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› [SENSSUN Smart Body Fat Scale User Manual](#)

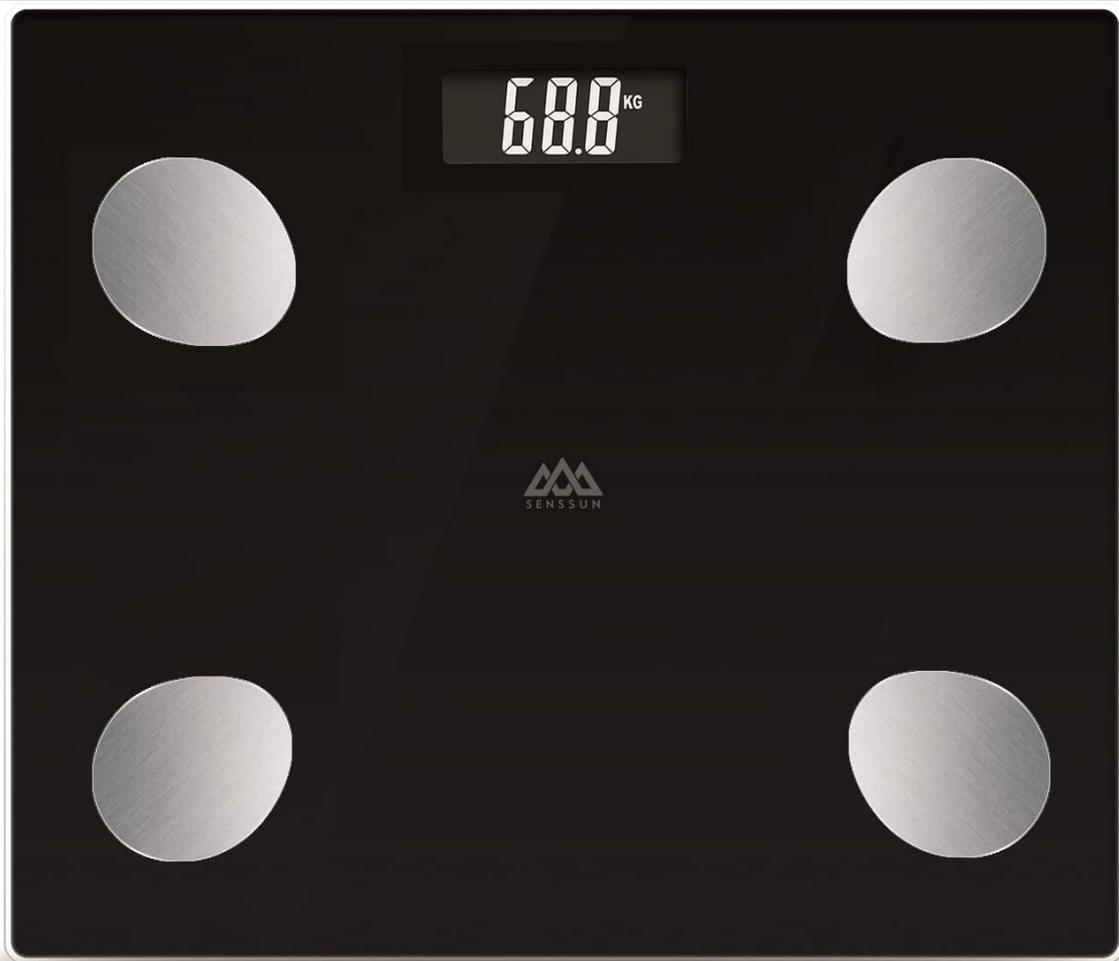
SENSSUN IF1090D

SENSSUN Smart Body Fat Scale

Model: IF1090D

INTRODUCTION

The SENSSUN Smart Body Fat Scale (Model: IF1090D) is a high-precision digital personal scale designed to measure body weight and analyze various body composition metrics. Utilizing Bioelectric Impedance Analysis (BIA) technology, it provides comprehensive data to help you track your health and fitness progress. This manual provides essential information for the proper setup, operation, and maintenance of your scale.



The SENSSUN Smart Body Fat Scale, displaying a weight of 68.8 kg on its LCD screen.

