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NUTRI FIT IF2062D

NUTRI FIT Smart Body Weight Scale

Model: IF2062D

INTRODUCTION

The NUTRI FIT Smart Body Weight Scale is an advanced digital scale designed to help you monitor your health and fitness progress. Utilizing bioelectrical impedance analysis (BIA) technology, it provides comprehensive insights into your body composition beyond just weight. This manual will guide you through the setup, operation, and maintenance of your new smart scale.



Image: Front view of the NUTRI FIT Smart Body Weight Scale, displaying its sleek black design and digital readout.

SETUP

1. Battery Installation

Your scale requires 4 AAA batteries, which are included. To install them:

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

High Accuracy

The self-developed chip is used to ensure sensitive response and accurate results. Step on it and it will automatically measure.



4 High Precision Anti-Slip Sensors



Safely Rounded Corner



Large LED Quick Read Display



Included 4 AAA Batteries

Image: The underside of the scale, highlighting the battery compartment and four high-precision anti-slip sensors.

Video: Demonstrates how to install batteries and convert units (lb/kg/st) using the button inside the battery compartment.

2. Placing the Scale

For accurate measurements, place the scale on a hard, flat surface. Avoid carpets or uneven flooring, as this can affect the precision of the readings.

3. SenssunLife App Download and Setup

The SenssunLife app is essential for accessing all 15 body composition analyses and tracking your progress. It is compatible with Bluetooth 4.0, Android 4.3, and iOS 8.0 or above.

1. Search for "SenssunLife" in the Google Play Store (for Android) or Apple App Store (for iOS), or scan the QR code provided in the product packaging.
2. Download and install the app.
3. Upon first opening, the app will prompt you to create a new user account. You can register for a "Cloud" account (recommended for data backup) or use a "Customer" account (data may be lost if the app is deleted or device changed).
4. Fill in your personal profile details (Name, Gender, Date of Birth, Height, Activity Level) accurately to ensure

precise and scientific results during data processing.

4. Connecting to Bluetooth

To connect your scale to the SenssunLife app:

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the SenssunLife app.
3. In the app, navigate to the "Add Devices" section and select "Bluetooth Scale."
4. Step onto the scale briefly to turn it on and activate its Bluetooth function.
5. The app will automatically detect and bind with your scale. Confirm the connection when prompted.

Video: Comprehensive guide on downloading the SenssunLife app, setting up a user profile, connecting the scale via Bluetooth, and initiating a measurement.

OPERATING THE SCALE

1. Taking a Measurement

To take a measurement:

1. Ensure the scale is on a hard, flat surface.
2. Open the SenssunLife app on your smartphone and ensure it's connected to the scale via Bluetooth.
3. Step onto the scale barefoot, ensuring your feet are in contact with the four electrode pads. Stand still until your weight stabilizes and flashes on the LED display.
4. The app will then proceed with the fat measurement and display all 15 body composition parameters. The scale will automatically turn off after a few seconds.

