

himaly RBU-SCALE-X1468

himaly RBU-SCALE-X1468 Smart Body Fat Scale User Manual

Model: RBU-SCALE-X1468

1. INTRODUCTION

This manual provides comprehensive instructions for the setup, operation, and maintenance of your himaly RBU-SCALE-X1468 Smart Body Fat Scale. This device is designed to measure various body composition metrics and synchronize data with a smartphone application for detailed health tracking.

The himaly Smart Body Fat Scale utilizes advanced sensor technology to provide accurate measurements for up to 14 essential body composition indicators, including weight, BMI, body fat, body water, skeletal muscle, bone mass, protein, muscle mass, visceral fat, subcutaneous fat, fat-free body weight, body age, basal metabolism, and activity metabolism.

2. IMPORTANT SAFETY INFORMATION

- Consult your physician before beginning any diet or exercise program.
- This scale is not intended for use by individuals with pacemakers or other internal medical devices.
- Do not use this device if you are pregnant.
- The scale is designed for household use only and should not be used for medical diagnosis or treatment.
- Always place the scale on a hard, flat surface for accurate measurements. Avoid carpets or uneven floors.
- Do not step on the edge of the scale; this may cause it to tip.
- Keep the scale dry. Do not immerse it in water or use abrasive cleaning agents.
- The glass surface can be slippery when wet. Ensure the scale surface is dry before stepping on it.

3. PACKAGE CONTENTS

- himaly Smart Body Fat Scale (Model: RBU-SCALE-X1468)
- User Manual
- Batteries (if included, check packaging)

4. PRODUCT OVERVIEW

The himaly Smart Body Fat Scale features a sleek design with a tempered glass platform and an integrated LCD display. Four high-precision G-sensors ensure accurate measurements. The scale connects wirelessly via Bluetooth to a compatible smartphone application.



Image: The himaly Smart Body Fat Scale in pink, shown alongside a smartphone displaying the connected app interface with weight and body composition data.

Key Features:

- **14 Essential Body Measurements:** Provides data for Weight, BMI, Body Fat, Body Water, Skeletal Muscle, Bone Mass, Protein, Muscle Mass, Visceral Fat, Subcutaneous Fat, Fat-free Body Weight, Body Age, Basal Metabolism, and Activity Metabolism.
- **High Precision Sensors:** Equipped with 4 high-precision G-sensors for enhanced accuracy and sensitivity.
- **Bluetooth Connectivity:** Utilizes Bluetooth 4.0 BLE for seamless synchronization with iOS (8.0 or higher) and Android (4.3 or higher) devices.
- **Tempered Glass Platform:** Durable and easy-to-clean surface.
- **LCD Display:** Clear digital readout for weight.
- **Multi-User Support:** Stores information for up to 8 users, automatically recognizing individuals.

14 ESSENTIAL BODY COMPOSITION ANALYSIS

Monitor Your Health Anytime, Anywhere



Image: A visual representation of the 14 body composition metrics measured by the scale, including Weight, BMI, Body Fat, Body Water, Skeletal Muscle, Bone Mass, Protein, Muscle Mass, Visceral Fat, Subcutaneous Fat, Fat-free Body Weight, Body Age, Basal Metabolism, and Activity Metabolism.

High Precision Technology

Get the most accurate measurements with 4 high-precision sensors. The smart scale also features bioimpedance technology for additional insights into your overall health.



Image: An internal view of the scale, emphasizing the four high-precision sensors and the Bluetooth chip responsible for accurate measurements and connectivity.

High Quality Material

spacious tempered glass platform & clear LED display.



Image: A top-down view of the scale with dimensions indicated, showing a length and width of 26.2 cm (approximately 10.3 inches).

5. SETUP

5.1. Battery Installation

Locate the battery compartment on the underside of the scale. Insert the required batteries (typically AAA, check packaging for specifics) ensuring correct polarity (+/-). Close the battery compartment securely.