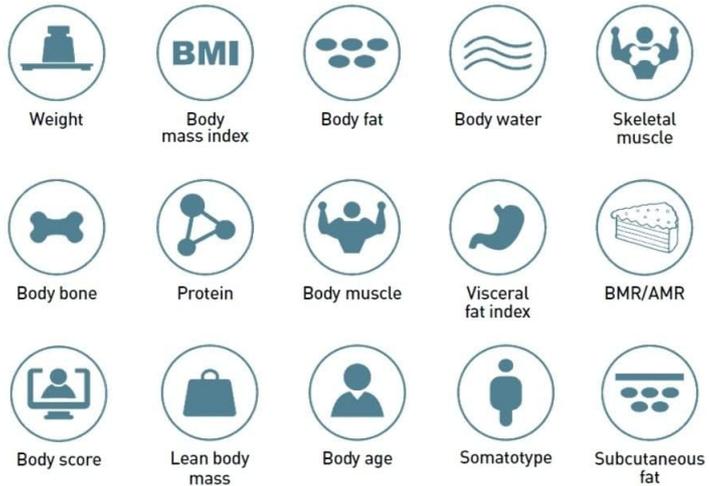
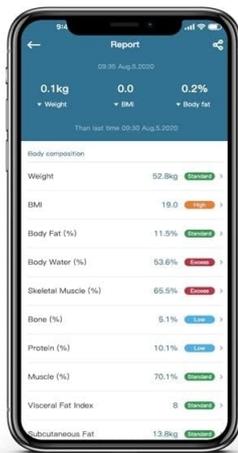
IMPORTANT SAFETY INSTRUCTIONS

Please read all instructions carefully before use and save them for future reference.

- The scale is designed for body weight measurement and body fat analysis. Do not use it for any other purpose.
- Do not use this scale if you are pregnant. Do not use this scale if you have a pacemaker or other internal medical device.
- Always place the scale on a hard, flat surface. Do not use on carpet or soft surfaces, as this may affect accuracy.
- The glass platform is slippery when wet. Ensure the platform is dry before stepping on.
- The scale is a high-precision measuring device. Never jump or stomp on the scale.
- Do not use the scale if it is damaged. Do not attempt to disassemble or repair it.
- Keep the scale out of reach of children.
- This scale is for household use only. Do not use for commercial or medical purposes.
- Do not expose the scale to extreme temperatures or humidity.

Battery Safety

- **User-Friendly Design:** Automatic calibration, auto on/off function, clear LCD display, low battery indicator, and overload indicator.
- **Durable Construction:** Built with high-performance explosion-proof glass.
- **Capacity:** Supports up to 150 kg / 330 lb with 0.1 kg / 0.2 lb increments.



The scale provides 15 essential body composition measurements for comprehensive health tracking.

Multifunctional Device



Key features of the SENSUN Smart Body Fat Scale, highlighting its robust design and smart functionalities.

SETUP

1. Battery Installation

1. Open the battery compartment on the back of the scale.
2. Insert 2 x AAA batteries, ensuring correct polarity (+ and -).
3. Close the battery compartment securely.

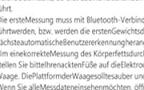
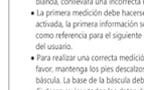
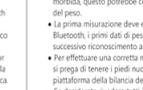
2. App Download and Setup

The SENSUN Smart Body Fat Scale works with the free MovingLife app. Follow these steps to download and set up the app:

1. Scan the QR code on the product packaging or visit http://www.camry.com.cn/app_download_movinglife.html to download the MovingLife app from the App Store (iOS) or Google Play Store (Android).

2. Install the app on your smartphone.

3. Open the MovingLife app and create a user profile. Enter your personal information such as gender, age, height, and activity level for accurate body composition analysis.

