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## runstar FG2019

# Runstar Smart Scale User Manual

Model: FG2019 | Brand: runstar

## INTRODUCTION

The Runstar Smart Scale is an advanced digital bathroom scale designed to provide a comprehensive analysis of your body composition. Beyond just weight, it measures 15 essential body metrics, helping you track your fitness journey and achieve your health goals with precision. This manual will guide you through setting up, operating, and maintaining your smart scale.



Image: The Runstar Smart Scale with its large display and accompanying mobile app interface.

## KEY FEATURES

- **All-in-One Display:** Features an extra-large VA display screen showing 5 key body metrics (weight, body fat rate, BMI, heart rate, body type) simultaneously without needing your phone.
- **High Accuracy:** Equipped with 4 high-sensitive electrodes and 4 high-precision G-shape sensors for measurements accurate to 0.1lb/0.05kg, with a maximum capacity of 400lb/180kg.
- **15 Essential Body Composition Data:** Measures metrics such as Weight, BMI, Body Fat, Muscle Mass, Heart Rate, Body Water, Bone Mass, Visceral Fat, Subcutaneous Fat, Protein, BMR, and more.
- **Multifunctional APP (Starfit):** Syncs easily with fitness apps like Apple Health, Health Connect, and Fitbit. Supports offline measurement with automatic data syncing.
- **Multi-User Support:** Create up to 24 user profiles with automatic user identification, perfect for families. Includes a "Baby Mode" for tracking infant or pet growth.

## SETUP GUIDE

### 1. Battery Installation

Your Runstar Smart Scale comes with batteries included. To activate the scale, locate the battery compartment on the underside of the device. Remove the insulator strip from the battery compartment. Ensure batteries are correctly inserted according to polarity markings.



Image: The underside of the scale highlighting its low power consumption and battery compartment.

### 2. App Download and Pairing (Starfit App)

To unlock the full potential of your Runstar Smart Scale, download the "Starfit" app on your smartphone or tablet. The app is available on both the App Store (for iOS devices) and Google Play (for Android devices).

1. **Download the App:** Search for "Starfit" in your device's app store and install it.
2. **Register/Login:** Open the Starfit app and either register a new user account or log in with an existing one.

3. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone. The app will prompt you to enable it if it's not already on.
4. **Pair the Scale:** In the app, navigate to the "My Devices" section (often found under "Account"). Click on the "+" icon in the upper right corner, then select the Bluetooth pairing option. The app will search for nearby devices.
5. **Connect:** Once "Runstar-RX" (the scale's Bluetooth name) appears, tap to complete the connection. A connected logo will appear on the scale's screen.

# Witness Your Progress with Starfit



Image: The Starfit app demonstrating progress tracking and synchronization with other fitness platforms.

Your browser does not support the video tag.

Video: An overview of the Runstar Smart Scale's features and app connectivity. This video demonstrates the ease of setup and data synchronization.

## OPERATING INSTRUCTIONS

### 1. How to Weigh

Place the scale on a hard, flat surface. Step onto the scale barefoot. The scale will automatically turn on and display your weight. For full body composition analysis, ensure your bare feet are in contact with the four electrode pads on the scale surface.



Image: Demonstrating the scale's 0.1lb accuracy by showing weight before and after drinking water.

## 2. Understanding the Display

The Runstar Smart Scale features a large VA display that shows 5 key metrics directly on the scale: weight, body fat rate, BMI, heart rate, and body type. This allows for quick health checks without needing to open the app immediately.

# ALL IN ONE SCREEN

More than 80% larger screen than other scales on the market



Image: Detailed view of the "All in One Screen" display, indicating various metrics.

### 3. App Functionality

The Starfit app is your central hub for all body composition data. It provides detailed graphs and historical data, allowing you to monitor trends over time (weekly, monthly, yearly). The app also supports integration with other popular fitness platforms.

### 4. Multi-User Functionality

The scale can store data for up to 24 user profiles and automatically recognize the user when they step on. This makes it ideal for families or shared living spaces. The app also includes a "Baby Mode" to track the growth of infants or pets.