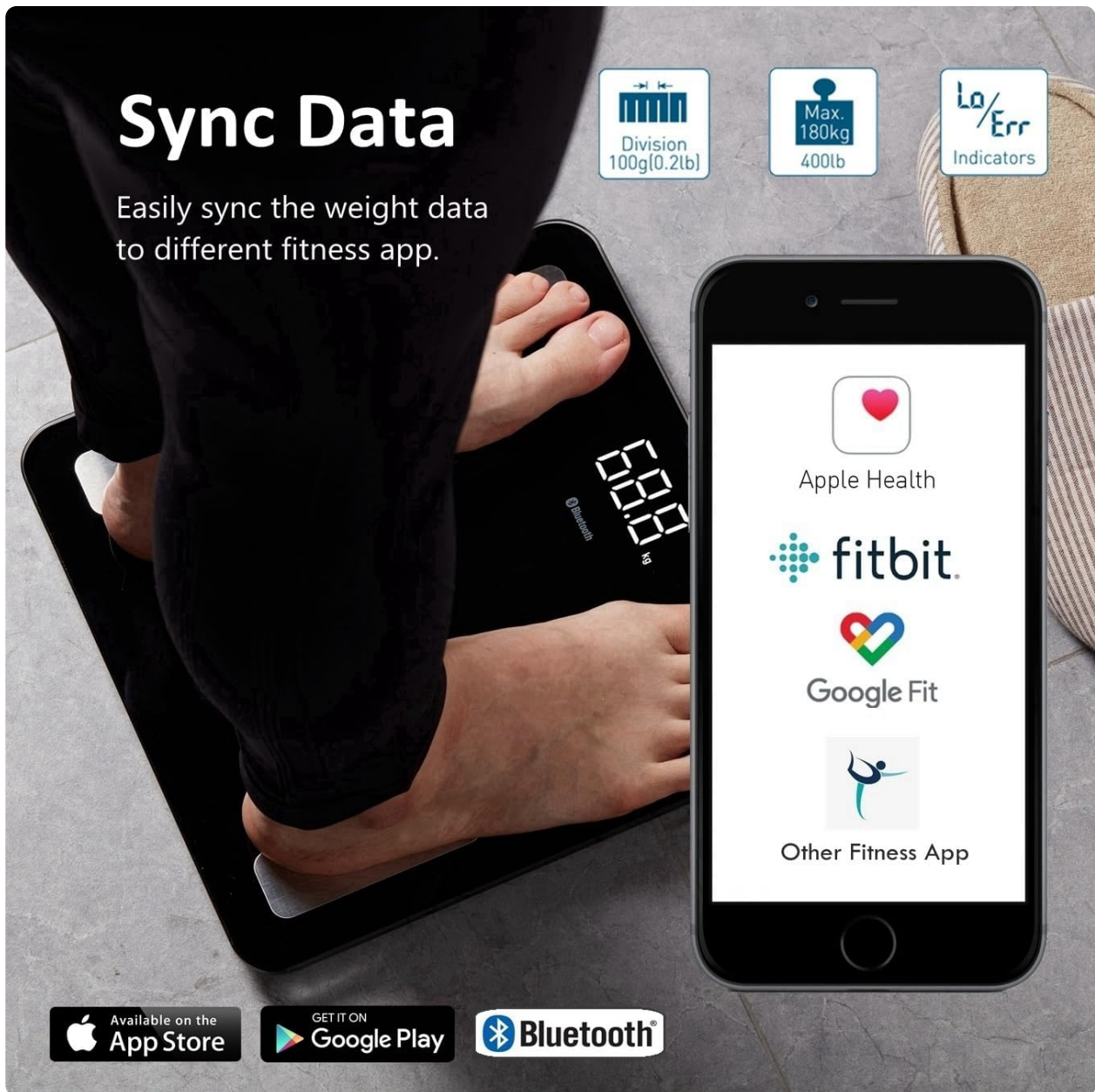


Image: A user standing on the scale, demonstrating the seamless data synchronization with various fitness applications.

2. Understanding Your Body Composition Data

The SenssunLife app provides a comprehensive analysis of 15 key body composition metrics:

- **Weight:** Your total body mass.
- **Body Fat:** Percentage of body weight that is fat.
- **Body Water:** Percentage of body weight that is water.
- **Muscle:** Percentage of body weight that is muscle mass.
- **Protein:** Percentage of body weight that is protein.
- **Bone:** Bone mineral content.
- **BMI (Body Mass Index):** A measure of body fat based on height and weight.
- **BMR (Basal Metabolic Rate):** The number of calories required to keep your body functioning at rest.
- **Somatotype:** Body type classification.
- **Lean Body Mass:** Total body weight minus body fat.
- **AMR (Active Metabolic Rate):** Calories burned during daily activities.
- **Subcutaneous Fat:** Fat stored directly under the skin.
- **Skeletal Muscle:** Muscle attached to bones, responsible for movement.

- **Visceral Fat Index:** Fat stored around internal organs.
- **Body Age:** Your body's biological age based on your health metrics.

All this data is saved in the SenssunLife app, allowing you to track trends and progress over time.

15 Essential Measurements

Analyse 15 kinds of comprehensive physical data via SenssunLife App.