EN	Smart Body Fat Scale	DE	Smarte Digitale Körperfettwaage	FR	Balance Intelligence des Grasses Corporelles	ES	Báscula de Grasa Corporal Inteligente	IT	Bilancia intelligente dei grassi corporei
Download and set up the Application A. Go to the "App Store" or "Google Play", and search "SensuLife" to download the Application. B. QR is another most convenient way by scanning the QR code below. 	Herunterladen und Einrichten der App A. Gehen Sie zum "App Store" oder zu "Google Play" und suchen Sie nach "SensuLife", um die App herunterzuladen. B. Alternativ können Sie bequem den untenstehenden QR-Code scannen. 	Télécharger et configurer l'Application A. Allez dans votre "App Store" ou sur "Google Play", et recherchez "SensuLife" afin de télécharger l'Application. B. Encore plus simple, vous pouvez aussi scanner le QR code suivant. 	Descargar y configurar la aplicación A. Vaya a la "App Store" o "Google Play", y busque "SensuLife" para descargar la Aplicación. B. Ojalá si prefiere escaneando el siguiente código QR: 	Scaricare e impostare l'applicazione A. Andate su "App Store" o "Google Play", e cerca "SensuLife" per scaricare l'applicazione. B. Oppure in un altro modo più conveniente scansionando il codice QR qui sotto. 					
Connect the scale with your phone You will find the unit conversion button at the bottom of scale, press it to convert the weight unit, you will see it changed on LCD. 	Verbinden Sie die Waagemit Ihrem Telefon Öffnen Sie die App und schalten Sie die Bluetooth-Funktion Ihres Geräts ein, registrieren Sie Ihr Konto und folgen Sie den Anweisungen, um Ihr Profil und Ihre Verbindungsschritte/Schrittanzusichten. Vergewissern Sie sich, dass die Waagevernetzungsfunktion aktiviert ist, wenn Sie die Verbindung zum Gerät aufbauen. Alle Messungen, die Sie durchgeführt haben, können Sie in Ihren Aufzeichnungen und jederzeit und überall ansehen, indem Sie Zugriff auf Ihre App-Konten haben. 	Connecter la balance sur votre smartphone Ouvrez l'application et allumez le Bluetooth sur votre smartphone, inscrivez-vous, et suivez les instructions pour définir votre profil étape après étape. Pour être détectée, la balance doit être allumée au moment de la connexion. Toutes les mesures prises peuvent être sauvegardées en détail dans l'historique et examinées à n'importe quel moment via votre compte. 	Conectar la báscula con su teléfono Abra la aplicación y encienda el Bluetooth de su teléfono, registre su cuenta y siga las indicaciones para configurar su perfil y la conexión paso a paso. Desde cuenta de que la báscula debe estar encendida cuando comienza a sincronizarla. Todas las mediciones que haya tomado pueden almacenarse en el historial para una revisión detallada en cualquier momento y lugar, accediendo a su cuenta. 	Collegare la bilancia al telefono Aprire l'app e attivare il Bluetooth del vostro telefono, registrate il vostro account e seguite le linee guida per impostare il vostro profilo e la connessione passo dopo passo. Essendo consapevole di ciò, la bilancia deve essere accesa quando iniziate a connettervi con essa. Tutte le misure effettuate possono essere salvate nella cronologia per una revisione dettagliata in qualsiasi momento e ovunque, accedendo al proprio conto personale. 					
Weight unit conversion You will find the unit conversion button at the bottom of scale, press it to convert the weight unit, you will see it changed on LCD. 	Umrechnung von Gewichtseinheiten Sie finden die Umrechnungstaste am unteren Rand der Skala, drücken Sie diese, um die Gewichtseinheit zu ändern. Dies wird entsprechend dem LCD-Bildschirm angezeigt. 	Conversion des Unités de Pesée Le bouton de conversion de l'unité de pesée se trouve sous la balance. Appuyez sur le bouton pour changer d'unité. Le changement s'affichera sur l'écran. 	Cambio de la unidad de peso Encontrará el botón de conversión de unidades en la parte inferior de la báscula, presione para convertir la unidad de peso, lo verá cambiado en la pantalla LCD. 	Conversione unità di peso Troverete il pulsante di conversione unità di misura sul fondo della bilancia, premere per convertire l'unità di peso, lo vedrete modificato sul display LCD. 					
