

[Manuals.plus](#) /

› [Lepulse](#) /

› Lepulse Lescale P1 Body Fat Scale with Hand Sensors User Manual

Lepulse Lescale P1

Lepulse Lescale P1 Body Fat Scale with Hand Sensors User Manual

Model: Lescale P1

INTRODUCTION

The Lepulse Lescale P1 Body Fat Scale is an advanced smart scale designed to provide comprehensive body composition analysis. Utilizing both foot electrodes and manual hand sensors, it offers precise measurements of various body metrics, helping you monitor your health and fitness progress effectively. This manual provides essential information for setting up, operating, maintaining, and troubleshooting your device.



Image: The Lepulse Lescale P1 Body Fat Scale, showcasing its sleek design and the accompanying mobile application interface.

SETUP

1. Unboxing and Initial Charge

Carefully remove the scale and its components from the packaging. The Lescale P1 features an integrated lithium metal battery. Before first use, ensure the scale is fully charged using the provided USB-C cable. Connect the cable to the Type-C charging port located on the device.

2. App Installation and Pairing

1. Download the 'Fitdays' application from your device's app store (available on App Store for iOS and Google Play for Android).
2. Open the Fitdays app and create a user profile.
3. Ensure Bluetooth is enabled on your smartphone.
4. Step onto the scale to activate it. The scale will automatically attempt to pair with the app via Bluetooth. Follow the on-screen prompts in the app to complete the pairing process.

Präziseste Messung Körperfettwaage



Image: An exploded view of the Lepulse Lescale P1, highlighting its internal components such as 4 precision G-sensors, ITO coating technology, and a storage chip (100 data sets). The display shows various metrics like weight, body fat percentage, BMI, body water percentage, body age, muscle mass, and bone mass.

Großes LCD-Display, sofortige Anzeige der Ergebnisse



Image: A user demonstrating the proper stance on the Lepulse Lescale P1, holding the hand sensors. The large LCD display on the scale clearly shows real-time measurements including weight, body fat percentage, BMI, body water percentage, body age, muscle mass, and body type rating.

OPERATING INSTRUCTIONS

1. Taking a Measurement

1. Place the scale on a hard, flat surface. Avoid carpets or uneven floors.
2. Ensure your feet are bare and clean for accurate readings.
3. Step onto the scale, centering your feet on the electrodes.
4. Hold the hand sensors firmly with both hands, ensuring good contact with the electrodes. The cable connecting the hand sensors to the scale should be free of tangles.
5. Remain still until the measurement is complete and the readings stabilize on the scale's display and in the Fitdays app.

2. Understanding Your Data

The Lescale P1 provides 19 body composition data points, including:

- Weight
- Body Fat Percentage
- BMI (Body Mass Index)
- Body Water Percentage
- Muscle Mass
- Bone Mass
- Body Age
- Body Type Rating
- Protein Mass
- Skeletal Muscle
- Visceral Fat
- Fat-free Body Weight
- Ideal Body Weight
- Obesity Level

The Fitdays app provides detailed explanations for each metric and allows you to track trends over time (weekly, monthly, yearly). It can also generate comprehensive PDF reports of your body composition analysis.

