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> Vont Smart Body Fat Scale VNT-SBS01 User Manual

Vont VNT-SBS01

Vont Smart Body Fat Scale VNT-SBS01 User Manual

Model: VNT-SBS01

INTRODUCTION

The Vont Smart Body Fat Scale is an advanced digital wireless scale designed to provide comprehensive body composition analysis. It measures 13 vital body metrics and seamlessly syncs with the Vont Home app, enabling you to track your health and fitness progress with detailed insights. This manual will guide you through the setup, operation, and maintenance of your scale.

IMPORTANT SAFETY INFORMATION

- Do not use this scale if you have a pacemaker or any other internal medical device.
- This scale is not recommended for use by pregnant women.
- Always place the scale on a hard, flat, and stable surface to ensure accurate readings. Avoid carpets or uneven floors.
- Keep the scale dry and clean. Do not immerse it in water or use abrasive cleaners.
- Step onto the scale with dry feet. Do not use on wet or slippery surfaces to prevent falls.
- The scale is designed for personal use and should not be used for commercial or medical purposes.

PACKAGE CONTENTS

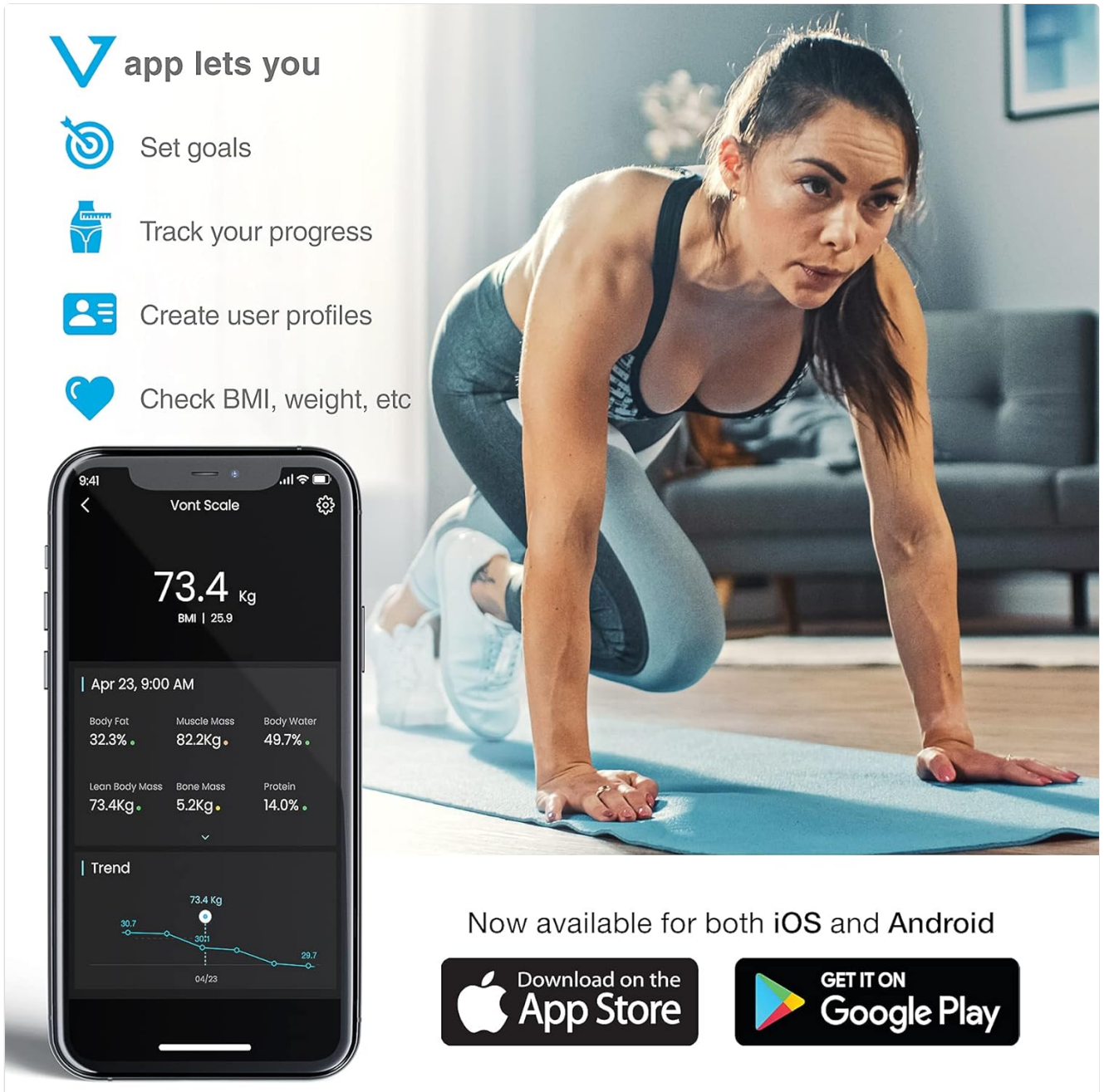
Please check the package for the following items:

- 1 x Vont Smart Body Fat Scale (Model: VNT-SBS01)
- 3 x AAA Batteries
- 1 x User Manual

SETUP GUIDE

1. **Install Batteries:** Open the battery compartment on the back of the scale and insert the 3 AAA batteries, ensuring correct polarity. Close the compartment.

2. **Download the Vont Home App:** Search for "Vont Home" in your smartphone's app store (available for iOS and Android) and download the application.



The image features a woman in athletic wear in a starting crouch on a blue mat. To her left is a smartphone displaying the Vont Scale app interface. The app shows a weight of 73.4 Kg and a BMI of 25.9. It also displays various body composition metrics: Body Fat (32.3%), Muscle Mass (82.2Kg), Body Water (49.7%), Lean Body Mass (73.4Kg), Bone Mass (5.2Kg), and Protein (14.0%). A trend graph shows a weight of 30.7 on 04/23 and 29.7 on a later date, with a peak of 73.4 Kg.

V app lets you

- Set goals
- Track your progress
- Create user profiles
- Check BMI, weight, etc

Now available for both iOS and Android

Download on the **App Store** GET IT ON **Google Play**

Image: The Vont Home app is available for download on both iOS and Android devices. The image shows the App Store and Google Play icons.

3. **Create an Account:** Open the Vont Home app and follow the on-screen instructions to create your user account. Ensure all required information is entered accurately.
4. **Pair the Scale:**
 - Enable Bluetooth on your smartphone.
 - Open the Vont Home app and navigate to the device pairing section.
 - Step onto the scale briefly to activate it. The app should detect the scale automatically. If not, try reinstalling the batteries while the app is actively searching for the device.
 - Confirm the pairing within the app.
5. **Create User Profiles:** The scale supports multiple users. You can create individual profiles within the Vont Home app for up to 8 registered users, plus an unlimited number of guest users.



TAKE ONE (SCALE) FOR THE TEAM.

Automatically recognizes up to 8
registered users plus guest users.



Image: The Vont Smart Scale automatically recognizes up to 8 registered users and supports guest users. The image displays the scale with various user profile icons.

OPERATING INSTRUCTIONS

1. **Step On:** Place the scale on a hard, flat surface. Step onto the scale with bare, dry feet. Ensure your feet are centered on the electrodes for accurate body composition measurements.
2. **Automatic Measurement:** The scale will automatically turn on and begin measuring. Your weight will be displayed on the LCD screen.
3. **Sync with App:** For a full body composition analysis and to record your data, ensure the Vont Home app is open on your smartphone and Bluetooth is enabled before stepping on the scale. Your measurements will sync automatically within seconds.
4. **View Results:** After stepping off, your full body composition data will be available in the Vont Home app. The app provides detailed insights and historical tracking.

ULTRA SLIM BUT FEATURE-PACKED

Ted (yep, the scale has a name!) is your smart and sleek fitness ally keeping you on track of your goals.



13

AVAILABLE MEASUREMENTS



Weight



BMI



Body Water



Metabolic Age



Body Fat



Muscle Mass



Visceral Fat



Bone Mass



BMR



Protein



Subcutaneous Fat



Fat-Free Body Weight



Skeletal Muscle

Image: The Vont Smart Scale is ultra-slim and feature-packed, providing 13 available body composition measurements. The image shows a person's feet on the scale and icons representing the various metrics.