10.2 inches

10.2 inches

0.0 kg

Bluetooth

SENSUN

CLASSIC OF FLORISTRY

15 Essential Measurements:

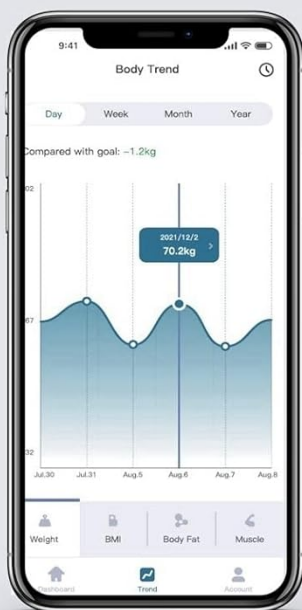
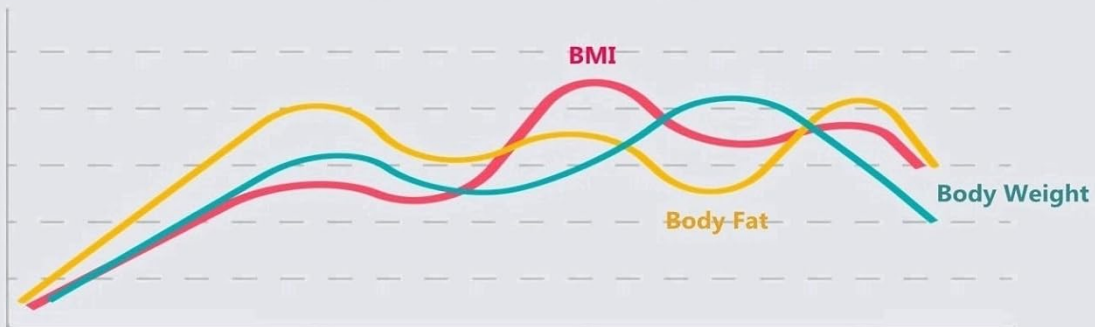
- Weight
- BMI (Body mass index)
- Body fat
- Body water
- Skeletal muscle
- Subcutaneous fat
- Body age
- Somatotype
- Body bone
- Protein
- Body muscle
- Visceral fat index
- BMR/AMR
- Body score
- Lean body mass

Image: Visual representation of the 15 essential body composition measurements analyzed by the SenssunLife app.

Track Your Progress



You can know all the data changes from the app on a daily or monthly, and set goals to further manage your fitness plan.



★ **Our Scale**
(Data are measured by contacting the bioelectrode with your foot.)



Others
(Only the weight can be measured, other data are obtained by the algorithm.)

Image: The SenssunLife app displaying historical data trends for body weight, BMI, and body fat, illustrating progress tracking.

3. Quick Read LED Display

Even without your smartphone, the scale's LED screen provides immediate readings for your Body Weight, Body Fat, and Body Water percentages.

Quick Read LED Display



If your smart phone is not around, you can quickly read the three main data of body fat, weight, water directly from the LED SCREEN.