5.2. App Download and Installation

The himaly Smart Body Fat Scale requires a companion application to track and display all body composition data.

You can download either the "Moving Life" or "SenssunLife" app.

1. **For iOS Devices:** Open the App Store and search for "Moving Life" or "SenssunLife". Download and install the app. (Requires iOS 8.0 or higher).
2. **For Android Devices:** Open Google Play and search for "Moving Life" or "SenssunLife". Download and install the app. (Requires Android 4.3 or higher).
3. Alternatively, scan the QR code provided in the physical manual to directly download the app.

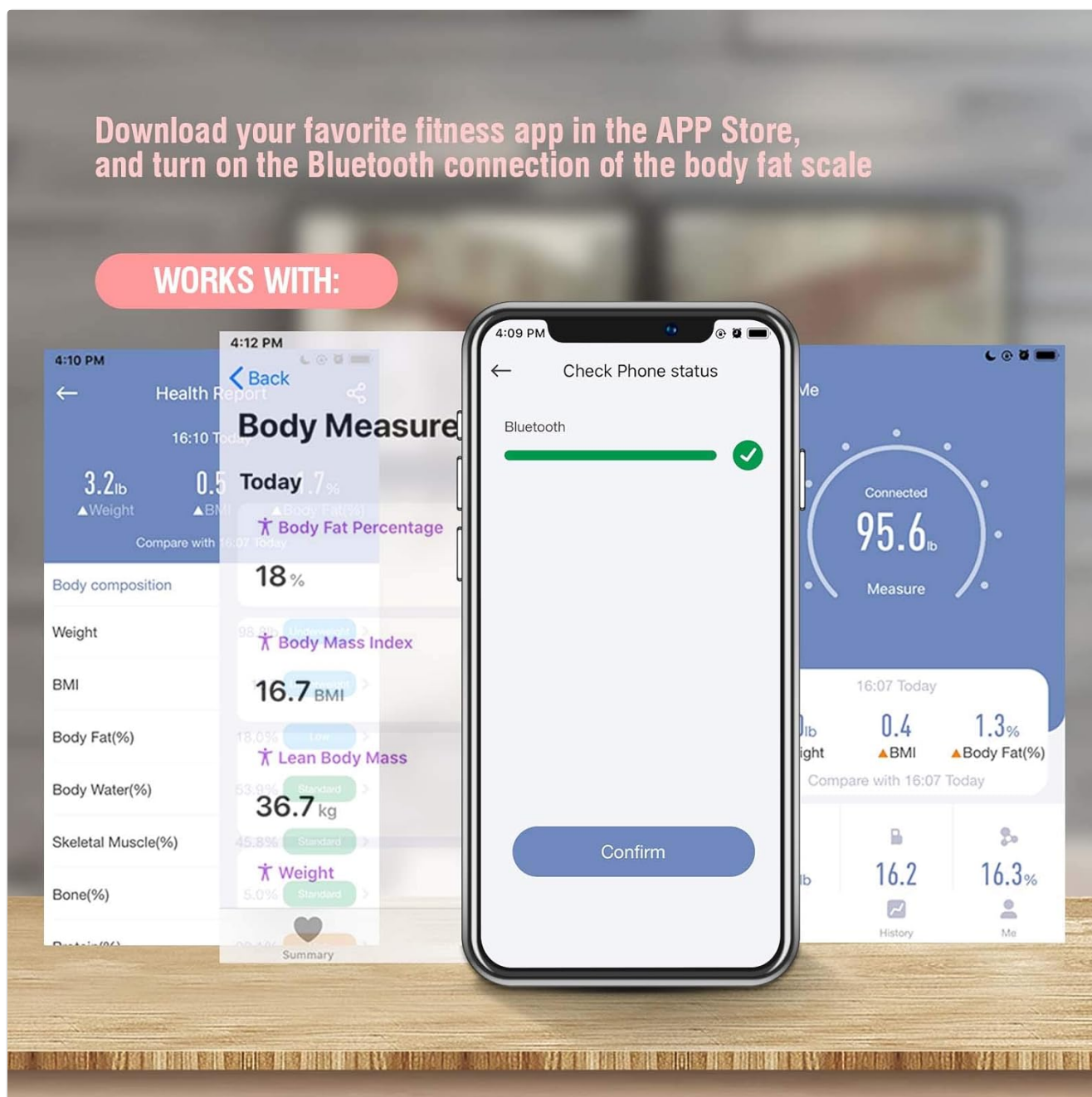


Image: A sequence of smartphone screens demonstrating the process of downloading a fitness app and confirming a successful Bluetooth connection with the scale.

5.3. Pairing with Your Smartphone

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the "Moving Life" or "SenssunLife" app.
3. Follow the on-screen prompts within the app to create your user profile and connect to the scale. You may need to step on the scale briefly to activate it and allow the app to detect it.
4. Once connected, the app will display a confirmation.

6. OPERATING INSTRUCTIONS

6.1. Taking a Measurement

1. Place the scale on a hard, flat surface.
2. Ensure your feet are clean and dry.
3. Step onto the scale barefoot, standing still with your weight evenly distributed.
4. The scale's LCD display will show your weight.
5. If the app is open and connected via Bluetooth, all 14 body composition metrics will be measured and synchronized to your app automatically. If the app is not open, only your weight will be displayed on the scale. The full data will sync the next time you open the app and take a measurement.

Note: For consistent results, it is recommended to take measurements at the same time each day, preferably in the morning before eating or exercising.

6.2. Understanding Your Data

The "Moving Life" or "SenssunLife" app provides detailed insights into your body composition. You can view historical data, track trends, and understand the meaning of each metric.

- **Weight:** Your total body mass.
- **BMI (Body Mass Index):** A measure of body fat based on height and weight.