UNDERSTANDING YOUR MEASUREMENTS

The Vont Smart Body Fat Scale provides 13 key body composition measurements:

- **Weight:** Your total body mass.
- **BMI (Body Mass Index):** A measure of body fat based on height and weight.
- **Body Water:** The total amount of fluid in your body.
- **Metabolic Age:** Compares your basal metabolic rate to the average for your age group.
- **Body Fat:** The percentage of fat in your body.
- **Muscle Mass:** The total weight of muscle in your body.
- **Visceral Fat:** Fat stored around your internal organs.
- **Bone Mass:** The total weight of bone in your body.
- **BMR (Basal Metabolic Rate):** The number of calories your body burns at rest.

- **Protein:** The percentage of protein in your body.
- **Subcutaneous Fat:** Fat stored directly under the skin.
- **Fat-Free Body Weight:** The total weight of your body excluding fat.
- **Skeletal Muscle:** The amount of muscle attached to your bones.

These measurements are calculated using 4 highly sensitive electrodes and smart calibration technology, ensuring precise and reliable data.

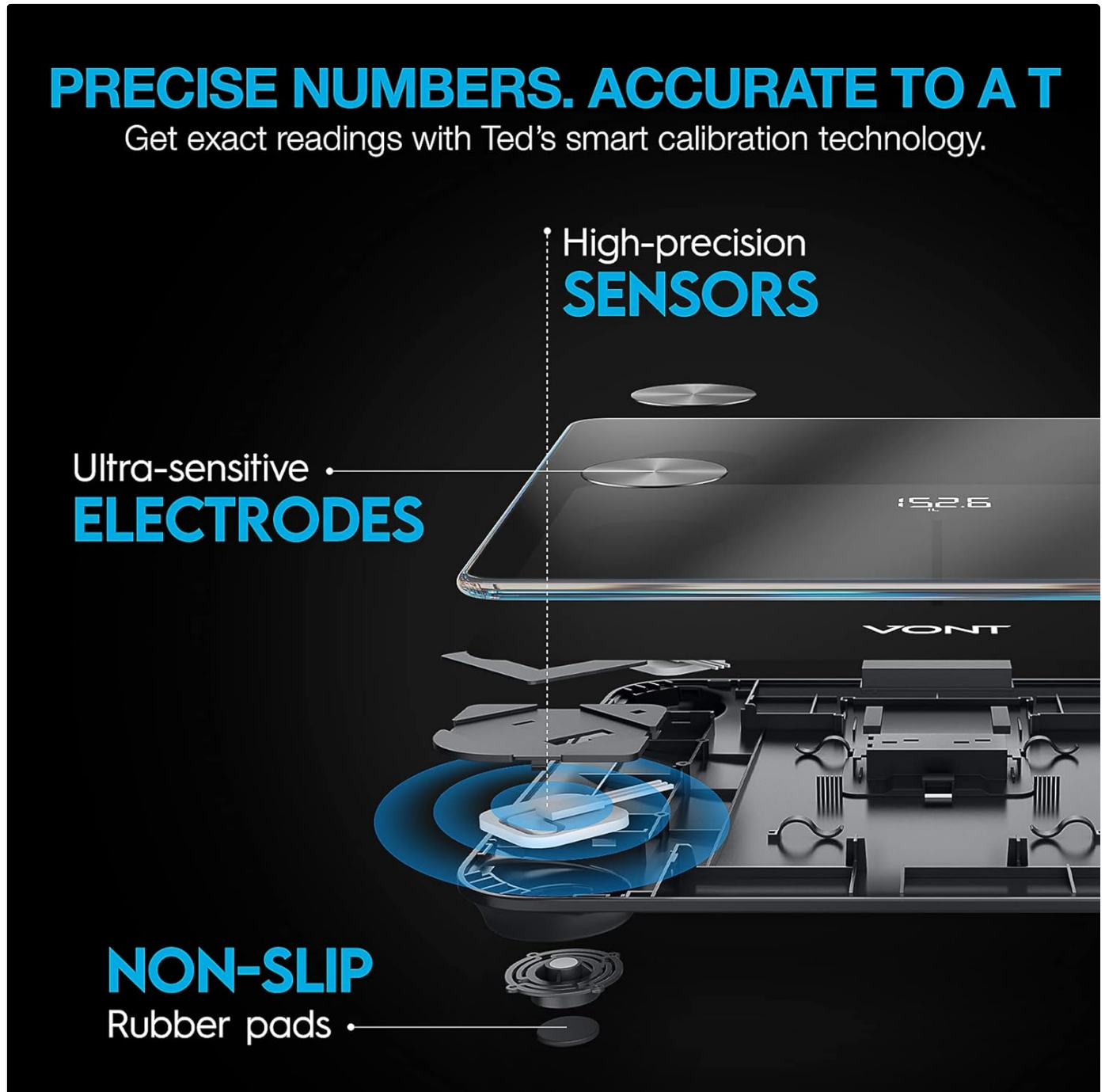


Image: The Vont Smart Scale features high-precision sensors and ultra-sensitive electrodes for accurate body composition analysis. Non-slip rubber pads ensure stability.





APP INTEGRATION AND FEATURES

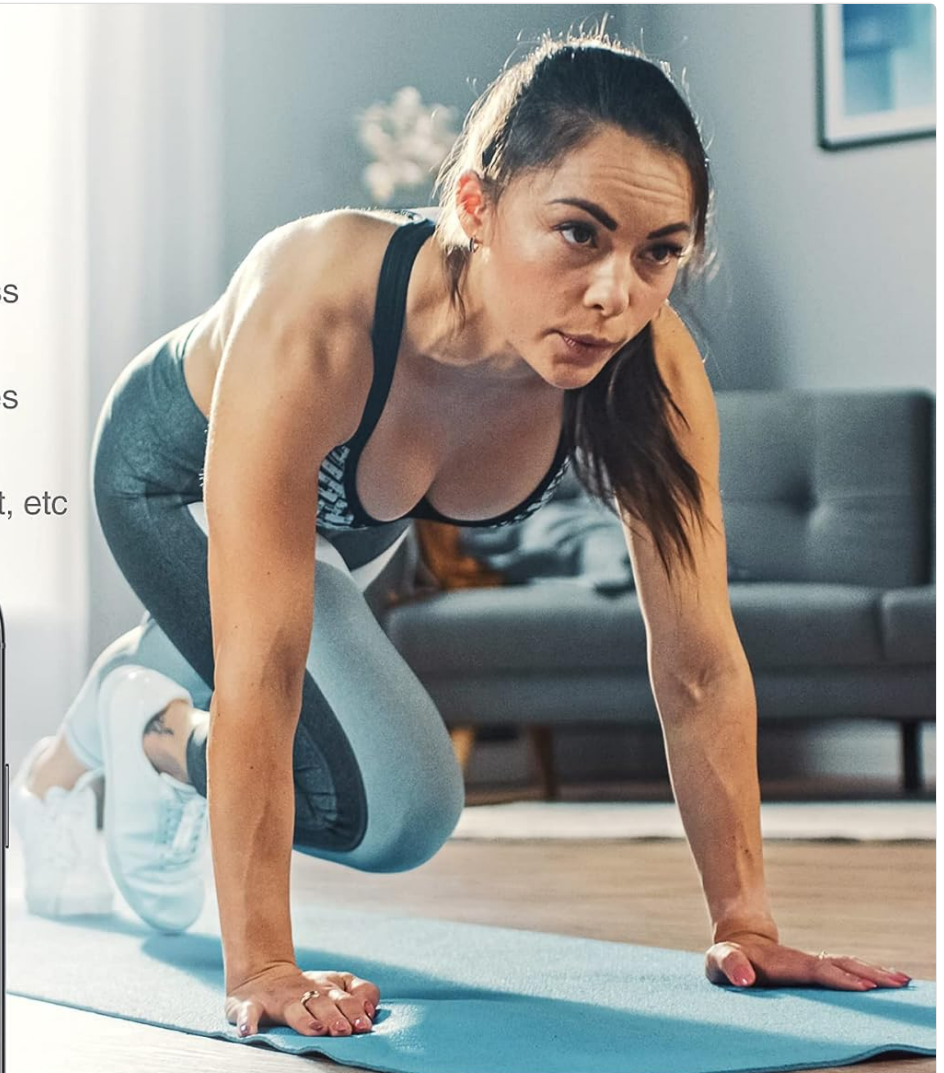
The Vont Home app enhances your experience with the Smart Body Fat Scale by offering a range of features:

- **Set Goals:** Define your personal health and fitness objectives within the app.
- **Track Progress:** Monitor your body composition changes over time with intuitive graphs and historical data.

- **User Profiles:** Create and manage individual profiles for family members or gym partners. The scale can recognize up to 8 registered users.
- **Detailed Metrics:** View all 13 body composition measurements, including BMI, body fat, muscle mass, and more. The app provides brief explanations and rating scales for each metric.
- **Third-Party Sync:** Seamlessly sync your data with popular health applications like Apple Health and Fitbit.

app lets you

-  Set goals
-  Track your progress
-  Create user profiles
-  Check BMI, weight, etc



Now available for both iOS and Android



Image: The Vont Home app allows users to set goals, track progress, create user profiles, and check various body metrics like BMI and weight. The image shows the app's interface displaying body fat, muscle mass, body water, bone mass, and protein data, along with a trend graph.

MAINTENANCE

- **Cleaning:** Wipe the scale surface with a soft, damp cloth. Do not use chemical cleaning agents or abrasive materials.
- **Battery Replacement:** When the battery indicator appears on the display or the scale does not turn on, replace all three AAA batteries. Ensure the scale is off before replacing batteries.
- **Storage:** Store the scale in a cool, dry place away from direct sunlight and extreme temperatures.
- **Avoid Impact:** Do not drop the scale or subject it to heavy impact, as this may damage the sensors.

TROUBLESHOOTING

Problem	Possible Cause / Solution
Scale does not turn on.	<ul style="list-style-type: none">Batteries are dead or incorrectly installed. Replace batteries, ensuring correct polarity.Scale may be in sleep mode. Step firmly on the scale to activate it.
Inaccurate readings.	<ul style="list-style-type: none">Scale is on an uneven or soft surface (e.g., carpet). Move to a hard, flat floor.Feet are not bare or dry, or not properly placed on electrodes.Scale needs recalibration. Step on and off the scale quickly to reset it.
Scale not connecting to app.	<ul style="list-style-type: none">Bluetooth is off on your smartphone. Enable Bluetooth.App is not open or not in pairing mode. Open the Vont Home app and ensure it's searching for devices.Try reinstalling the batteries in the scale while the Vont Home app is actively looking for the device.Ensure your phone's operating system is compatible with the Vont Home app.
Body composition data (e.g., body fat) not showing.	<ul style="list-style-type: none">Feet are not bare or not making proper contact with all four electrodes.Ensure your profile in the app has your correct height, age, and gender.

SPECIFICATIONS

Feature	Detail
Brand	Vont
Model Number	VNT-SBS01
Color	Black
Recommended Use	Adults
Special Features	Body Fat Measurement, Backlit LCD Display, Muscle Mass Measurement
Display Type	LCD
Weight Limit	400 lbs (180 kg)
Measurement Type	Pounds (lbs)
Material	HIPS

Feature	Detail
Item Weight	2.64 lbs (1.2 kg)
Scale Type	Floor Scale
UPC	850013449323



Image: The Vont Smart Scale measures 11 inches by 11 inches and has a weight capacity of 400 lbs, with a minimum measurement of 0.44 lbs.

WARRANTY AND SUPPORT

Vont stands behind its products with a comprehensive warranty and dedicated customer support:

- **Lifetime Warranty:** Your Vont Smart Body Fat Scale is covered for life against loss, theft, and defects in materials and workmanship for as long as you own the product.
- **24/7 Customer Care:** Vont offers 24/7 customer satisfaction resolutions. If you encounter any issues or have

questions, please contact Vont customer support for assistance.

For support, please visit the official Vont website or refer to the contact information provided with your product packaging.