

FITINDEX FT-STM001-US

FITINDEX Smart Bluetooth Body Measuring Tape User Manual

Model: FT-STM001-US

INTRODUCTION

Thank you for choosing the FITINDEX Smart Bluetooth Body Measuring Tape. This device is designed to provide accurate and convenient body measurements, helping you track your fitness progress effectively. By connecting to the FITINDEX app, you can monitor changes in 12 different body parts and visualize your journey towards your health goals.

PRODUCT FEATURES

- **Accurate Measurements:** Features a retracting button and pin lock mechanism for precise readings of various body parts.
- **Multifunctional Use:** Capable of measuring 12 different body parts including biceps, calves, hips, thighs, waist, shoulders, bust, neck, and abdomen.
- **Smart App Integration:** Seamlessly syncs data with the FITINDEX app via Bluetooth 4.0 or higher, allowing for comprehensive fitness tracking and progress visualization.
- **User-Friendly Design:** Equipped with a retractable easy-lock hook for convenient self-measurement and a large, clear LCD display for easy reading.
- **Multiple User Support:** The FITINDEX app supports an unlimited number of users, making it suitable for family use.
- **Durable Construction:** The tape measure is coated with UV paint for enhanced durability and resistance to blur.



Image: The FITINDEX Smart Bluetooth Body Measuring Tape displaying a measurement, alongside a smartphone showing the connected FITINDEX app interface with various body part measurements.

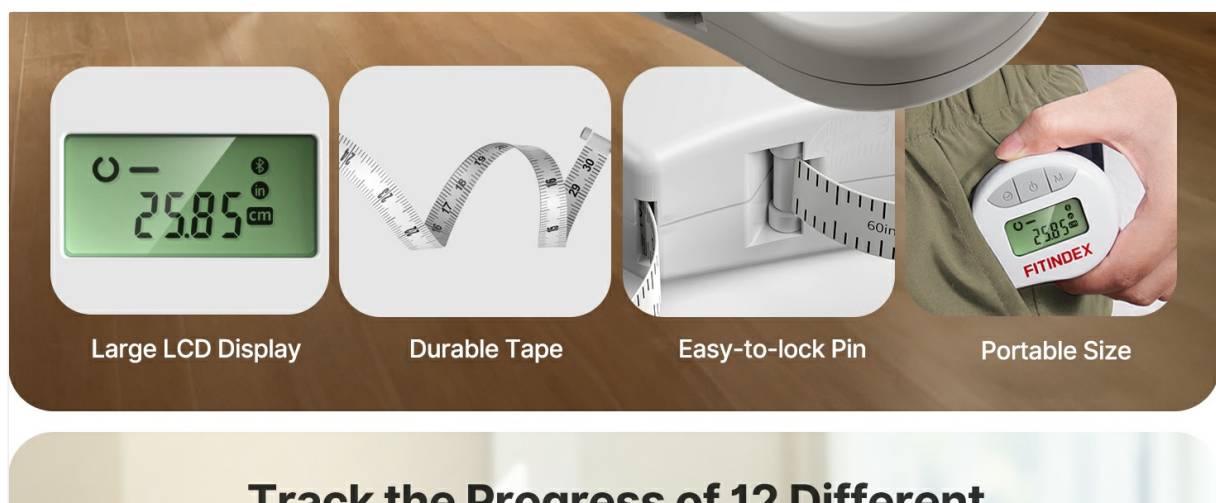


Image: A visual representation highlighting the key features of the tape measure: a large LCD display, durable tape material, an easy-to-lock pin mechanism, and its portable size.

GETTING STARTED

Package Contents

- FITINDEX Smart Bluetooth Body Measuring Tape
- 1 x Lithium Metal Battery (pre-installed or included separately)
- User Manual

Battery Installation

1. Locate the battery compartment on the back of the device.
2. Open the compartment cover.
3. Insert the included Lithium Metal battery, ensuring correct polarity (+/-).
4. Close the battery compartment cover securely.

App Download and Pairing

1. Download the **FITINDEX** app from your smartphone's app store (iOS or Android).
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the FITINDEX app and create an account or log in.
4. Turn on the measuring tape by pressing the power button. The Bluetooth icon on the display should blink.
5. Within the app, navigate to the device pairing section (often found under 'Devices' or 'Add Device').
6. Select the FITINDEX Smart Body Measuring Tape from the list of available devices to pair. The Bluetooth icon on the tape measure's display will become solid once connected.

OPERATING INSTRUCTIONS

Taking a Measurement (Circumference Mode)

1. Press the power button to turn on the device.
2. Pull out the tape measure to the desired length.
3. Wrap the tape around the body part you wish to measure.
4. Insert the pin at the end of the tape into the slot on the device to secure it.
5. Press the retracting button to gently tighten the tape until it fits snugly without compressing the skin.
6. Read the measurement displayed on the LCD screen. The measurement will automatically sync to the FITINDEX app if connected.

Taking a Measurement (Length Mode)

1. Press the power button to turn on the device.
2. Pull out the tape measure to the desired length.
3. The measurement will be displayed on the LCD screen. This mode is suitable for measuring flat surfaces or distances.