Start Measurement For the first measurement, keep the scale connected with the App, then put it on a solid and flat floor, and step on it for the measurement. Once the weight is stable and flashing, fat measurement will be proceeded. You will review your weight and fat display on the screen for several time, then the scale will be off automatically. 	Messung starten Für die erste Messung haben Sie die Waage mit der App verbunden, stellen Sie diese auf einer ebenen und festen Unterlage. Sobald die Messung stabil ist und das Gewicht stabil wird, wird die Fettmessung durchgeführt. Sie werden Ihr Körpergewicht und Ihren Körperfettanteil auf dem LCD-Bildschirm für einige Zeit sehen, danach wird die Waage automatisch ausgeschaltet. 	Commencer les Mesures Pour la première mesure, maintenez la connexion entre la balance et l'application, puis placez la sur une surface plane et solide. Maintenez le poids stable et clignote, la mesure des graisses sera prise. Vous pourrez alors voir votre poids et le pourcentage de graisses corporelles avant que la balance ne s'éteigne automatiquement. 	Comenzar a pesar Para la primera medición, mantenga la báscula sincronizada con la Aplicación, después colóquela sobre un suelo firme y plano, y póngase de pie para pesarse. Una vez que el peso permanece estable y parpadeando, se procederá a la medición de la grasa. Podrá ver su peso y grasa corporal en la pantalla varias veces, después la báscula se apagará automáticamente. 	Avviare la misurazione Per la prima misurazione, tenga la bilancia collegata all'App, quindi appoggiarla su un pavimento solido e piatto, e salire su di essa per la misurazione. Una volta che il peso è stabile e la spia è lampeggiante, si procederà alla misurazione del grasso. Potrete controllare il vostro peso e grasso corporeo sullo schermo per diverse volte, quindi la bilancia si spegnerà automaticamente. 					
<ul style="list-style-type: none">Do not put the scale on a carpet or other soft surface, it will lead to a wrong weight measurement.The first measurement has to be taken with Bluetooth connection, the first weight data will be reference for next auto user recognition.To make a proper measurement of body fat, please keep your bare feet on the electrodes of the scale. The scale platform should be clean and dry.If you want to review all measurement data, open the App, and check them in detail interface.	<ul style="list-style-type: none">Stellen Sie die Waage nicht auf Teppichböden oder weiche Oberflächen, da dies zu fehlerhaften Gewichtsmessungen führt.Die erste Messung muss mit Bluetooth-Verbindung durchgeführt werden, bzw. werden die ersten Gewichtsdaten für die nächste automatische Benutzererkennung angezeigt.Um eine exakte Fettmessung des Körpers durchführen zu können, stellen Sie bitte Ihre Füße auf die Elektroden der Waage. Die Plattform der Waage sollte sauber und trocken sein.Wenn Sie alle Messungsergebnisse anschauen möchten, öffnen Sie die App und überprüfen Sie diese im Detail.	<ul style="list-style-type: none">Ne pas placer la balance sur un tapis ou une surface molle. Cela pourrait fausser la prise de mesure.La première mesure doit être effectuée avec la connexion Bluetooth car elle servira de référence pour les reconnaissances d'utilisateurs automatiques suivantes.Pour une mesure correcte des grasses corporelles, veuillez placer vos pieds nus sur les électrodes de la balance. La plate-forme de la balance devrait être propre et sèche.Si vous voulez examiner toutes les informations de mesure, ouvrez l'application et vérifiez-les en détail dans l'interface.	<ul style="list-style-type: none">No coloque la báscula sobre una alfombra u otra superficie blanda, confiará una incorrecta medición del peso.La primera medición debe hacerse con la conexión Bluetooth activada, la primera información sobre el peso se empleará como referencia para el siguiente reconocimiento automático del usuario.Para realizar una correcta medición de la grasa corporal, por favor, mantenga los pies descalzos sobre los electrodos de la báscula. La base de la báscula debe permanecer limpia y seca.Si desea revisar todos los datos de las mediciones, abra la aplicación, y después revíselos en la interfaz de detalles.	<ul style="list-style-type: none">Non appoggiare la bilancia su una moquette o altra superficie morbida, questo potrebbe comportare una misurazione errata del peso.La prima misurazione deve essere effettuata con connessione Bluetooth, i primi dati di peso saranno di riferimento per il successivo riconoscimento automatico dell'utente.Per effettuare una corretta misurazione della grassa corporea, si prega di tenere i piedi nudi sugli elettrodi della bilancia. La piattaforma della bilancia deve essere pulita e asciutta.Se desiderate rivedere tutti i dati di misurazione, aprire l'App e controllare in dettaglio l'interfaccia.					
