

FITAGE FITAGE-01

FITAGE FITAGE-01 Smart Personal Scale User Manual

Model: FITAGE-01

1. INTRODUCTION

Thank you for choosing the FITAGE FITAGE-01 Smart Personal Scale. This manual provides essential information for the safe and effective use of your new scale. Please read it thoroughly before first use and keep it for future reference.

The FITAGE-01 Smart Personal Scale is designed to measure body weight and, when connected to the FITAGE app, provides comprehensive body composition analysis including BMI, body fat, muscle mass, and more.

2. SAFETY INFORMATION

- Do not use this device if you have a pacemaker or other internal medical device.
- Do not use this device if you are pregnant.
- The scale surface can be slippery when wet. Ensure the surface is dry before stepping on.
- Do not jump on the scale or use it for purposes other than weighing.
- Keep the scale away from strong electromagnetic fields.
- This scale is intended for household use only.
- Maximum weight capacity is 180 kg.

3. PACKAGE CONTENTS

- FITAGE FITAGE-01 Smart Personal Scale
- 2x AA Batteries (included)
- User Manual (this document)

4. PRODUCT OVERVIEW

The FITAGE-01 Smart Personal Scale features a sleek black design with a clear LCD display and four high-precision G-sensors for accurate measurements. It utilizes Bio-Impedance Analysis (BIA) technology to provide detailed body composition data.



Image: The FITAGE FITAGE-01 Smart Personal Scale, black in color, displaying "67.00 kg" on its red LED screen. A smartphone showing the FITAGE app and a smartwatch are positioned next to it, illustrating connectivity.

Key Features:

- **High Accuracy:** Equipped with 4 G-sensors for precise measurements (accuracy of 50 grams).
- **Body Composition Analysis:** Measures 17 essential metrics including weight, BMI, body fat, muscle mass, water balance, bone mass, BMR, protein, skeletal muscle, metabolic age, and more.
- **Smart Connectivity:** Connects via Bluetooth to the FITAGE app (available on App Store and Google Play).
- **Multi-User Support:** Supports an unlimited number of users, ideal for families.
- **Integration:** Syncs data with Apple Health, Health Connect, and Fitbit.
- **Durable Design:** Made with tempered durable glass and ABS material.

5. SETUP

5.1. Battery Installation

1. Open the battery compartment on the underside of the scale.
2. Insert the 2 AA batteries, ensuring correct polarity (+/-).
3. Close the battery compartment securely.



Image: The underside of the FITAGE scale, highlighting the battery compartment where 2x AAA batteries are inserted. Dimensions of 28 cm by 28 cm and a height of 2.4 cm are also shown.

5.2. App Download and Installation

To unlock the full features of your smart scale, download the FITAGE app on your smartphone.

- Scan the QR code (if provided on packaging) or search for "FITAGE" in the Apple App Store (for iOS devices) or Google Play Store (for Android devices).
- Download and install the app.
- Create an account and set up your personal profile (gender, age, height, etc.). This information is crucial for accurate body composition analysis.

17 LICHAAMSGEGEVENS

BELANGRIJKE MEETWAARDEN
VOOR EEN GOEDE GEZONDHEID

	GEWICHT		ONDERHUIDS VET
	BMI		VISCERAAL VET
	LICHAAMSVET		SPIEROPSLAGVERMOGEN
	SPIERMASSA		SKELETSPIER
	VOCHTBALANS		EIWIT
	BOTMASSA		METABOLE LEEFTIJD
	BMR (METABOLISME)		LICHAAMSTYPE
	VETVRIJ LICHAAMSGEWICHT		LENGTE
			OMTREK



Image: A graphic illustrating how to download the FITAGE app from the App Store or Google Play. It also shows three smartphone screens displaying the app's interface for saving, measuring, and tracking health data.

5.3. Pairing with the App (Bluetooth)

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the FITAGE app.
3. Step onto the scale to activate it. The display will light up.
4. The app should automatically detect the scale and prompt you to pair. Follow the on-screen instructions to complete the pairing process.
5. Once paired, your measurements will automatically sync to the app.