2 Measurement Modes



Image: The FITINDEX Smart Body Measuring Tape illustrating its two measurement modes: Length Mode, where the tape is extended for linear measurement, and Circumference Mode, where the tape is looped and secured for body measurements.

Switching Units (Inch/CM)

Press the 'M' button on the device to toggle between inches (in) and centimeters (cm) units on the LCD display.

Viewing and Syncing Data

- Once a measurement is taken and the device is paired, the data will automatically sync to the FITINDEX app.
- Open the FITINDEX app to view your measurement history, track trends, and analyze your progress over time.

Track Your Progress Via FITINDEX App



Image: A woman using the FITINDEX Smart Body Measuring Tape around her waist, with a smartphone displaying a graph of measurement progress within the FITINDEX app.

Managing User Profiles

- The FITINDEX app allows you to create and manage multiple user profiles.
- Each user can track their individual measurements and progress independently.
- To switch between users, navigate to the 'My Account' or 'Users' section within the app.

Unlimited Users

Easy to Manage Goals and Progress for all Family Members



Image: A family (mother, father, daughter, and dog) in a living room setting, each with a FITINDEX tape measure, demonstrating the product's support for unlimited users within the app.

CARE AND MAINTENANCE

- **Cleaning:** Wipe the device with a soft, dry cloth. Do not use abrasive cleaners or immerse the device in water.
- **Storage:** Store the measuring tape in a cool, dry place away from direct sunlight and extreme temperatures.
- **Battery:** If the device will not be used for an extended period, remove the battery to prevent leakage.
- **Handling:** Handle the device with care to avoid damage to the tape or internal components.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on	Low or dead battery; incorrect battery installation	Replace the battery or ensure it is installed correctly. Try removing the battery for 5 seconds and reinserting it to reset the device.
Cannot connect to app via Bluetooth	Bluetooth is off; device not in pairing mode; app issue	Ensure Bluetooth is enabled on your phone. Turn the tape measure off and on again. Restart the FITINDEX app. Ensure your phone's operating system is compatible (Bluetooth 4.0 or higher).
Inaccurate measurements	Tape not properly secured; device malfunction	Ensure the pin is securely locked and the tape is snug. Compare digital reading with the physical markings on the tape. If discrepancies persist, contact customer support.
Tape does not retract smoothly	Internal mechanism obstruction or damage	Do not force the tape. Ensure there are no kinks or twists. If the issue continues, contact customer support.



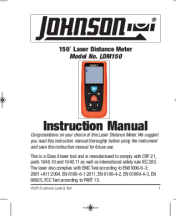

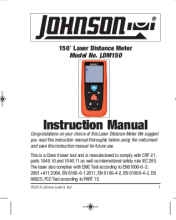
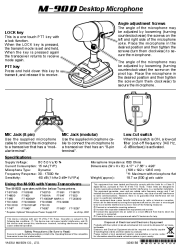
SPECIFICATIONS

- **Model:** FT-STM001-US
- **Brand:** FITINDEX
- **Color:** White
- **Product Dimensions:** 61 x 60 x 0.04 inches (approx. 155 x 152 x 0.1 cm)
- **Item Weight:** 3.53 ounces (approx. 0.1 Kilograms)
- **Measurement Accuracy:** ±3mm
- **Batteries:** 1 x Lithium Metal battery (included)
- **Connectivity:** Bluetooth 4.0 or higher

CUSTOMER SUPPORT

For further assistance, troubleshooting, or warranty inquiries, please contact FITINDEX customer support. Refer to the product packaging or the official FITINDEX website for the most up-to-date contact information.

Related Documents - FT-STM001-US

	<p>General LTM1 50 Ft. Laser & Tape Measure: Instructions and Specifications</p> <p>Comprehensive instructions and specifications for the General LTM1 50 Ft. Laser & Tape Measure, detailing its features, operation, safety guidelines, and warranty information.</p>
	<p>Soehnle Body Balance Slim Design FT 4 User Manual</p> <p>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.</p>
	<p>Johnson LDM150 150' Laser Distance Meter Instruction Manual</p> <p>Comprehensive instruction manual for the Johnson LDM150 150' Laser Distance Meter, covering features, safety, operation, troubleshooting, specifications, and warranty. Learn how to use its various measurement modes including length, area, volume, and Pythagoras calculations.</p>
	<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>Johnson LDM150 150' Laser Distance Meter Instruction Manual - Features, Safety, Specs</p> <p>Get detailed instructions for the Johnson LDM150 150' Laser Distance Meter. Learn about its features, measurement modes, safety guidelines, troubleshooting, and technical specifications for accurate job site measurements.</p>
	<p>Yaesu M-90D Desktop Microphone User Guide</p> <p>This document provides information on the Yaesu M-90D Desktop Microphone, including its features, specifications, and compatibility with Yaesu transceivers. It details the LOCK key, PTT key, angle adjustment screws, MIC jacks, and low-cut switch. The guide also includes safety precautions and disposal information for electronic equipment.</p>