Warning indications  <ul style="list-style-type: none">ErrL Low Fat% Indication The Fat% is too low. Please lead a monotonous diet and take good care of yourself.ErrH High Fat% Indication The Fat% is too high. Please watch your diet and do more exercise.Err Calibration Error exists, please re-test to get the correct result.Err Over load Indication The weighing subject on the platform exceeds the maximum capacity of scale. Please step off to avoid damage.Lo Low Battery Indication The battery power is running low, please replace with a new battery.	Warnhinweise  <ul style="list-style-type: none">ErrL Zu wenig Fett-Anzeige Der Fettanteil ist zu niedrig. Bitte führen Sie eine einseitige Ernährungsweise ein und achten Sie auf Ihre Gesundheit.ErrH Zu viel Fett-Anzeige Der Fettanteil ist zu hoch. Bitte achten Sie auf Ihre Ernährung und bewegen Sie sich mehr.Err Kalibrierung Fehlerzustand. Bitte neu testen, um das richtige Ergebnis zu erhalten.Err Überlastungsanzeige Das Gewicht auf der Plattform überschreitet die maximale Tragfähigkeit. Bitte steigen Sie ab, um Schäden zu vermeiden.Lo Anzeige beschadeter Batterie Die Batterieleistung ist schwach, bitte ersetzen Sie die beschadete Batterie.	Indications d'Alertes  <ul style="list-style-type: none">ErrL Indicateur de % de grasses trop faible Le % de Grasse est trop faible. Merci d'adapter un régime plus riche en de protéines de vos.ErrH Indicateur de % de grasses trop élevé Le % de Grasse est trop élevé. Attention à votre régime et faites plus d'exercice.Err Calibration Des erreurs existent, veuillez re-tester jusqu'à l'obtention d'un résultat correct.Err Indication de surcharge La charge sur la balance dépasse sa capacité maximale. Veuillez descendre afin de ne pas endommager la machine.Lo Indication Batterie Faible Les piles sont faibles. Merci de les remplacer.	Indicadores de advertencia  <ul style="list-style-type: none">ErrL Indicador de Bajo % de Grasa El % de Grasa es demasiado bajo. Por favor, consuma una dieta más nutritiva y cuidese bien.ErrH Indicador de Alto % de Grasa El % de Grasa es demasiado alto. Por favor, cuide su dieta y haga más ejercicio.Err Calibrado Hay un error, por favor, retome la prueba para obtener un resultado correcto.Err Indicador de Sobrecarga El sujeto pesado sobre la plataforma sobrepasa su capacidad máxima. Por favor, bájese para evitar dañarla.Lo Indicador de batería baja Las pilas se están acabando, por favor, reemplázalas por unas nuevas.	Indicazioni di avvertimento  <ul style="list-style-type: none">ErrL Indicazione basso contenuto di grassi. La percentuale di grasso è troppo bassa. Seguite una dieta più nutrizionale e prendetevi cura di voi stessi.ErrH Indicazione alto contenuto di grassi. La percentuale di grasso è troppo alta. Controllate la vostra dieta e fate più esercizio fisico.Err Taratura Si è verificato un errore, per favore riprovate di nuovo per ottenere il risultato corretto.Err Indicazione di sovraccarico Il soggetto di pesatura sulla piattaforma supera la capacità massima della bilancia.Lo Indicazione di batteria scarica La potenza della batteria è in esaurimento, si prega di sostituirla con una nuova batteria.					
WARRANTY 1. This product is covered by the SENSUN Product and Warranty for 12 months from the date of its original purchase. 2. If manufacturing defects occur, please contact us immediately to launch a warranty claim via: Email: support@canmy.com.cn We will instruct you on how to return the defective unit back to us for repair or replacement. 3. No return will be accepted without seller authorization.	GARANTIE 1. Dieses Produkt ist 12 Monate ab dem Datum des ursprünglichen Kaufs durch das SENSUN-Produkt und die Garantie abgedeckt. 2. Wenn Herstellungsfehler auftreten, kontaktieren Sie uns bitte umgehend, um einen Garantieanspruch zu erheben über: E-Mail: support@canmy.com.cn Wir werden Sie anweisen, wie Sie das defekte Gerät zur Reparatur oder zum Austausch an uns zurücksenden können. 3. Ohne Genehmigung des Verkäufers wird keine Rücksendung akzeptiert.	GARANTIE 1. Ce produit est couvert par le produit et la garantie SENSUN pendant 12 mois à compter de la date de son achat d'origine. 2. Si des défauts de fabrication se produisent, veuillez nous contacter immédiatement pour lancer une réclamation de garantie via: Courriel: support@canmy.com.cn Nous vous indiquerons comment nous renvoyer l'unité défectueuse pour réparation ou remplacement. 3. Aucun retour ne sera accepté sans autorisation du vendeur.	GARANTÍA 1. Este producto está cubierto por el producto y la garantía SENSUN durante 12 meses a partir de la fecha de su compra original. 2. Si se producen defectos de fabricación, contáctenos de inmediato para iniciar un reclamo de garantía a través de: Correo electrónico: support@canmy.com.cn Le daremos instrucciones sobre cómo devolvernos la unidad defectuosa para su reparación o reemplazo. 3. No se aceptarán devoluciones sin la autorización del vendedor.	GARANZIA 1. Questo prodotto è coperto dal Prodotto SENSUN e dalla Garanzia per 12 mesi dalla data del suo acquisto originale. 2. Se si verificano difetti di fabbricazione, si preghiamo di contattarci immediatamente per avviare un reclamo in garanzia tramite: Email: support@canmy.com.cn Ti forniremo istruzioni su come restituirci l'unità difettosa per la riparazione o la sostituzione. 3. Nessun reso sarà accettato senza l'autorizzazione del venditore.					