6. OPERATING INSTRUCTIONS

6.1. Taking a Measurement

1. Place the scale on a hard, flat surface. Avoid carpets or uneven floors for accurate readings.
2. Step onto the scale barefoot. Ensure your feet are in contact with the four metal electrodes on the scale surface.
3. Stand still until your weight is displayed and stabilized on the scale's LCD screen.
4. If the app is open and connected via Bluetooth, your weight and other body composition data will automatically sync to your profile in the app.

VOLG JE VOORUITGANG

WEEGSCHAAL MET
LICHAAMSANALYSE



Image: A person's bare feet are shown on the FITAGE scale, which displays "85.88 kg". Below, two smartphone screens illustrate the FITAGE app tracking weight progress over weeks, months, and years.

6.2. Understanding Your Measurements

The FITAGE app provides detailed insights into 17 key body composition metrics. Refer to the app for explanations and personalized recommendations based on your data.

Meer dan 15.000 klanten hebben we al geholpen met het verbeteren van hun gezondheid

★★★★★

"De weegschaal ziet er strak uit! Werkt zeer correct. De app is makkelijk te bedienen en hem ook nog eens mooi opbergen."

Tim



★★★★★

"De weegschaal ziet er goed uit en werkt naar behoren. Handige app is direct geïnstalleerd. Ee mijn kleine Cor is er ook blij mee!"

Livia



★★★★★

"De weegschaal is makkelijk in gebruik, de app snel geïnstalleerd en gekoppeld. Mooie vormgeving ook!"

Frans



Image: A visual list of 17 body composition measurements provided by the FITAGE scale, including Weight, BMI, Body Fat, Muscle Mass, Water Balance, Bone Mass, BMR, Fat-Free Body Weight, Subcutaneous Fat, Visceral Fat, Muscle Storage, Skeletal Muscle, Protein, Metabolic Age, Body Type, Length, and Circumference. A hand holding a smartphone with the FITAGE app is also visible.

6.3. Multi-User Functionality

The FITAGE app supports an unlimited number of users. Each user can create their own profile within the app, and the scale will automatically recognize the user based on their weight and body composition data, or you can manually select your profile in the app before weighing.

Eén personenweegschaal, Onbeperkt Aantal Gebruikers

Ondersteunt Familiegegevens
en Meerdere Gebruikers



Image: Two individuals, Marit and Dennis, are shown with their respective BMI and weight displayed. Below them, two smartphone screens illustrate the FITAGE app's multi-user interface, allowing selection and addition of family members.

6.4. Syncing with Other Health Apps

The FITAGE app can integrate with popular health platforms to centralize your health data.

- Open the FITAGE app and navigate to the settings or profile section.
- Look for options to connect with "Apple Health," "Health Connect," or "Fitbit."
- Follow the in-app instructions to authorize the connection.

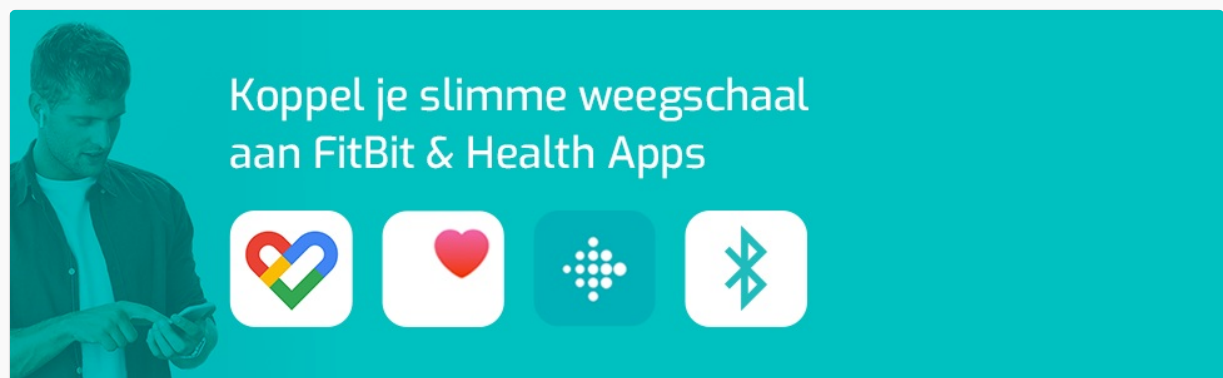


Image: A graphic showing the FITAGE app's compatibility with Apple Health, Health Connect, and Fitbit, indicated by their respective logos.

respective logos.