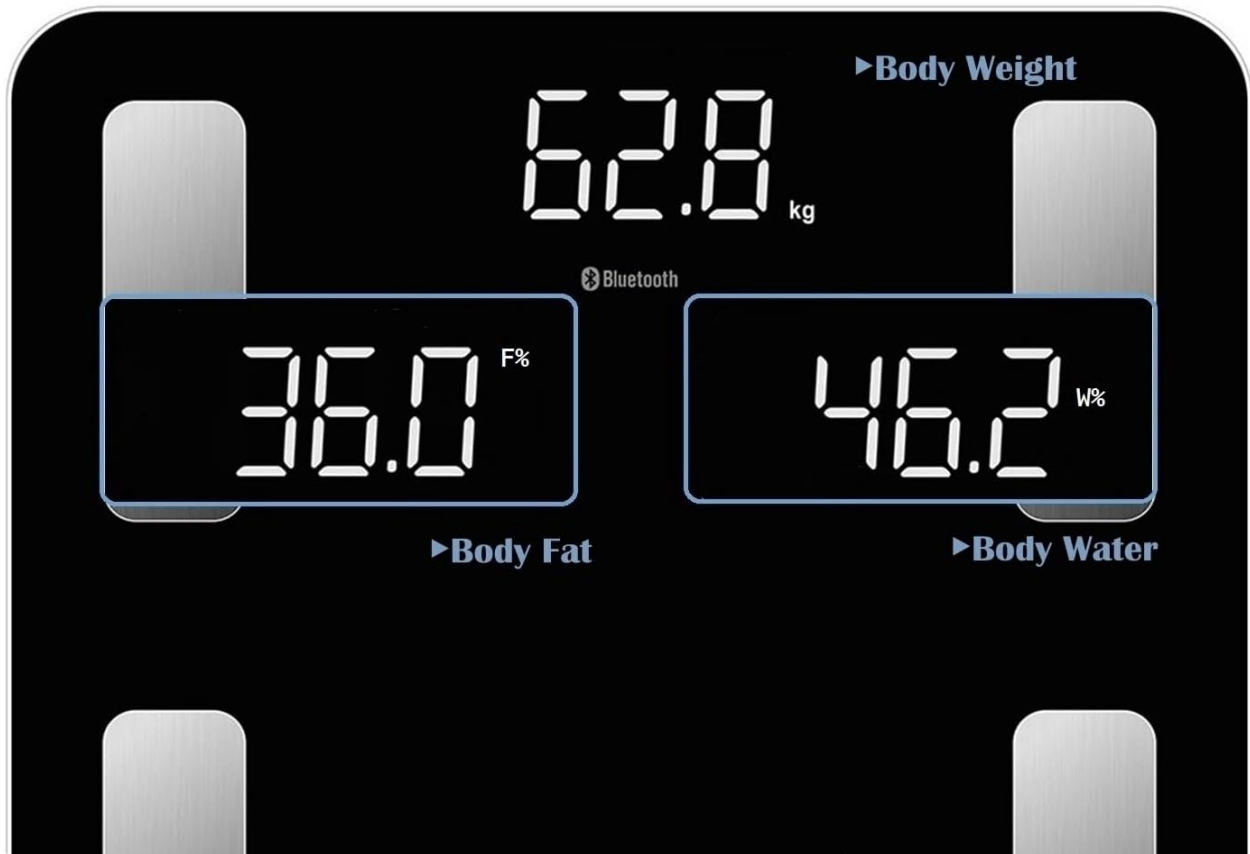


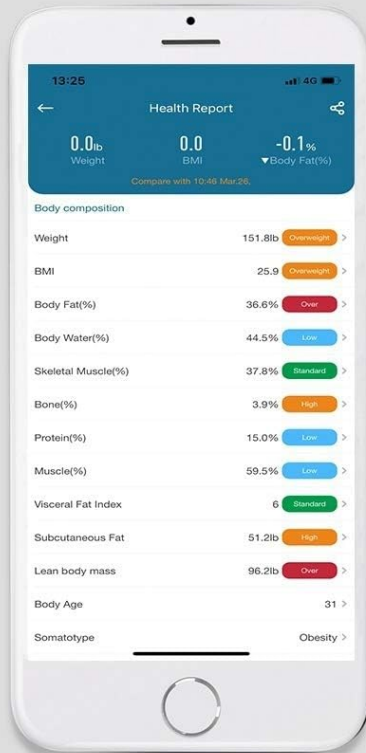
Image: A detailed view of the scale's LED display, showing immediate readings for body weight, body fat, and body water.

4. Multi-User Support

The SenssunLife app allows for unlimited user profiles, making it convenient for multiple family members to use the same scale. Each user's data is stored separately and privately within their own profile.

Auto Recognition, Unlimited Users, High Privacy

Your companions can use the same scale with their accounts but no one can see each other's data.



Dad's Weight: 228 lb

Body Fat: 26.5%

Body Fat High

Sherry's Weight: 56.3 lb

BIM: 20.5

BIM is Standard



Mom's Weight: 136.2 lb

Body Water: 48.5%

Body Water Standard

Image: Illustrates the multi-user feature of the SenssunLife app, allowing different family members to track their individual health data.

5. Baby Mode

The Baby Mode feature allows you to weigh your baby accurately. Simply weigh yourself first, then hold your baby and step on the scale again. The app will automatically calculate and display your baby's weight by deducting your own.

BABY MODE

Let you hold your baby while weighing and deduct your weight from you and your baby's total weight.