Instructions for downloading and setting up the MovingLife app.

3. Connecting to the App (Pairing)

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the MovingLife app.
3. Step onto the scale barefoot. The scale will automatically turn on and display your weight.
4. The app will automatically detect and connect to the scale. Once connected, your measurements will be synchronized to the app.
5. If the connection fails, ensure the app is open and try stepping on the scale again.

Taking Measurements

1. Place the scale on a hard, flat, and stable surface.
2. Step onto the scale barefoot, ensuring your feet are placed on the four metal electrodes.
3. Stand still until your weight is displayed and stabilized on the LCD screen.
4. If the app is open and connected, all body composition data will be automatically transferred and recorded.
5. You can weigh yourself at any time without your phone. The data will synchronize with the app as soon as they are connected again.

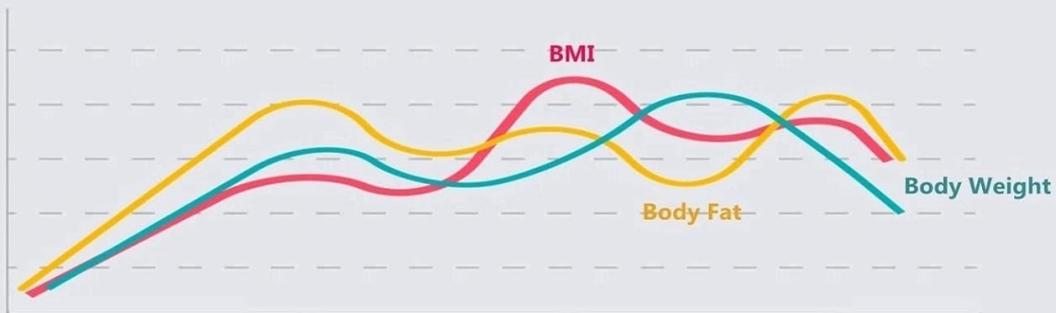
Using the MovingLife App

The MovingLife app allows you to track your progress, view detailed body composition reports, and set goals.

- **Data Tracking:** View daily, weekly, monthly, and yearly trends for all 15 body metrics.
- **Goal Setting:** Set personal health and fitness goals within the app.
- **User Management:** The app supports multiple user profiles, making it suitable for families.
- **Data Synchronization:** Syncs data with Apple Health, Google Fit, and FitBit for integrated health management.

Track Your Progress

You can know all the data changes from the app on a daily or monthly, and set goals to further manage your fitness plan.



★ Our Scale
(Data are measured by contacting the bioelectrode with your foot.)



Others
(Only the weight can be measured, other data are obtained by the algorithm.)

Track your progress over time with detailed graphs and reports in the MovingLife app.

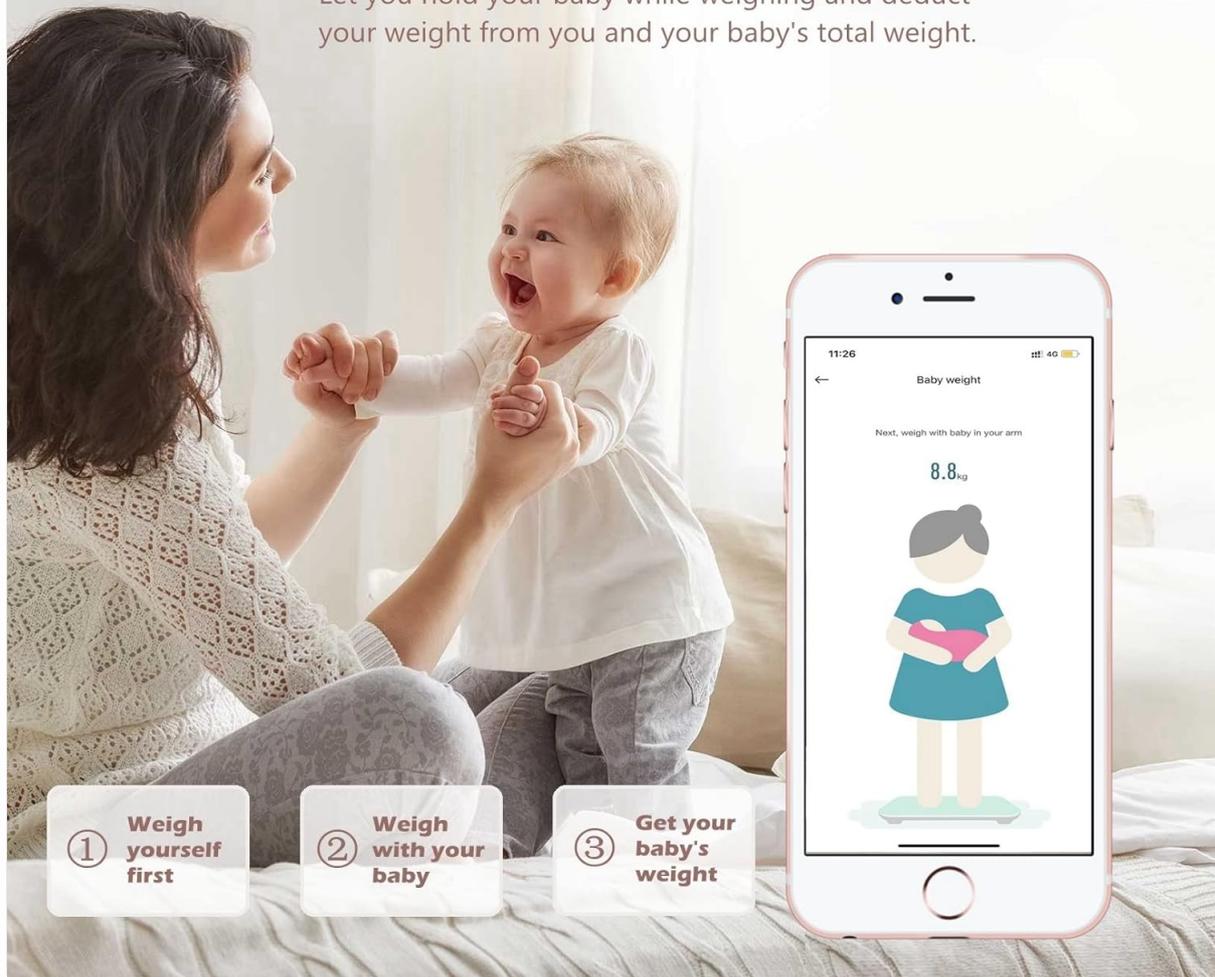
Baby Mode

The scale features a convenient Baby Mode, allowing you to weigh infants accurately.