7. MAINTENANCE

7.1. Cleaning the Scale

- Wipe the scale surface with a soft, damp cloth.
- Do not use abrasive cleaners or immerse the scale in water.
- Ensure the scale is dry before storage or next use.

7.2. Battery Replacement

When the battery indicator appears on the display or in the app, replace the batteries. Follow the instructions in section 5.1 for battery installation.

7.3. Storage

Store the scale in a cool, dry place, away from direct sunlight and extreme temperatures.

8. TROUBLESHOOTING

Problem	Possible Cause	Solution
Scale does not turn on.	Batteries are dead or incorrectly installed.	Check battery polarity or replace with new batteries.
Inaccurate readings.	Scale on uneven surface; not standing still; scale needs calibration.	Place on a hard, flat surface. Stand still. Step on and off quickly to calibrate to zero before weighing.
App not connecting to scale.	Bluetooth is off; app not open; scale not activated.	Ensure Bluetooth is on. Open the FITAGE app. Step on the scale to activate it. Restart phone/app if necessary.
Body composition data not showing.	Not standing barefoot; profile incomplete in app.	Ensure bare feet are in full contact with electrodes. Complete all profile information in the FITAGE app.

9. SPECIFICATIONS

Feature	Detail
Model Number	FITAGE-01
Brand	FITAGE
Color	Black
Weight Limit	180 Kilograms

Feature	Detail
Accuracy	50 Grams
Display Type	LCD
Material	ABS, Glass
Power Source	2 AA batteries (included)
Item Weight	1.2 Kilograms
Product Dimensions	Approximately 28 cm x 28 cm x 2.4 cm
Special Features	Body mass index, Body weight, Body fat, Muscle mass, and 13 other metrics via app.
Connectivity	Bluetooth (for app synchronization)



10. WARRANTY AND SUPPORT



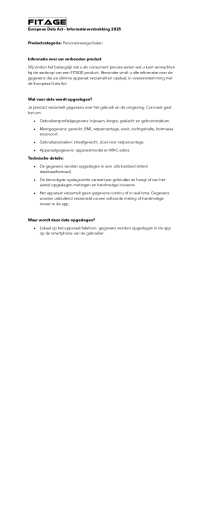
For warranty information and customer support, please refer to the documentation included with your purchase or visit the official FITAGE website. If you encounter any issues not covered in this manual, please contact FITAGE customer service for assistance.

Manufacturer: FITAGE

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Related Documents - FITAGE-01

	<p>FITAGE Smart Scale User Manual - Setup, Features, and Health Tracking</p> <p>User manual for the FITAGE smart scale (FITAGE-21). Learn about BIA technology, health metrics (weight, BMI, body fat, muscle mass), app integration (iOS/Android), setup, and troubleshooting.</p>
	<p>FITAGE Massage Gun User Manual - Features, Operation, and Safety</p> <p>Comprehensive user manual for the FITAGE massage gun (Model FITAGE-23). Learn about its features, how to operate it, install massage heads, maintenance, frequently asked questions, safety warnings, and warranty information. Designed for muscle recovery, pain relief, and overall well-being.</p>

	<p>FITAGE Smart Watch User Manual</p> <p>Comprehensive user manual for the FITAGE Smart Watch, covering setup, features, usage, maintenance, and troubleshooting. Learn how to connect, track activities, and manage your health with this guide.</p>
	<p>FITAGE European Data Act Information - Connected Scales Data Collection</p> <p>Information from FITAGE regarding data collection, storage, and user rights under the European Data Act for their connected personal scales.</p>
	<p>FITAGE Personenweegschaal: Informatie over Data Gebruik volgens Europese Data Act</p> <p>Gedetailleerde informatie over de gegevens die FITAGE personenweegschalen verzamelen, opslaan en beheren, conform de Europese Data Act. Ontdek welke data wordt verzameld, waar deze wordt opgeslagen en hoe u uw gegevens kunt beheren.</p>