20 körperanalysewaage

Umfassende Untersuchung zu Hause



Gewicht



Körperfett



BMI



Muskel-
masse



Muskelleistung



BMR



Eiweißmasse



Eiweiß



Skelett-
muskulatur



Wasser-
gewicht



Körper-
wasser



BKnochen-
masse



Fett-
masse



Subkutan-
es Fett



Viszerales
Fett



Fettfreies
Körpergewicht



Ideales
Körpergewicht



Grad der
Fettleibigkeit



Körpertyp



Körper
Alter

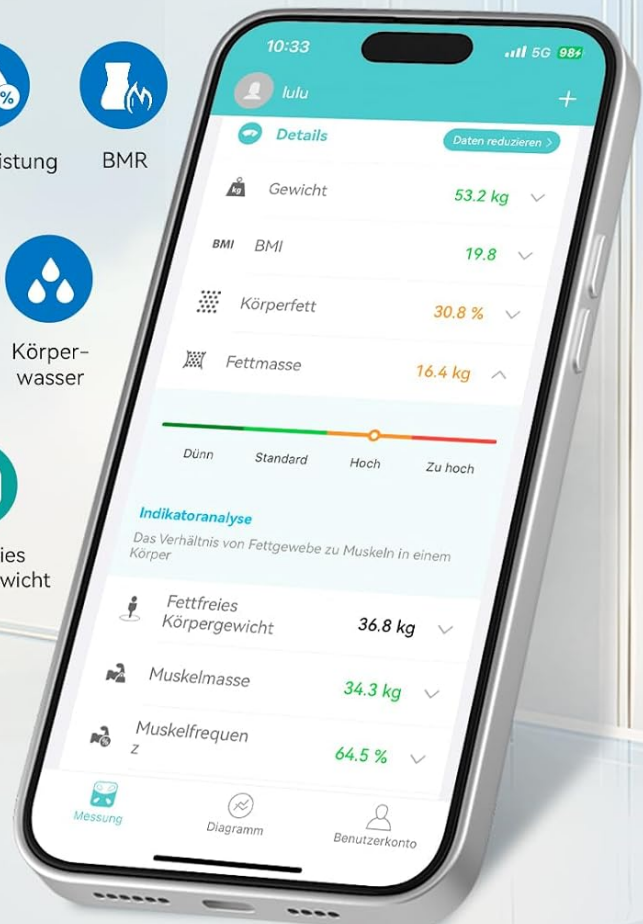


Image: An infographic illustrating the 20 comprehensive body analysis metrics provided by the Lepulse Lescale P1 and displayed within the Fitdays app, including weight, body fat, BMI, muscle mass, and more.

Ihr exklusiver Fitness-Management-Experte

Körperfett
Gewicht
BMI

Woche Monat Jahr

26.5%
25.6%
23.4%

60kg
58.5kg
57kg

25
24.3
23.4

10:33 5G 98%

< Berichtsvorschau >

Standardlayout Einfaches Layout

Fidus Analysebericht zur Körperzusammensetzung

Di-Lin: Helmut Meier 4. Nov. 24 Höhe: 180cm Gewicht: 58.5kg Datum: 09/10/2024 14:42:00

Analyse der Körperzusammensetzung (%)

53.2 Gesamtfettanteil

Muskelbalance (%)

Gesamtsanalyse

Segmentale Fettanalyse (%)

Geschichte

Anderer Indikatoren

Partner und Vorschlag

70 Punkte

Image: A man viewing his fitness progress on a smartphone, demonstrating how the Fitdays app tracks trends for body fat, weight, and BMI over time (week, month, year), acting as a personal fitness management expert.