1. Weigh yourself first and let the measurement stabilize.
2. While still on the scale, pick up your baby and hold them.
3. The scale will automatically calculate and display your baby's weight by deducting your weight from the combined total.

Baby Mode

Let you hold your baby while weighing and deduct your weight from you and your baby's total weight.



The Baby Mode feature allows for easy and accurate weighing of infants.

CARE & MAINTENANCE

- Always use the scale on a solid and flat surface to ensure accuracy.
- The glass surface can be slippery when wet. Keep it dry before and after use.
- To clean the scale, wipe it with a damp cloth and mild detergent. Do not use abrasive cleaners or immerse the scale in water.
- DO NOT strike, shake, or drop the scale, as this may damage the sensors or glass platform.
- Store the scale in a cool, dry place away from direct sunlight and extreme temperatures.



Care and maintenance guidelines for the SENSUN Smart Body Fat Scale.

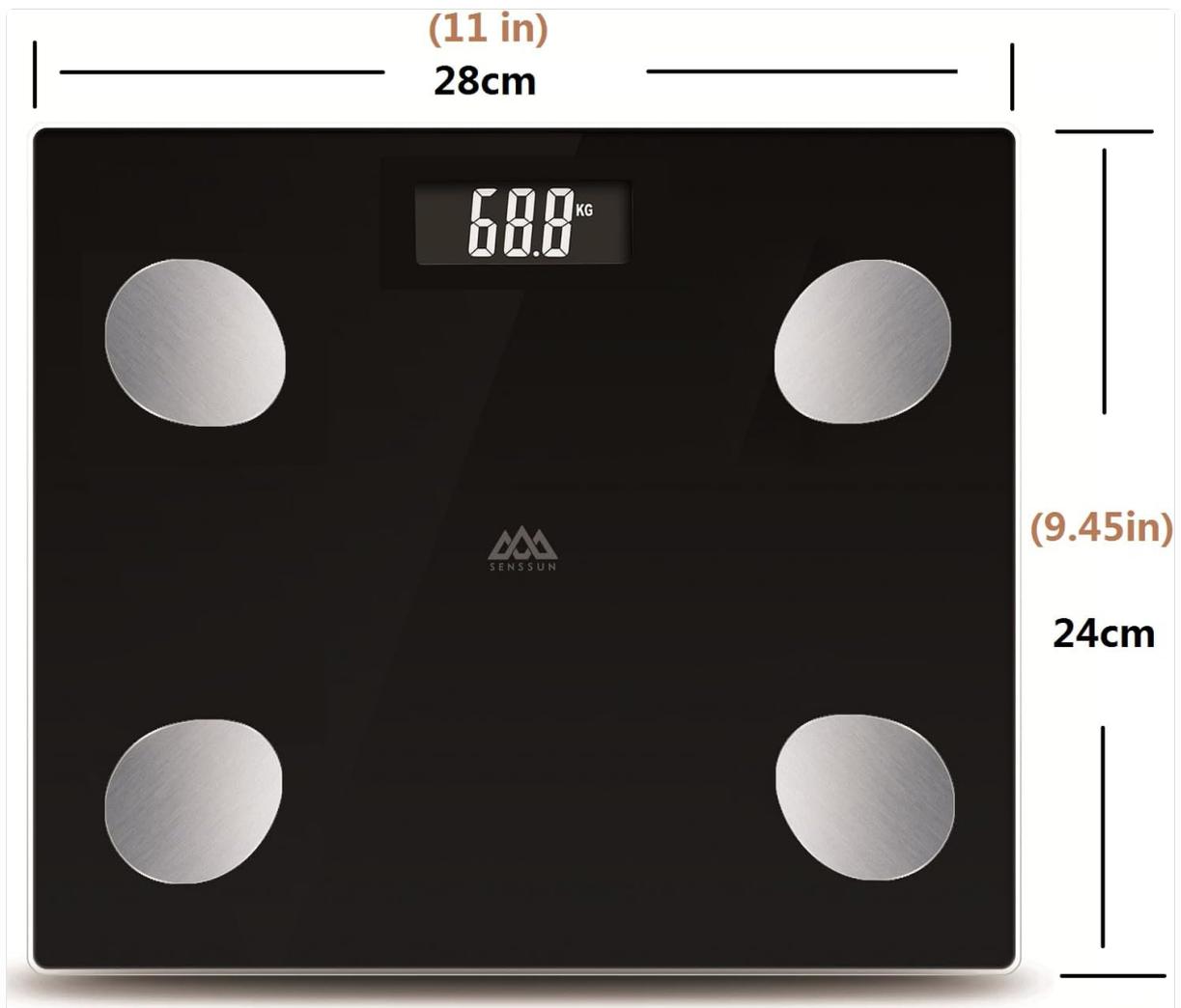
TROUBLESHOOTING

Error Code/Issue	Description	Solution
Err1	Overload. The weight exceeds the maximum capacity (150 kg / 330 lb).	Step off the scale immediately to avoid damage.
Err2	Low battery.	Replace the 2 x AAA batteries.
Err3	Calibration error.	Step off the scale, wait for it to turn off, then step on again to re-calibrate automatically. Ensure the scale is on a hard, flat surface.
Err4	Data transmission error.	Ensure Bluetooth is enabled on your phone and the MovingLife app is open. Try restarting the app or your phone.

Error Code/Issue	Description	Solution
No display/Scale not turning on	Batteries are dead or incorrectly installed.	Check battery polarity or replace batteries.
Inaccurate readings	Scale is on an uneven surface, or not properly calibrated.	Place the scale on a hard, flat surface. Step on and off to allow auto-calibration. Ensure feet are clean and dry.

SPECIFICATIONS

Model Number	IF1090D
Brand	SENSSUN
Maximum Capacity	150 kg / 330 lb
Measurement Increments	0.1 kg / 0.2 lb
Units	Kilograms (kg), Pounds (lb)
Power Source	2 x AAA batteries
Product Dimensions	28 x 24 x 2 cm (11 x 9.45 x 0.79 inches)
Item Weight	1.15 kg (1150 Grams)
Display Type	LCD with Backlit Display
Connectivity	Bluetooth 4.0
App Compatibility	MovingLife App (iOS 8.0+ / Android 4.3+)