- **Body Fat Percentage:** The proportion of fat to total body weight.
- **Body Water Percentage:** The amount of water in your body.
- **Skeletal Muscle:** The muscle attached to bones, responsible for movement.
- **Bone Mass:** The amount of bone tissue in your body.
- **Protein:** The total protein content in your body.
- **Muscle Mass:** Total muscle weight, including skeletal, smooth, and cardiac muscles.
- **Visceral Fat:** Fat stored around internal organs.
- **Subcutaneous Fat:** Fat stored directly under the skin.
- **Fat-free Body Weight:** Your total body weight minus body fat.
- **Body Age:** An estimation of your body's biological age based on your metrics.
- **Basal Metabolism:** The minimum amount of energy required to maintain basic bodily functions at rest.
- **Activity Metabolism:** Energy expended through physical activity.

— Track Progress on Your Phone —

Instantly track changes with results graphed on your phone with the SenssunLife / MovingLife APP



Image: A smartphone screen showing a graph of weight and body fat percentage trends over a period, illustrating how the app tracks progress.

6.3. Multi-User Functionality

The himaly Smart Body Fat Scale supports up to 8 user profiles. Once profiles are set up in the app, the scale can automatically recognize individual users based on their weight. Ensure each user has their profile configured in the app for accurate tracking.

Fitness For The Whole Family

8 accounts can be connected with a scale



Image: A visual demonstrating the multi-user capability, with a foot on the scale and a smartphone displaying a "Family" section in the app, showing various user profiles.

7. MAINTENANCE

- **Cleaning:** Wipe the scale surface with a damp cloth and mild detergent. Do not use abrasive cleaners or immerse the scale in water.
- **Storage:** Store the scale in a cool, dry place. Avoid extreme temperatures.
- **Battery Replacement:** If the display shows a low battery indicator or becomes dim, replace all batteries with new ones of the same type.
- **Calibration:** If the scale is moved or stored vertically, it may require recalibration. Step on the scale briefly to turn it on, then step off and wait for it to display "0.0" before taking a measurement.

