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› Little Balance 8359 Fitdays USB Connected Impedance Meter User Manual

LITTLE BALANCE 8359

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INTRODUCTION

Thank you for choosing the Little Balance 8359 Fitdays USB Connected Impedance Meter. This smart scale is designed to provide a comprehensive analysis of your body composition, including weight, body fat, water percentage, muscle mass, and bone mass. Featuring a real bamboo platform and USB rechargeable "Green Power" technology, it offers convenience and precision. This manual will guide you through the setup, operation, and maintenance of your device.



Image: The Little Balance 8359 scale, featuring a bamboo surface and a digital display. A smartphone displaying the Fitdays app interface and a USB charging cable are also shown, highlighting the product's connectivity and power features.

PRODUCT FEATURES

- **Comprehensive Body Composition Analysis:** Measures BMI, body fat, water percentage (hydration mass), muscle mass, and bone mass. Provides a total of 13 indicators.
- **Unique 4-Contact Technology:** Equipped with 4 invisible electrodes that ensure precise and reliable measurements through dual bio-impedance.
- **Green Power USB Technology:** Operates without batteries, rechargeable via USB. A 3-hour charge provides up to 6 months of autonomy (approximately 500 weigh-ins).
- **Fitdays App Connectivity:** Automatically synchronizes data with your smartphone via Bluetooth. Tracks all your health data in real-time with historical records and graphical visualization. Includes reference values and an "Athlete" mode for sports enthusiasts.
- **Multi-User Support:** Stores up to 10 user profiles with automatic user recognition. Features a "Baby Weighing" mode.
- **Durable Design:** Features a natural bamboo platform.
- **Display:** Large LCD screen (80 x 40 mm) for clear readings.



Image: Front view of the Little Balance 8359 scale, highlighting its natural bamboo finish and clear digital display.



Image: The Little Balance 8359 scale with dimensions indicated as 300 mm x 300 mm, illustrating its compact square design.

SETUP GUIDE

1. **Unpack the Scale:** Carefully remove the scale and all accessories from the packaging. Ensure the USB charging cable is present.
2. **Initial Charge:** Before first use, fully charge the scale using the provided USB cable. Connect the cable to the scale's charging port and a standard USB power source (e.g., computer, USB wall adapter). A full charge takes approximately 3 hours. The display may indicate charging status.
3. **Place the Scale:** Position the scale on a hard, flat, and stable surface. Avoid carpets or uneven flooring, as this can affect measurement accuracy.
4. **Download the Fitdays App:**

Download the "Fitdays" application from your smartphone's app store (Apple App Store for iOS or Google Play Store for Android). You can also scan the QR code provided on the product packaging or in the manual for direct access.



GARANTIE

Image: A smartphone showing the Fitdays app's registration screen, alongside a QR code for easy app download. This illustrates the initial step for connecting the scale to the mobile application.

For more information or to download the app, visit: wellandtec.com/fitdays

5. Pair with App:

- Enable Bluetooth on your smartphone.

- Open the Fitdays app and create your user profile.
- Step onto the scale barefoot to activate it and initiate the pairing process. The app should detect the scale automatically. Follow the on-screen prompts in the app to complete pairing.

OPERATING INSTRUCTIONS

Standard Weighing and Body Composition Analysis

1. **Step On:** Ensure the scale is on a flat, hard surface. Step onto the scale barefoot, placing your feet on the four metal electrodes. Stand still.
2. **Readings:** The scale will display your weight first. Then, it will perform the body composition analysis. Keep the Fitdays app open on your smartphone and Bluetooth enabled for automatic data synchronization.
3. **View Data:** All measured data (weight, BMI, body fat, muscle mass, etc.) will be displayed on the scale's LCD screen and automatically transferred to your Fitdays app profile.

Multi-User Function

- The scale can store up to 10 user profiles.
- Once each user has created a profile in the Fitdays app and performed an initial weigh-in, the scale will automatically recognize the user based on their weight.
- Ensure the correct user profile is selected in the app before weighing if multiple users have similar weights.

Baby Weighing Mode

- To weigh a baby, first weigh yourself alone.
- Then, hold the baby and step onto the scale again. The app will calculate the baby's weight by subtracting your weight.
- Refer to the Fitdays app instructions for specific steps on activating and using the baby weighing mode.

Athlete Mode

- If you are an athlete or engage in intense physical activity, activate the "Athlete Mode" in the Fitdays app settings. This mode adjusts the body composition algorithm for more accurate readings for individuals with higher muscle mass.



Image: A detailed view of the scale's surface, highlighting the four metal electrodes essential for bio-impedance analysis. Users must stand barefoot on these electrodes for accurate body composition measurements.

MAINTENANCE

- **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 direct sunlight.
- **Charging:** Recharge the scale when the battery indicator is low. A full charge provides approximately 6 months of use.

- **Avoid Impact:** The scale is made with a durable bamboo platform, but avoid dropping it or subjecting it to heavy impacts to prevent damage.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Scale does not turn on.	Low battery.	Charge the scale using the USB cable for at least 3 hours.
Inaccurate weight readings.	Scale on uneven surface; scale not calibrated; user not standing still.	Place the scale on a hard, flat surface. Step on and off quickly to calibrate (zero out) the scale. Stand still during measurement.
Body composition data not displayed/transferred.	Not standing barefoot; feet not making contact with electrodes; Bluetooth off; app not open/paired.	Ensure you are standing barefoot with feet on all four electrodes. Check Bluetooth connection and ensure the Fitdays app is open and paired.
App not connecting to scale.	Bluetooth off; scale not active; app permissions.	Ensure Bluetooth is enabled on your phone. Step on the scale to activate it. Check app permissions for Bluetooth access. Restart the app and try again.
"Lo" or "Err" message on display.	Low battery ("Lo"); measurement error ("Err").	Charge the scale if "Lo" appears. For "Err", step off, wait a few seconds, and step back on. Ensure stable footing.

SPECIFICATIONS

- **Model Number:** 8359
- **Brand:** LITTLE BALANCE
- **Material:** Real Bamboo platform
- **Maximum Weight Capacity:** 150 Kilograms
- **Measurement Precision:** 100 Grams
- **Display Type:** LCD (80 x 40 mm)
- **Power Source:** Rechargeable Lithium-ion battery (included), USB charging
- **Battery Autonomy:** Approximately 6 months (500 uses) on a 3-hour charge
- **Connectivity:** Bluetooth, Fitdays App (iOS & Android)
- **Dimensions:** 30 x 30 cm (approx. 11.8 x 11.8 inches)
- **Item Weight:** 1260 Grams
- **Included Components:** USB cable

WARRANTY INFORMATION

The Little Balance 8359 Fitdays USB Connected Impedance Meter comes with a **5-year warranty**. This warranty covers manufacturing defects and ensures the proper functioning of your device under normal use. Please retain your proof of purchase for warranty claims. For detailed warranty terms and conditions, refer to the product packaging or contact customer support.



Image: A graphic indicating a 5-year warranty for the product.

SUPPORT

For further assistance, technical support, or warranty inquiries, please contact Little Balance customer service.

- **Online Resources:** Visit the official Little Balance website or the Fitdays app support page for FAQs and additional information.
- **Fitdays App Support:** For issues related to the Fitdays application, refer to the app's help section or visit wellandtec.com/fitdays.

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ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question