

[Manuals.plus](#) /

› [Posture](#) /

› Posture FG220 Smart Body Composition Scale User Manual

Posture FG220

Posture FG220 Smart Body Composition Scale

Model: FG220 | Brand: Posture

INTRODUCTION

The Posture FG220 Smart Body Composition Scale is designed to provide comprehensive insights into your body's health. Equipped with 4 high-accuracy sensors and 4 Bio-electrical Impedance Analysis (BIA) electrodes, this scale measures not only your weight but also 12 other essential body composition metrics. Data is seamlessly synced to the Fitdays app, allowing you to track your progress and achieve your health goals effectively.

PRODUCT OVERVIEW



Figure 1: Top view of the Posture FG220 Smart Scale (black model) showing the display and four circular electrodes.



Figure 2: Top view of the Posture FG220 Smart Scale (white model) with the RENPHO logo visible, showing the display and four circular electrodes.

SETUP INSTRUCTIONS

1. **Charge the Scale:** The FG220 scale is rechargeable. Connect the provided charging cable to the charging port located on the underside of the scale. Allow sufficient time for a full charge before first use.
2. **Download the Fitdays App:** Search for "FITDAYS" in the App Store (iOS) or Google Play Store (Android) and download the application to your smartphone.
3. **Create a User Profile:** Open the Fitdays app and follow the on-screen instructions to create your

personal user profile. You can add up to 24 user profiles for family and friends.

4. **Pair with Bluetooth:** Ensure Bluetooth is enabled on your smartphone. Open the Fitdays app. Step onto the scale to activate it. The app should automatically detect and pair with the scale. Confirm the connection within the app.
5. **Initial Calibration:** After pairing, the scale will display "CAL" and then "0.0" (or "0.00" depending on unit setting). This indicates it is ready for use.

OPERATING INSTRUCTIONS

1. **Open the Fitdays App:** Before stepping on the scale, ensure the Fitdays app is open on your smartphone and Bluetooth is active.
2. **Step On the Scale:** Place the scale on a hard, flat surface. Step onto the scale barefoot, ensuring your feet are centered on the electrodes. Stand still until your weight is displayed and stabilized.
3. **View Measurements:** The scale will display your weight. Simultaneously, the Fitdays app will measure and display 13 essential body composition metrics, including BMI, body fat, subcutaneous fat, body water, protein, BMR, and body age.
4. **Data Tracking:** The app automatically saves your historical data, providing detailed charts to track changes in your body composition over days, weeks, months, or years.
5. **Sync with Other Health Apps:** The Fitdays app can sync data with other popular fitness applications such as Apple Health, Google Fit, Samsung Health, and Fitbit for consolidated health tracking.

FEATURES

- **Comprehensive Body Composition Analysis:** Measures 13 key metrics including weight, BMI, body fat, subcutaneous fat, body water, protein, BMR, and body age using advanced Bio-electrical Impedance Measurement Technology.
- **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 400lb/180kg.
- **Smart App Integration:** Seamlessly syncs data to the free Fitdays app (iOS and Android) for detailed tracking, charts, and historical data analysis.
- **Health App Compatibility:** Easily syncs with Apple Health, Google Fit, Samsung Health, and Fitbit.
- **Multi-User Support:** The Fitdays app allows creation of unlimited profiles for up to 24 users, making it suitable for families.
- **Durable and Stable Design:** Features a 6mm tempered glass platform with an 11.8 × 10.2 inch surface for enhanced comfort and safety.
- **Convenient Display:** Clear white LED display for easy reading of weight measurements.
- **Rechargeable:** Eliminates the need for frequent battery replacements.
- **FSA / HSA Eligible:** May be eligible for Flexible Spending Account or Health Savings Account reimbursement.

MAINTENANCE

- **Cleaning:** Wipe the scale surface with a soft, damp cloth. Do not use abrasive cleaners or immerse the scale in water.
- **Storage:** Store the scale in a dry place, away from extreme temperatures and direct sunlight.

- **Charging:** Recharge the scale when the low power indicator appears on the display. Use the provided charging cable.
- **Avoid Impact:** The scale is made of tempered glass; avoid dropping or striking it to prevent damage.

TROUBLESHOOTING

- **Scale Not Turning On:** Ensure the scale is charged. Connect it to a power source and allow it to charge for some time before attempting to use it again.
- **Inaccurate Readings:** Ensure the scale is placed on a hard, flat surface. Soft surfaces like carpets can affect accuracy. Recalibrate by stepping on it briefly until "0.0" appears.
- **App Not Syncing Data:**
 - Ensure Bluetooth is enabled on your smartphone.
 - Make sure the Fitdays app is open and running in the foreground or background.
 - Step onto the scale barefoot to ensure full body composition measurement and data transmission.
 - Check if the scale is paired correctly in the app's device management section.
- **"Lo" or Low Battery Indicator:** The scale needs to be recharged.
- **"OL" or Overload Indicator:** The weight on the scale exceeds its maximum capacity (400lb/180kg).

SPECIFICATIONS

- **Model:** FG220
- **Brand:** Posture
- **Measurement Units:** Pounds (lb), Kilograms (kg)
- **Weight Capacity:** Up to 400 lb (180 kg)
- **Weight Division:** 0.2 lb (100 g)
- **Sensors:** 4 high-precision sensors
- **Electrodes:** 4 BIA electrodes
- **Platform Material:** 6mm tempered glass
- **Platform Dimensions:** 11.8 × 10.2 inches
- **Display:** White LED
- **Connectivity:** Bluetooth (for Fitdays app synchronization)
- **Power Source:** Rechargeable battery
- **App Compatibility:** Fitdays app (iOS & Android), Apple Health, Google Fit, Samsung Health, Fitbit
- **ASIN:** B0CLXYXB8S
- **Date First Available:** October 27, 2023

WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included with your purchase or contact the manufacturer directly. Keep your proof of purchase for any warranty claims.

***Legal Disclaimer:** Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.*