### BODY COMPOSITION DATA EXPLAINED

The Runstar Smart Scale provides 15 essential body composition metrics to give you a holistic view of your health:

- Weight
- BMI (Body Mass Index)
- Body Fat
- Muscle Mass
- Heart Rate
- Body Water
- Bone Mass
- Visceral Fat
- Subcutaneous Fat
- Protein
- BMR (Basal Metabolic Rate)
- Body Age
- Skeletal Muscle
- Fat-free Body Weight
- Cardiac Index

# 15 Essential Body Composition Data

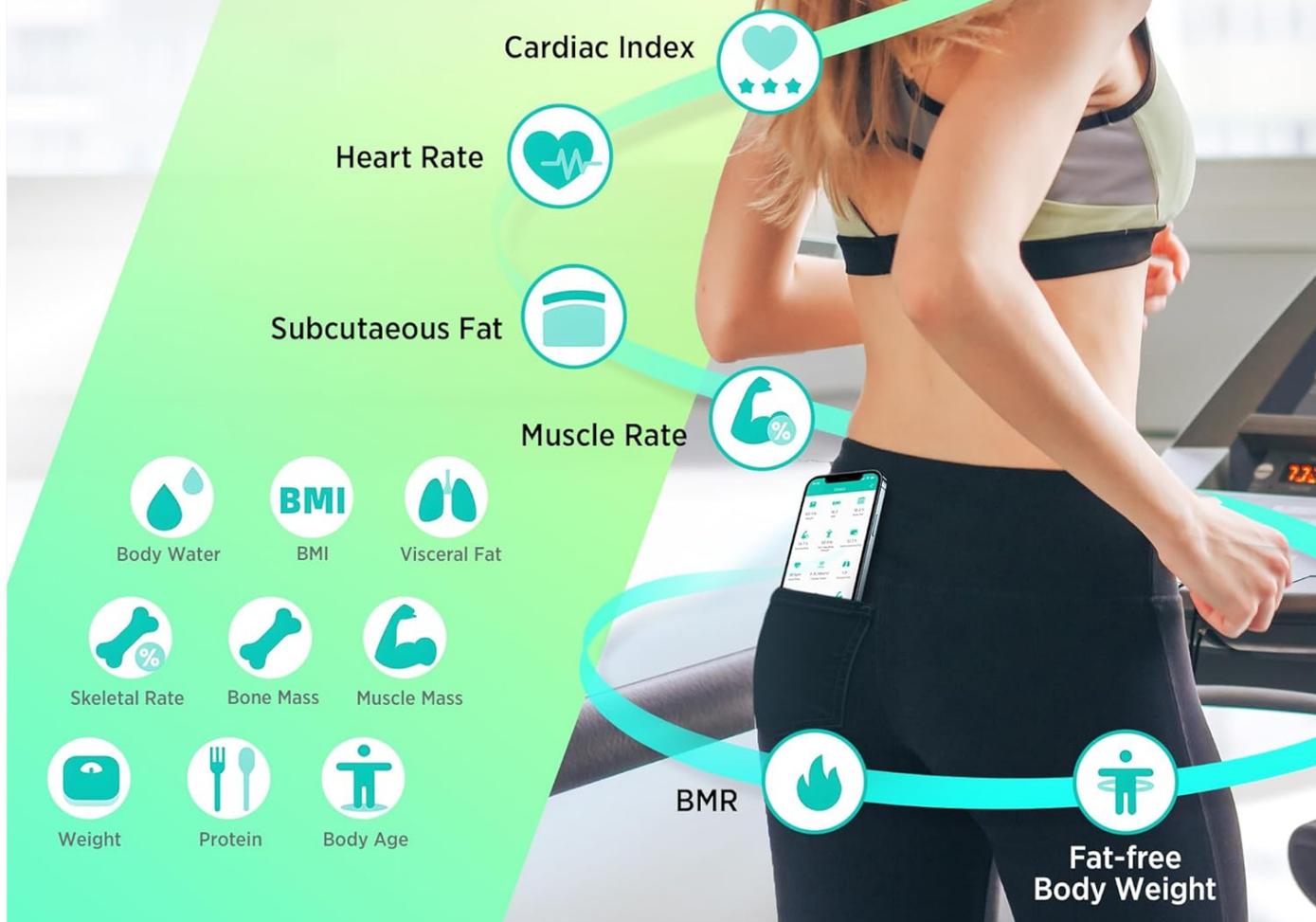


Image: Visual representation of the 15 body composition metrics provided by the scale.

