

## ACH-10

# Generic ACH-10 Digital Bioimpedance Smart Scale User Manual

Model: ACH-10

## INTRODUCTION

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The Generic ACH-10 Digital Bioimpedance Smart Scale is designed to provide a comprehensive analysis of your body composition. Utilizing advanced bioimpedance technology, this scale measures not just your weight, but also body fat, muscle mass, water percentage, and other key health indicators. Connect it via Bluetooth to a compatible app on your iOS or Android device to track your progress and manage your health goals effectively.

## SAFETY INFORMATION

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- Do not use this scale for medical diagnosis or treatment.
- Keep the scale on a flat, hard surface for accurate readings. Avoid carpets or soft surfaces.
- The scale is made of tempered glass; handle with care to prevent breakage.
- Do not exceed the maximum weight capacity of 180 kg (396 lbs).
- Keep out of reach of children.
- Do not use if you have a pacemaker or other internal medical device.
- Ensure your feet are clean and dry for accurate bioimpedance measurements.

## PACKAGE CONTENTS

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- 1 x Generic ACH-10 Digital Bioimpedance Smart Scale
- AAA Batteries (included)
- User Manual (this document)

## SETUP

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1. **Install Batteries:** Open the battery compartment on the back of the scale and insert the included AAA batteries, ensuring correct polarity.
2. **Download the App:** Scan the QR code on the scale or in the manual, or search for "Fitdays" (or "OKOK International") in your device's app store (iOS or Android). Download and install the application.

*Description: Image showing a smartphone screen with the Fitdays or OKOK International app icon, ready for download.*

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Com Bluetooth



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### 3. Pair via Bluetooth:

- Enable Bluetooth on your smartphone.
- Open the Fitdays/OKOK International app and create a user profile.
- Step onto the scale briefly to activate it. The display should light up.
- In the app, follow the prompts to "Add Device" or "Connect Body Fat Scale". The app will automatically detect the scale.
- Confirm the connection in the app.

*Description: Video demonstrating the process of connecting the scale to the smartphone app via Bluetooth, showing the app interface and scale interaction.*

Your browser does not support the video tag.

## OPERATING INSTRUCTIONS

1. **General Weighing:** Simply step onto the scale with bare feet. The scale will automatically turn on and display your weight. For bioimpedance measurements, ensure your feet are in contact with the metal electrodes.

*Description: Image of a person standing on the scale with bare feet, showing the digital weight reading on the scale's display.*



2. **Bioimpedance Measurement:** For a full body composition analysis, ensure your feet are bare and make good contact with all four metal electrodes on the scale's surface. Stand still until the measurement is complete.
3. **Viewing Data in the App:** After weighing, the data will automatically synchronize with the connected app. Open the app to view detailed reports, historical data, and progress charts for various metrics such as:
  - Weight
  - Body Fat Percentage
  - Muscle Mass
  - Body Water Percentage
  - BMI (Body Mass Index)
  - Visceral Fat
  - Bone Mass
  - Protein

*Description: Image showing the various body composition metrics displayed within the smartphone app, including lean mass, BMI, weight, body type, ideal weight, muscle mass, body fat, visceral fat, BMR, body water, body age, muscle rate, fat mass, subcutaneous fat, bone mass, and protein.*

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Nossa balança de bioimpedância avançada revela dados em tempo real e integração com aplicativos de saúde.



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Achado tech

4. **Multi-User Profiles:** The app supports up to 24 different user profiles, making it ideal for families or shared use. Each user can track their individual progress.

*Description: Video demonstrating the multi-user profile feature within the app, showing how different users can be managed and their data tracked.*

Your browser does not support the video tag.

## MAINTENANCE

- **Cleaning:** Wipe the scale's surface with a soft, damp cloth. Do not use abrasive cleaners or immerse the scale in water.
- **Battery Replacement:** Replace batteries when the low battery indicator appears on the display. Use only AAA batteries.
- **Storage:** Store the scale in a cool, dry place. Avoid extreme temperatures and direct sunlight.

## TROUBLESHOOTING

### Scale not turning on:

Check if batteries are correctly installed or need replacement. Ensure the scale is on a flat, hard surface.

### Bluetooth connection issues:

Ensure Bluetooth is enabled on your device. Restart the app and the scale. Make sure the scale is within range of your smartphone.

### Inaccurate readings:

Ensure the scale is on a flat, hard surface. Stand still during measurement. For bioimpedance, ensure bare feet are in full contact with electrodes.

### App not syncing data:

Verify Bluetooth connection. Ensure the app has necessary permissions. Try restarting both the app and the scale.

### "Lo" or low battery indicator:

Replace the AAA batteries.

**"Err" or overload indicator:**

The weight limit of 180 kg (396 lbs) has been exceeded. Step off the scale immediately.

**SPECIFICATIONS**

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<b>Model Number</b>	ACH-10
<b>Brand</b>	Generic
<b>Weight Capacity</b>	Up to 180 kg (396 lbs)
<b>Measurement Increments</b>	50g
<b>Material</b>	Tempered Glass
<b>Display Type</b>	LED
<b>Connectivity</b>	Bluetooth
<b>App Compatibility</b>	iOS, Android (Fitdays/OKOK International app)
<b>Power Source</b>	AAA Batteries
<b>Dimensions</b>	Approximately 27.5 x 27.3 x 3.2 cm

**WARRANTY AND SUPPORT**

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For warranty information or technical support, please refer to the retailer's policy or contact the seller directly. Keep your purchase receipt as proof of purchase.