Dimensions of the SENSSUN Smart Body Fat Scale.

WARRANTY & SUPPORT

SENSSUN provides professional support for its products. If you encounter any issues or have questions, please contact the support team.

- **Warranty:** The product comes with a 1-year warranty.
- **Support Response:** Expect a response from the SENSSUN support team within 24 hours.

Contact Information:

Manufacturer: ZHONGSHAN CAMRY ELECTRONIC CO., LTD.

Manufacturer Email: am-contact@camry.com.cn

EU Representative: E-CrossStu GmbH, Mainzer Landstr 89, Frankfurt am Main, Germany 80329

EU Representative Email: e-crosstu@outlook.com

UK Representative: YH Consulting Limited, C/O YH Consulting Limited Office 147, Centurion House, London Road, Staines-upon-Thames, Surrey, London. TW18 4AX

UK Representative Email: H2Yhuk@gmail.com

Model: IF1090D	Smart Body Fat Scale
Max.: 150kg/330lb	Battery: 2 x 1.5V AAA
d= 100g/0.2lb	S/N: E- IF 202406

Manufacturer: ZHONGSHAN CAMRY ELECTRONIC CO., LTD.

Address: Baishawan Industrial Park, Qiwan Road, East District,
ZHONGSHAN, GUANGDONG, CHINA, 528400
Email: am-contact@camry.com.cn



E-CrossStu GmbH
Mainzer Landstr.69, Frankfurt am Main, Germany 60329
Tel: +49 6933296767
Email: e-crossstu@outlook.com



YH Consulting Limited
C/O YH Consulting Limited Office 147, Centurion House,
London Road, Staines-upon-Thames, Surrey, London,
TW18 4AX
Tel: +44 07514-677868 Email: H2YHUK@gmail.com

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference, and
- (2) this device must accept any interference received, including interference that may cause undesired operation

	WARNING KEEP OUT OF REACH OF CHILDREN Swallowing can lead to chemical burns, perforation of soft tissue, and death. Severe burns can occur within 2 hours of ingestion. Seek medical attention immediately.	
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Country of origin: MADE IN CHINA

PAP 22

Raccolta Carta

FR

Cet appareil, ses accessoires, cordons et batteries se recyclent

À DÉPOSER EN MAGASIN

À DÉPOSER EN DÉCHÈTERIE

OU

Points de collecte sur www.quefairedemesdechets.fr
Privilégiez la réparation ou le don de votre appareil !

FR

ÉLÉMENTS D'EMBALLAGE À SÉPARER ET À DÉPOSER DANS LE BAC DE TRI

Contact details for manufacturer and representatives, including FCC compliance information.