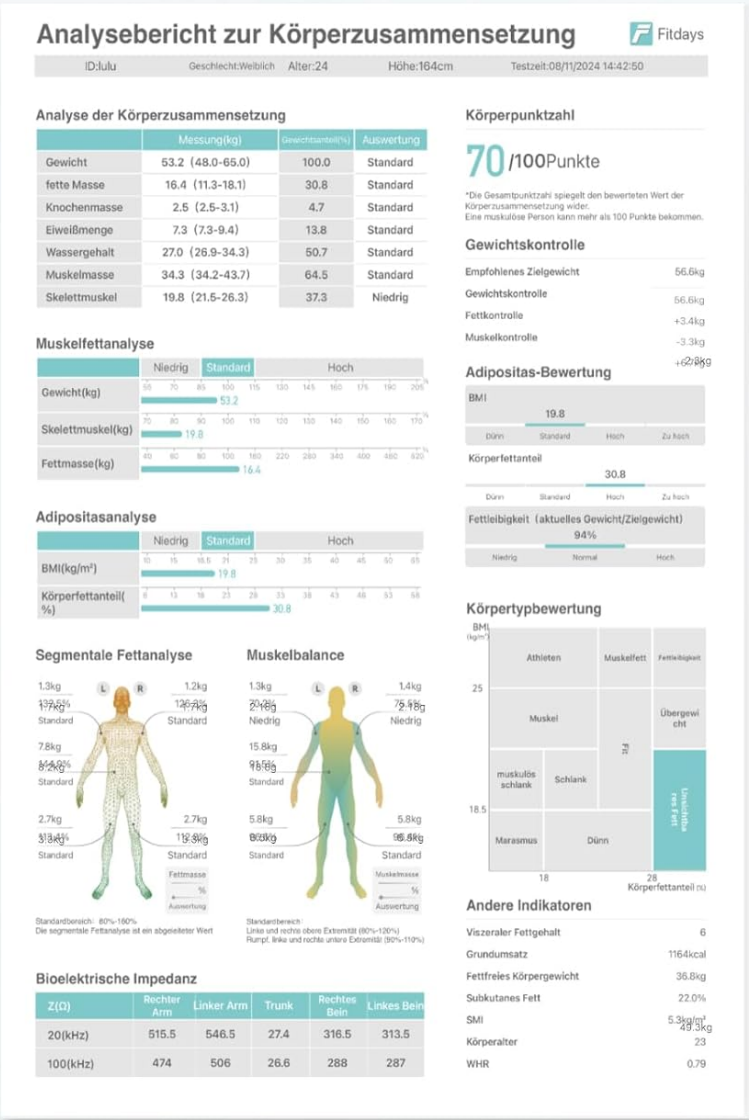
3. Multi-User Functionality

The Lescale P1 supports up to 24 users, making it ideal for families and friends. Each user can create their own profile within the Fitdays app, and the scale will intelligently recognize individual users based on their measurements.

Einen Bericht über die Körperzusammensetzung generieren



Fitdays



Synchronisiert mit:



Google Fit



Fitbits



Samsung Health



Apple Health



Apple Watch



Freigabe:



Facebook



Instagram



Twitter

Image: A visual representation of the scale's multi-user capability, showing a group of people connected via social media icons, symbolizing that the scale can be shared among up to 24 users, each with their own profile in the app.

4. App Synchronization and Sharing

The Fitdays app can synchronize your data with popular health platforms such as Google Fit, Fitbits, Samsung Health, Apple Health, and Apple Watch. You can also easily share your progress on social media platforms like Facebook, Instagram, and Twitter.



Image: A screenshot of the Fitdays app demonstrating its ability to generate a comprehensive body composition report and its compatibility with various health platforms like Google Fit, Fitbit, Samsung Health, Apple Health, and Apple Watch, along with social sharing options.

MAINTENANCE

1. Cleaning

Wipe the scale's surface with a soft, damp cloth. Do not use abrasive cleaners or immerse the scale in water. Keep the electrodes clean and dry for accurate readings.

2. Storage

Store the scale in a cool, dry place away from direct sunlight and extreme temperatures. Avoid placing heavy objects on the scale when not in use.

TROUBLESHOOTING

1. Inaccurate Readings

- Ensure the scale is on a hard, flat surface.
- Make sure your feet are bare, clean, and properly positioned on the electrodes.
- Ensure the hand sensors are held firmly with good skin contact.
- The hand sensor cable must be weighed during calibration before each measurement. Ensure it is not tangled or obstructing the measurement.
- Check the battery level and recharge if necessary.

2. Bluetooth Connectivity Issues

- Ensure Bluetooth is enabled on your smartphone and the Fitdays app is open.
- Move your smartphone closer to the scale.
- Restart the Fitdays app and/or your smartphone.
- If synchronization is unreliable, try opening the app and activating the scale more frequently to ensure data transfer.
- Unpair and re-pair the scale in the Fitdays app's settings.

3. Scale Not Turning On

- Charge the scale using the USB-C cable.
- If the issue persists after charging, contact customer support.

SPECIFICATIONS

Brand	Lepulse
Model Number	Lescale P1
Dimensions (L x W x H)	42.9 x 33.29 x 5.7 cm
Item Weight	2.37 Kilograms
Power Source	1 Lithium metal battery (included)
Measurement Type	Kilograms or Pounds
Connectivity	Bluetooth

WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the product packaging or contact Lepulse customer service directly. Information regarding the availability of spare parts is currently unavailable.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question