## MAINTENANCE

To ensure the longevity and accuracy of your Runstar Smart Scale, follow these simple maintenance tips:

- **Cleaning:** Wipe the scale surface with a soft, damp cloth. Avoid using abrasive cleaners or harsh chemicals.
- **Storage:** Store the scale in a dry place. Avoid extreme temperatures or direct sunlight.
- **Avoid Water:** Do not immerse the scale in water or spray it directly with water.
- **Battery Replacement:** Replace batteries when the low battery indicator appears on the display.

## TROUBLESHOOTING

How to connect the Starfit APP with the scale?

1. Download Starfit APP and complete registration.
2. Click on "Account" and find "My Devices".
3. Click on the "+" in the upper right corner, then click on the "Bluetooth" logo on the page and you will enter the searching for the smart devices.
4. Click on the "Bluetooth logo" on the page and it will go to "Searching for the smart devices". When you find "Runstar-RX" (Bluetooth name of scale), click to complete the connection. At this point, please note that a connected logo will appear on the scale's screen.

If you experience persistent connection issues, ensure your phone's Bluetooth is on, the app has location permissions, and the scale is powered on and within range.

## SPECIFICATIONS

Attribute	Value
Product Dimensions	11.02 x 11.02 x 1 inches; 2.86 Pounds
Item Model Number	FG2019
Batteries	4 A batteries required (included)
Manufacturer	runstar
Color	Black
Recommended Uses	Humans, Baby, Adults
Special Feature	Heart Rate, Auto Shut Off, Smart
Display Type	LCD

## WARRANTY & SUPPORT

For any product inquiries, technical support, or warranty claims, please contact the manufacturer, runstar. Refer to the product packaging or the official runstar website for specific contact details.

Protection plans are available for purchase separately through Amazon, offering extended coverage for 2 or 3 years, or a monthly complete protect plan.

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## Related Documents - FG2019

 <p>RUNSTAR Newest SMART BODY FAT SCALE Model: FG2019 CZSK</p>	<p><a href="#">RUNSTAR FG2019 Smart Body Fat Scale User Manual and Guide</a></p> <p>User manual for the RUNSTAR FG2019 Smart Body Fat Scale. Learn about its features, how to connect to the Starfit app, troubleshoot issues, and understand specifications. This guide covers body composition analysis, Bluetooth connectivity, and device settings.</p>
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	<p><a href="#">RunStar FG2015ULB Smart Full Body Composition Scale User Manual</a></p> <p>User manual for the RunStar FG2015ULB Smart Full Body Composition Scale. Learn about setup, operation, the Starfit app, measuring steps, troubleshooting, and safety guidelines.</p>
	<p><a href="#">Runstar Smart Full Body Composition Scale: User Guide and Setup</a></p> <p>Comprehensive instruction manual for the Runstar Smart Full Body Composition Scale. Covers setup, app connection, measurement features, troubleshooting, and safety guidelines for accurate body composition analysis.</p>
	<p><a href="#">Runstar FI2019LB Smart Body Fat Scale User Manual</a></p> <p>Comprehensive user manual for the Runstar FI2019LB Smart Body Fat Scale, detailing setup, operation, features, troubleshooting, and FCC compliance for accurate body composition analysis.</p>
	<p><a href="#">RunStar Digital Weight Scale User Manual BG2403-B</a></p> <p>User manual for the RunStar Digital Weight Scale (Model BG2403-B), providing specifications, instructions for use, safety notices, and FCC compliance information.</p>
	<p><a href="#">RUNSTAR FG2019 Smart Body Fat Scale User Manual and Guide</a></p> <p>User manual for the RUNSTAR FG2019 Smart Body Fat Scale. Learn about its features, how to connect to the Starfit app, troubleshoot issues, and understand specifications. This guide covers body composition analysis, Bluetooth connectivity, and device settings.</p>