

Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

manuals.plus /

- › [Laica](#) /
- › [Laica Smart Body Composition Digital Bath Scale PS5000 User Manual](#)

Laica PS5000

Laica Smart Body Composition Digital Bath Scale User Manual

Model: PS5000

INTRODUCTION

The Laica PS5000 Smart Body Composition Digital Bath Scale is designed to provide comprehensive insights into your body's health. Beyond basic weight measurement, this scale connects to the free Fitdays mobile app to track 13 key body composition metrics. These metrics include body mass index (BMI), body fat percentage, muscle rate, fat-free body weight, subcutaneous fat percentage, visceral fat, body water percentage, skeletal muscle percentage, muscle mass, bone mass, protein percentage, BMR, and body age. This manual provides instructions for safe and effective use of your new scale.

SAFETY INFORMATION

- Do not use this device if you are pregnant, have a pacemaker, or other internal medical devices.
- The scale surface can be slippery when wet. Ensure the surface is dry before use.
- Do not jump on the scale or use it for purposes other than weighing.
- Keep the scale away from strong electromagnetic fields.
- This scale is intended for household use only.
- Always consult a healthcare professional for medical advice regarding your health metrics.

PACKAGE CONTENTS

Please check the package contents to ensure all items are present:

- 1 x Laica PS5000 Smart Body Composition Digital Bath Scale
- 1 x User Manual (this document)
- *Note: 3 x 1.5V AAA alkaline batteries are not included and must be purchased separately.*

SETUP

1. Battery Installation

1. Turn the scale over to access the battery compartment on the underside.
2. Open the battery compartment cover.
3. Insert 3 x 1.5V AAA alkaline batteries, ensuring correct polarity (+/-).
4. Close the battery compartment cover securely.

2. Initial Placement

Place the scale on a hard, flat surface. Uneven or soft surfaces (like carpet) can affect accuracy.

3. Connecting to the Fitdays App

1. Download the "Fitdays" app from your smartphone's app store (iOS or Android).
2. Create an account and set up your personal profile within the app.
3. Enable Bluetooth on your smartphone.
4. Step onto the scale to activate it. The display will show your weight.
5. Open the Fitdays app. The app should automatically detect and connect to the scale via Bluetooth. Follow any on-screen prompts in the app to complete the pairing process.
6. Once connected, your weight and body composition data will sync to the app.

OPERATING INSTRUCTIONS

1. Basic Weight Measurement

1. Place the scale on a hard, flat surface.
2. Gently step onto the scale with bare feet. Ensure your feet are centered on the electrodes for accurate body composition analysis.
3. Stand still until your weight is displayed and stabilizes.
4. The scale will automatically turn off after a few seconds of inactivity.



Image: The Laica PS5000 Smart Body Composition Digital Bath Scale. This image shows the scale's sleek black glass surface with a digital display. The display is illuminated, showing a numerical weight reading. The scale is designed for users to stand on it for weight and body composition measurements.

2. Body Composition Measurement

For body composition measurements, ensure you are connected to the Fitdays app and your profile is set up. Step onto the scale barefoot. The scale will send a low-level electrical current through your body (imperceptible and safe) to measure impedance, which the app uses to calculate various body metrics.

The Fitdays app will display the following metrics:

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

3. User Profiles

The Fitdays app supports multiple user profiles. Once connected, the scale can often recognize different users based on their weight patterns, syncing data to the correct profile. Ensure each user has their own profile set up in the app for accurate tracking.

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 and direct sunlight.
- **Battery Replacement:** Replace batteries when the low battery indicator appears on the display or in the app.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Scale does not turn on.	Batteries are dead or incorrectly installed.	Check battery polarity or replace with new AAA batteries.
Inaccurate weight readings.	Scale is on an uneven or soft surface; scale needs calibration.	Place scale on a hard, flat surface. Step on and off quickly to calibrate to zero before weighing.
Cannot connect to Fitdays app.	Bluetooth is off; app not open; scale not active.	Ensure Bluetooth is enabled on your phone, open the Fitdays app, and step on the scale to activate it. Restart phone/app if needed.
Body composition data not showing.	Not stepping on with bare feet; feet not making contact with electrodes.	Ensure you are standing barefoot on the scale, with your feet making full contact with the metal electrodes.

SPECIFICATIONS

Feature	Detail
Model Number	PS5000
Maximum Weight Capacity	180 kg / 396 lb / 28 st 4 lb (400 Pounds)
Measurement Increments	100 g / 0.2 lb / 1 lb
Measurement Accuracy	+/-0.5
Display	Digital LCD (7.2 x 2.9 cm)
Material	6mm Tempered Glass
Power Supply	3 x 1.5V AAA alkaline batteries (not included)
Product Dimensions	29.59 x 29.59 x 2.59 cm
Item Weight	1.96 kg
Special Features	Smart, Body Composition Analysis

WARRANTY AND SUPPORT

Laica products are manufactured to high-quality standards. For warranty information, technical support, or customer service inquiries, please refer to the contact details provided on the official Laica website or your purchase documentation. Please retain your proof of purchase for warranty claims.

For further assistance, please visit: www.laica.com