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FITAGE FITAGE-21

FITAGE Smart Body Fat Scale User Manual

Model: FITAGE-21

INTRODUCTION

Welcome to the user manual for your new FITAGE Smart Body Fat Scale. This manual provides essential information for setting up, operating, maintaining, and troubleshooting your device. Please read it thoroughly before first use to ensure optimal performance and longevity of your scale.



The FITAGE Smart Body Fat Scale, designed for comprehensive health tracking.

SAFETY INFORMATION

- Do not use if you have a pacemaker or other internal medical device.
- Do not use if you are pregnant.
- Place the scale on a hard, flat surface for accurate measurements. Avoid carpets or soft surfaces.
- Keep the scale dry. Do not immerse in water.
- Clean the scale with a damp cloth. Do not use abrasive cleaners.
- The glass surface can be slippery when wet. Step on and off carefully.
- Keep out of reach of children.

PACKAGE CONTENTS

- FITAGE Smart Body Fat Scale
- 3x AAA Batteries (included)
- User Manual

SETUP GUIDE

1. Installing Batteries

1. Open the battery compartment on the underside of the scale.
2. Insert the 3 AAA batteries, ensuring correct polarity (+/-).
3. Close the battery compartment securely.

Details Maken het Verschil



Gehard
Duurzaam
Glas



3x
AAA-batterijen

2.4 cm



The underside of the scale, showing the battery compartment and overall dimensions (30x30x2.4 cm).

2. Downloading the FITAGE App

To unlock the full potential of your FITAGE Smart Body Fat Scale, download the official FITAGE app.



Download the FITAGE app from your device's app store. The image shows the app's interface and integration with Apple Health, Health Connect, and Fitbit.

3. Pairing with the App

1. Enable Bluetooth on your smartphone.
2. Open the FITAGE app and create your user profile.
3. Step onto the scale to activate it. The display will light up.
4. The app will automatically detect the scale and prompt you to pair. Follow the on-screen instructions.
5. Ensure the scale and your phone are within close proximity during pairing.

OPERATING INSTRUCTIONS

Taking a Measurement

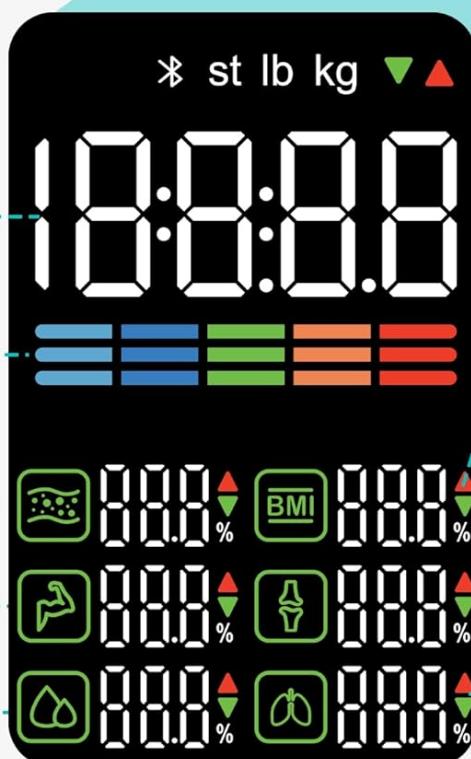
1. Place the scale on a hard, flat surface.
2. Ensure your feet are clean and dry.
3. Step onto the scale barefoot, placing your feet on the metal electrodes. Stand still.
4. The scale will display your weight first, then cycle through other measurements.
5. If the app is open and connected, all measurements will automatically sync to your profile.

Een Groot Beeldscherm



MEMORY FUNCTIE

Sla **20 metingen** op voordat de app verbinding maakt



The large HD LED display shows weight, BMI color indication, body fat, muscle mass, body water, bone mass, and visceral fat. The scale can store up to 20 measurements before app connection is required.

Understanding Measurements

The FITAGE scale provides 17 essential body measurements for comprehensive health tracking.

17 ESSENTIELLE METINGEN



LICHAAMSVET SPIERMASSA

• GEWICHT	• VISCERAAL VET
• BMI	• SPIEROPSLAG
• VOCHTBALANS	• SKELETSPIER
• BOTMASSA	• EIWIT
• BMR (METABOLISME)	• METABOLISCHE LEEFTIJD
• VETVRIJ- LICHAAMS- GEWICHT	• LICHAAT TYPE
• ONDERHUIDS VET	• LENGTE
	• OMTREK



This image illustrates the 17 essential measurements provided by the FITAGE scale, including Weight, BMI, Body Fat, Muscle Mass, and more.

- **Weight:** Your total body mass.
- **BMI (Body Mass Index):** A measure of body fat based on height and weight.
- **Body Fat:** Percentage of total body weight that is fat.
- **Muscle Mass:** Percentage of total body weight that is muscle.
- **Body Water:** Percentage of total body weight that is water.
- **Bone Mass:** The total weight of bone in your body.
- **Visceral Fat:** Fat stored around the organs in the abdomen.
- **BMR (Basal Metabolic Rate):** The number of calories required to keep your body functioning at rest.
- **Protein:** Percentage of protein in your body.
- **Subcutaneous Fat:** Fat stored directly under the skin.
- **Skeletal Muscle:** Muscle attached to bones, responsible for movement.
- **Body Age:** An estimation of your body's biological age.