8. TROUBLESHOOTING

Problem	Possible Cause	Solution
Scale does not turn on.	Batteries are dead or incorrectly installed.	Check battery polarity or replace batteries.
Inaccurate or inconsistent readings.	Scale is on an uneven surface; not calibrated; user moved during measurement; feet are not clean/dry.	Place scale on a hard, flat surface. Step on briefly, then off, wait for "0.0" before measuring. Stand still. Ensure feet are clean and dry.
App not connecting to scale.	Bluetooth is off; app is not open; scale is out of range; scale batteries are low.	Ensure Bluetooth is enabled on your phone. Open the app. Move closer to the scale. Replace scale batteries.
Only weight shows on app, no other metrics.	User is wearing shoes/socks; feet are not making proper contact with electrodes; app not fully connected.	Step on the scale barefoot. Ensure feet are clean and making good contact with the metal pads. Re-establish app connection.





9. SPECIFICATIONS

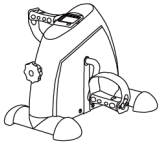
Brand	himaly
Model Number	RBU-SCALE-X1468
Color	Pink
Material	Tempered Glass
Weight Limit	400 lbs (180 kg)
Readout Accuracy	0.2 lbs (0.1 kg)
Display Type	LCD
Connectivity	Bluetooth 4.0 BLE
Product Dimensions	12.2 x 11.5 x 1.8 inches (31 x 29.2 x 4.6 cm)
Item Weight	3.39 pounds (1.54 kg)
Supported OS	iOS 8.0 or higher, Android 4.3 or higher
UPC	841834137018

10. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the contact details provided with your purchase or visit the official himaly website. Keep your purchase receipt as proof of purchase for warranty claims. If you encounter any issues not covered in the troubleshooting section, please contact himaly customer service for assistance.

Related Documents - RBU-SCALE-X1468

	<p>Himaly Bluetooth Body Fat Scale IF1010AR: Instructions for Use</p> <p>Detailed instructions for the Himaly IF1010AR Bluetooth Body Fat Scale. Learn about battery charging, app setup, weighing procedures, personal parameter settings, multiple user support, LCD icon indications, and troubleshooting tips for optimal use.</p>
	<p>himaly IF1011AR Bluetooth Body Fat Scale: User Guide</p> <p>Comprehensive user guide for the himaly IF1011AR Bluetooth Body Fat Scale, covering battery installation, app setup, weighing procedures, personal parameter settings, and troubleshooting.</p>
	<p>Arm and Leg Trainer Operation Manual: Setup, Use, and Maintenance</p> <p>Comprehensive operation manual for the Arm and Leg Trainer, covering technical specifications, safety precautions, installation, usage, training tips, troubleshooting, maintenance, and warranty information.</p>
	<p>Himaly Massage Gun User Manual BD-009</p> <p>User manual for the Himaly Massage Gun, model BD-009. Provides specifications, usage instructions, charging information, operating procedures, maintenance, cleaning, storage, and safety precautions.</p>



Arm and Leg Trainer Operation Manual

This manual provides operation, safety, and training instructions for the Arm and Leg Trainer, including technical specifications, parts list, and troubleshooting.



IMPORTANT: Please retain owner's manual for maintenance and adjustment in the future. Your satisfaction is very important to us. PLEASE DO NOT RETURN UNTIL YOU HAVE CONTACTED US: support@myrichelectric.com or 1-877-405NANCY (877-467-6264).

[Sunny Health & Fitness SF-WS022063 Body Composition BMI Smart Scale User Manual](#)

User manual for the Sunny Health & Fitness SF-WS022063 Body Composition BMI Smart Scale. Provides instructions on setup, operation, safety, troubleshooting, and understanding body composition metrics like BMI, body fat, and more.