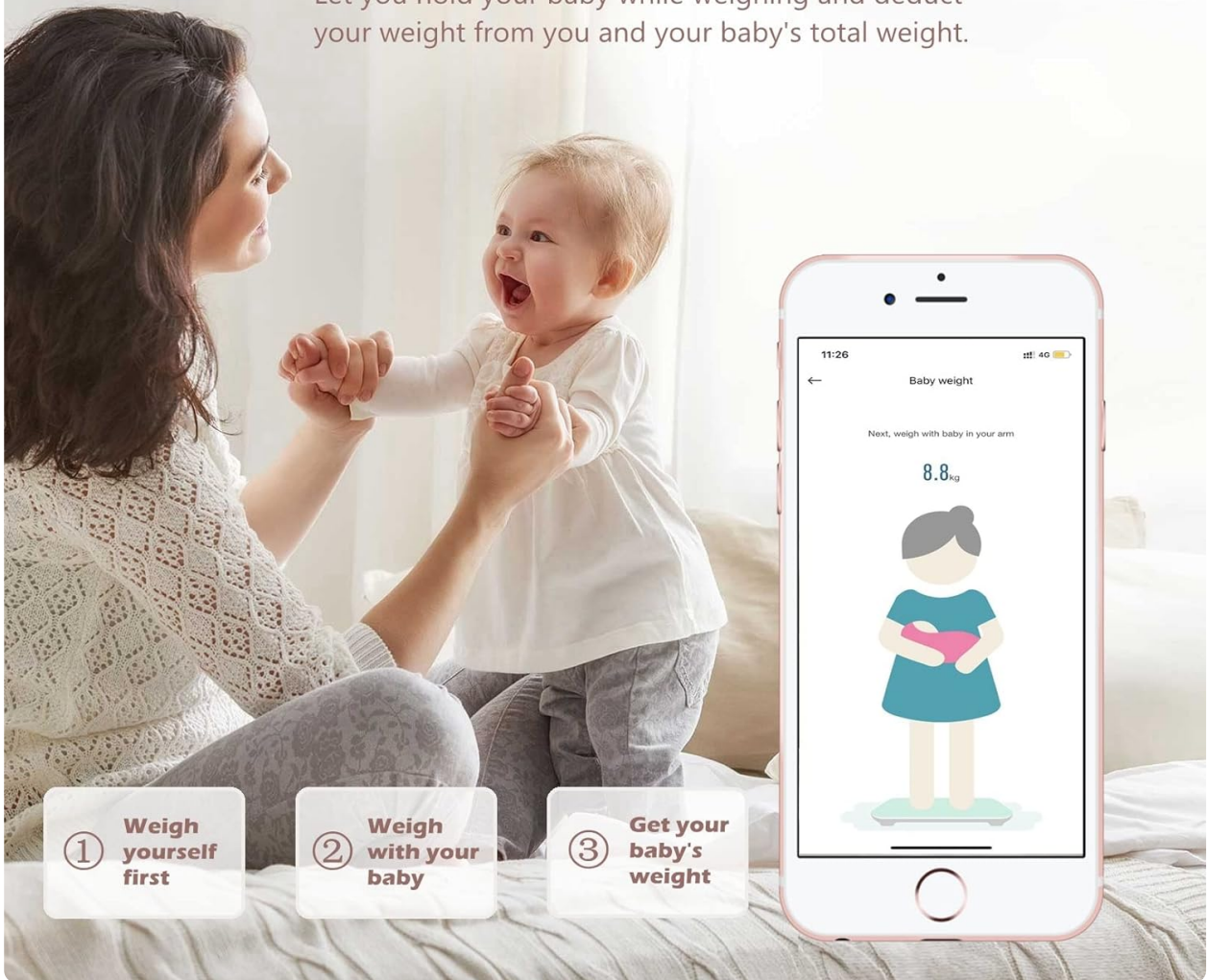


Image: Demonstrates the Baby Mode feature, allowing parents to easily weigh their infants.

MAINTENANCE

To ensure the longevity and accuracy of your NUTRI FIT Smart Body Weight 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 dry place at room temperature. Avoid extreme temperatures or high humidity.
- **Handling:** Handle the scale with care. Avoid dropping it or subjecting it to strong impacts, as this can damage the sensors.
- **Battery Replacement:** Replace batteries when the display indicates low power or becomes dim. Always replace all 4 AAA batteries at the same time.

TROUBLESHOOTING

If you encounter issues with your NUTRI FIT Smart Body Weight Scale, refer to the following common troubleshooting tips:

- **Inaccurate Readings:** Ensure the scale is placed on a hard, flat, and level surface. Avoid carpets or soft flooring. Make sure your feet are clean, dry, and in full contact with all four electrode pads.
- **No Display/Power Issues:** Check if the batteries are correctly installed and have sufficient charge. Replace all 4 AAA batteries if necessary.
- **Bluetooth Connectivity Issues:** Ensure Bluetooth is enabled on your smartphone and the SenssunLife app has permission to access Bluetooth. Step on the scale to activate it before attempting to connect. If issues persist, try restarting your phone and the scale.
- **App Data Sync Problems:** Verify that your phone's operating system (Android 4.3+ or iOS 8.0+) and Bluetooth version (4.0+) are compatible. Ensure the app is updated to the latest version.
- **"Lo" or "Err" on Display:** "Lo" typically indicates low battery. "Err" can indicate an overload (exceeding 400 lbs/180 kg) or an unstable measurement. Step off the scale and try again.

For further assistance, please contact NUTRI FIT customer support.

SPECIFICATIONS

Feature	Detail
Brand	NUTRI FIT
Model	IF2062D (as per video title, product page lists IF2062A in video)
Color	Noble Black
Special Feature	Smart Body Composition Analysis
Display Type	LED
Weight Limit	400 Pounds (180 kg)
Accuracy	0.2 lb / 0.1 kg increments
Sensors	4 High Precision Sensors
Connectivity	Bluetooth 4.0
App Compatibility	SenssunLife App (Android 4.3+ & iOS 8.0+), Apple Health, Google Fit
Power Source	4 AAA batteries (included)
Dimensions	10 x 10 x 1 inches (approx. 25.4 x 25.4 x 2.54 cm)
Weight	3 Pounds (approx. 1.36 kg)

WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the contact details provided with your product packaging or visit the official NUTRI FIT website. Keep your purchase receipt as proof of purchase for any warranty claims.