family and friends, allowing each to track their progress independently.

MAINTENANCE

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

- Clean the scale surface with a soft, damp cloth. Avoid using abrasive cleaners, chemical solvents, or submerging the scale in water.
- Store the scale in a dry place, away from extreme temperatures and direct sunlight.
- If the scale will not be used for an extended period, remove the batteries to prevent leakage.

TROUBLESHOOTING

If you encounter any issues with your FITINDEX Smart Scale, please refer to the following common solutions:

- **No Display/Power Issues:** Ensure batteries are correctly installed and not depleted. Replace with new AAA batteries if necessary.
- **Inaccurate Readings:** Ensure the scale is placed on a hard, flat, and stable surface. Avoid carpets or uneven

flooring. Step on the scale barefoot for accurate body composition analysis, ensuring your feet are clean and dry and make full contact with the electrodes.

- **App Sync Issues:** Check that Bluetooth is enabled on your smartphone. Ensure the FITINDEX app is open and updated to the latest version. Try restarting both the scale (by removing and reinserting batteries) and your smartphone if issues persist.
- **Scale Not Turning On:** If the display remains blank, check the battery orientation and ensure they are fresh.

SPECIFICATIONS




Attribute	Detail
Product Dimensions	10.2 x 10.2 x 0.9 inches
Product Weight	2.25 Pounds
Item Model Number	FT-26BB-B
Batteries	3 AAA batteries required (included)
Manufacturer	FITINDEX
Display Type	LED

WARRANTY AND SUPPORT

For detailed warranty information, product registration, or technical support, please refer to the documentation included in your product packaging. You may also visit the official FITINDEX website for the most up-to-date support resources and contact information.

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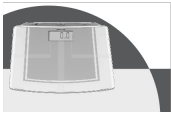
Related Documents - FT-26BB-B

	<p>FITINDEX F-MSC01 Body Composition Scale User Manual</p> <p>User manual for the FITINDEX F-MSC01 Body Composition Scale, providing instructions on setup, usage, troubleshooting, technical specifications, warranty, and regulatory compliance. Learn how to measure weight, BMI, body fat percentage, and more.</p>
	<p>FITINDEX Smart Body Tape Measure FF-01 User Manual</p> <p>User manual for the FITINDEX Smart Body Tape Measure Model FF-01, detailing product features, specifications, safety instructions, troubleshooting, and app connection.</p>
	<p>Smart Body Fat Scale FG2016LB-B User Manual - Features, Setup, and Troubleshooting</p> <p>Comprehensive user manual for the Smart Body Fat Scale FG2016LB-B by Guangdong Welland Technology Co., Ltd. Learn about body index measurements, setup, app pairing, troubleshooting, and FCC compliance.</p>



[ABLEGRID Smart Body Fat Scale FG2408WB-B: Instruction Manual & User Guide](#)

Comprehensive instruction manual for the ABLEGRID FG2408WB-B Smart Body Fat Scale. Learn how to use the scale, connect to the Fitdays app, understand measurements, troubleshoot issues, and follow safety guidelines.



[Soehnle Body Balance Slim Design FT 4 User Manual](#)

Comprehensive user manual for the Soehnle Body Balance Slim Design FT 4 body analysis scale. Learn how to measure body weight, body fat, body water, and energy consumption for improved health and fitness.