

## **RHINO BABAIN-180NG**

# **RHINO Smart Scale User Manual**

**MODEL: BABAIN-180NG**

Brand: RHINO

## **1. Introduction**

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Thank you for choosing the RHINO Smart Scale. This high-precision bathroom scale is designed to help you track your body weight and 14 essential body indicators with ease. It connects seamlessly with the Fitdays app on iOS and Android devices, providing detailed insights into your health and fitness journey. This manual provides comprehensive instructions for setup, operation, and maintenance to ensure optimal performance.



Figure 1: RHINO Smart Scale (Model BABAIN-180NG) and Fitdays App Interface.

## 2. Product Features

- **High Accuracy:** Equipped with 4 high-precision sensors and 4 sensitive electrodes, providing accurate readings with a division of 0.2lb (100g) and a maximum capacity of 400 lb (180 kg).
- **Smart Connectivity:** Connects via Bluetooth to the free Fitdays app (compatible with iOS and Android) for comprehensive health tracking.
- **14 Body Indicators:** Tracks essential body measurements including weight, BMI, body fat, muscle rate, fat-free body weight, subcutaneous fat, visceral fat, body water, bone mass, protein, BMR, skeletal muscle, and body age.
- **Multi-User Support:** The Fitdays app allows creation of up to 24 user profiles, making it suitable for the entire family. Includes a "Baby Mode" for weighing infants.
- **Compact and Durable Design:** Made from high-quality tempered glass with a sleek black finish. Features a backlit LED display for clear readings. Dimensions: 10.24 x 10.24 x 0.79 inches.
- **Fitness App Sync:** Seamlessly syncs data with popular health-tracking applications like Apple Health and Samsung Health.

- **Convenient Power:** Includes 2 AAA batteries. Features low battery and overload indications to maximize battery life.



Figure 2: Overview of the 14 Body Indicators tracked by the scale.

### 3. Setup

1. **Unpacking:** Carefully remove the scale from its packaging.
2. **Battery Installation:** The scale comes with 2 AAA batteries pre-installed. Locate the battery compartment on the underside of the scale and remove the protective tab to activate the batteries.
3. **Placement:** For accurate readings, place the scale on a hard, flat surface. Avoid placing it on carpets or uneven flooring.
4. **Unit Selection:** To change the unit of measurement (pounds (lb) or kilograms (kg)), press the "UNIT" button located on the underside of the scale. The display will cycle through the available units.
5. **App Download:** Download the "Fitdays" app from the Apple App Store (for iOS) or Google Play Store (for Android).

# Mayor Visibilidad

Increased Visibility / Maior Visibilidade



Figure 3: Backlit LED Display for clear readings.

## 4. Operating Instructions

### 1. Bluetooth Connection:

- Ensure Bluetooth is enabled on your smartphone.
- Open the Fitdays app.
- Step onto the scale with bare feet. The scale will automatically power on and attempt to connect to the app.
- Once connected, your measurements will appear in the app.

### 2. Taking a Measurement:

- Step onto the scale with bare, dry feet, ensuring your feet are positioned on the metal electrodes for accurate body composition analysis.
- Stand still until your weight is displayed on the scale's LED screen and the app shows "Finished".
- The app will then display all 14 body indicators.

### 3. Multi-User Functionality:

- Within the Fitdays app, you can create and manage up to 24 user profiles.
- The scale can intelligently recognize different users based on their weight data.
- To use "Baby Mode", select this option in the app. First, weigh yourself, then step off. Next, step back on holding your baby to get the baby's weight.

### 4. Data Tracking and Syncing:

- The Fitdays app provides detailed charts and saves historical data, allowing you to track changes in your body composition over days, weeks, months, or years.
- You can sync your data with other fitness apps such as Apple Health and Samsung Health for a centralized view of your health information.



Figure 4: Proper foot placement for accurate readings.

# FIT DAYS APP

Connectivity: Bluetooth 4.0

Free APP \* FITDAYS APP

\* Compatible with iOS and Android.

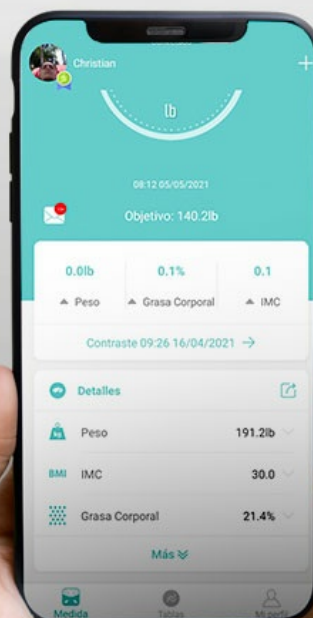


Figure 5: Fitdays App Interface for detailed health tracking.

Your browser does not support the video tag.

Video 1: Official RHINO digital bodyfat scale demonstration, showing its features and ease of use.

## 5. Maintenance

- **Cleaning:** The tempered glass surface is easy to clean. Use a damp cloth and mild detergent if necessary. Avoid abrasive cleaners or harsh chemicals.
- **Storage:** Store the scale in a dry place, away from extreme temperatures and direct sunlight.
- **Battery Replacement:** When the low battery indicator appears on the display, replace both AAA batteries with new ones.

## 6. Troubleshooting

Problem	Possible Cause	Solution
Inaccurate readings	Scale not on a flat, hard surface; feet not bare/dry; scale moved between measurements.	Ensure scale is on a hard, flat floor (not carpet). Step on with bare, dry feet. Avoid moving the scale between uses.
No display/Scale won't turn on	Batteries are dead or not properly installed.	Check battery orientation. Replace batteries if necessary (2 AAA). Ensure protective tab is removed.
App not connecting via Bluetooth	Bluetooth is off; app not open; scale not active.	Ensure Bluetooth is on. Open Fitdays app. Step on scale to activate it. Restart app/phone if needed.

Problem	Possible Cause	Solution
Body composition data not showing	Feet not bare or not making proper contact with electrodes.	Ensure bare, dry feet are making full contact with all four metal electrodes on the scale surface.

## 7. Specifications

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- **Model:** BABAIN-180NG
- **Dimensions:** 10.24 x 10.24 x 0.79 inches (26 x 26 x 2 cm)
- **Weight:** 2.23 Pounds (1.01 kg)
- **Weight Capacity:** Up to 400 lb (180 kg)
- **Measurement Increments:** 0.1 lb (0.05 kg)
- **Power Source:** 2 x AAA batteries (included)
- **Connectivity:** Bluetooth 4.0
- **App Compatibility:** Fitdays App (iOS 8.0+ & Android 6.0+)
- **Material:** High-quality tempered glass





**Diseño Compacto**  
Compact Design / Design Compacto

Figure 6: Compact Design and Dimensions of the RHINO Smart Scale.

## 8. Warranty and Support

For warranty information and technical support, please refer to the product packaging or contact the seller directly through your purchase platform. Ensure you retain your proof of purchase for any warranty claims.

Manufacturer: UJTDFJD

Brand: RHINO