- **Body Type:** Classification of your body composition.
- **Weight without Fat:** Your body weight excluding fat.
- **Body Score:** An overall health score based on your measurements.
- **Standard Weight:** The ideal weight for your height and age.
- **Weight Control:** Guidance on weight management.

Multiple Users

The FITAGE scale supports an unlimited number of users, making it ideal for families. Each user can create their own profile within the app to track their individual progress.

Eén personenweegschaal, Onbeperkt Aantal Gebruikers

Ondersteunt Familiegegevens
en Meerdere Gebruikers

MARIT
BMI: 23,5
60 kg

DENNIS
BMI: 20,4
70 kg

The FITAGE scale supports multiple users, allowing each family member to track their data separately within the app.

MAINTENANCE

Cleaning the Scale

- Wipe the scale surface with a soft, damp cloth.

- Do not use chemical cleaning agents or abrasive materials.
- Ensure the scale is dry before storage or next use.

Battery Replacement

- When the display shows a low battery indicator, replace all 3 AAA batteries.
- Follow the battery installation steps in the Setup Guide.
- Dispose of old batteries responsibly according to local regulations.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Scale does not turn on.	Batteries are dead or incorrectly installed.	Check battery polarity or replace batteries.
Inaccurate readings.	Scale on uneven surface; not calibrated; feet not clean/dry.	Place on hard, flat surface. Step on and off to calibrate. Ensure feet are clean and dry.
App not connecting to scale.	Bluetooth off; app not open; scale not active; distance too far.	Ensure Bluetooth is on. Open app. Step on scale to activate. Keep phone close to scale.
Measurements not syncing to app.	App not open/connected; multiple users not selected.	Ensure app is open and connected during measurement. Select correct user profile in app.

SPECIFICATIONS

- **Model:** FITAGE-21
- **Weight Capacity:** Up to 225 kg (496 lbs)
- **Accuracy:** 50 grams
- **Measurements:** 17 essential body metrics (Weight, BMI, Body Fat, Muscle Mass, Body Water, Bone Mass, Visceral Fat, BMR, Protein, Subcutaneous Fat, Skeletal Muscle, Body Age, Body Type, Weight without Fat, Body Score, Standard Weight, Weight Control)
- **Display:** 13.50 cm HD LED Display
- **Power:** 3x AAA Batteries (included)
- **Material:** Tempered Glass, ABS
- **Dimensions:** 30 x 30 x 2.4 cm (L x W x H)
- **Sensors:** 4 High-precision G-sensors, BIA (Bio-Impedance Analysis)
- **Connectivity:** Bluetooth, compatible with Apple Health, Fitbit, Health Connect

Nauwkeurige Metingen



BIA
Bio-Impedantie
Analyse

4 Nauwkeurige
G-Sensoren



MAX GEWICHT

50 g

NAUWKEURIGHEID



4 Anti-Slip Pads

The scale features 4 accurate G-sensors and Bio-Impedance Analysis (BIA) for precise measurements, supporting a maximum weight of 225 kg with 50g accuracy, and includes 4 anti-slip pads.

WARRANTY AND SUPPORT

FITAGE offers a 2-year repair warranty for this product. Additionally, you can test the product risk-free for 30 days. If you are not satisfied, you can return the device for free within 30 days.

For technical support or warranty claims, please contact FITAGE customer service through the contact information provided on the official FITAGE website or through your purchase platform.

Manufacturer: FITAGE

Model Number: FITAGE-21

ASIN: B0CV2CR3MM

Related Documents - FITAGE-21

 FITAGE USER MANUAL	<p>FITAGE Massage Gun User Manual - Features, Operation, and Safety</p> <p>Comprehensive user manual for the FITAGE massage gun (Model FITAGE-23). Learn about its features, how to operate it, install massage heads, maintenance, frequently asked questions, safety warnings, and warranty information. Designed for muscle recovery, pain relief, and overall well-being.</p>
 FITAGE USER MANUAL	<p>FITAGE Smart Scale User Manual - Setup, Features, and Health Tracking</p> <p>User manual for the FITAGE smart scale (FITAGE-21). Learn about BIA technology, health metrics (weight, BMI, body fat, muscle mass), app integration (iOS/Android), setup, and troubleshooting.</p>
 FITAGE USER MANUAL	<p>FITAGE Smart Watch User Manual</p> <p>Comprehensive user manual for the FITAGE Smart Watch, covering setup, features, usage, maintenance, and troubleshooting. Learn how to connect, track activities, and manage your health with this guide.</p>
 FITAGE Europese Data Act: Personenweegschaal	<p>FITAGE Personenweegschaal: Informatie over Data Gebruik volgens Europese Data Act</p> <p>D gedetailleerde informatie over de gegevens die FITAGE personenweegschenalen verzamelen, opslaan en beheren, conform de Europese Data Act. Ontdek welke data wordt verzameld, waar deze wordt opgeslagen en hoe u uw gegevens kunt beheren.</p>
 FITAGE Europese Data Act: Personenweegschaal	<p>FITAGE European Data Act Information - Connected Scales Data Collection</p> <p>Information from FITAGE regarding data collection, storage, and user rights under the European Data Act for their connected personal scales.</p>