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runstar FG2305

Runstar Smart Scale User Manual

Model: FG2305 | Brand: runstar

1. PRODUCT OVERVIEW

The Runstar Smart Scale is an advanced digital bathroom scale designed to provide a comprehensive analysis of your body composition. Featuring 8 electrodes and a full-color TFT LCD on a retractable handle, it offers detailed insights into 28 key body metrics.

Key Features:

- **FSA / HSA Eligible:** Compatible with Apple Health, Fitbit, Health Connect, and Fitdays for seamless data synchronization.
- **7 Data Readings on Display:** The full-color TFT LCD on the handle provides immediate display of 7 key body composition metrics, including changes from previous measurements.
- **28 Body Composition Metrics:** Utilizes 8 electrodes and dual-frequency current for accurate measurement of upper limbs, lower limbs, and torso, providing data on BMI, body fat, muscle mass, and more. Athlete mode is available for enhanced accuracy for active users.
- **Intuitive Data Tracking:** The Starfit APP saves all measurements, allowing you to monitor health progress over days, weeks, months, or years. Generate printable analysis reports for personal use or sharing.
- **Unlimited Users:** Supports unlimited users and up to 24 profiles within a single Starfit APP account, making it suitable for families and groups.



Figure 1: Runstar Smart Scale with its retractable handle and accompanying mobile application interface.

2. SETUP GUIDE

Follow these steps to set up your Runstar Smart Scale and begin tracking your body composition data.

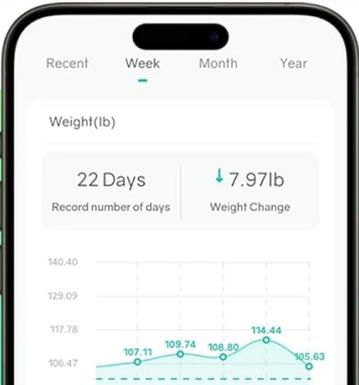
1. **Download the Starfit APP:** Scan the QR code provided in the manual or on the scale's packaging to download the Starfit APP from your device's app store.
2. **Complete Registration:** Open the Starfit APP and follow the on-screen prompts to complete the registration process and create your user profile.
3. **Connect via Bluetooth:**
 - Navigate to the "Account" section within the Starfit APP.
 - Select "My Devices".
 - Tap the "+" icon in the upper right corner, then select the "Bluetooth" logo to initiate the search for smart devices.

- Locate and select "Runstar-RX" (the scale's Bluetooth name) to establish the connection. A connected logo will appear on the scale's screen upon successful pairing.

4. **Initial Measurement:** Once connected, step onto the scale barefoot, ensuring your feet cover the metal pads. Grasp the retractable handle with both hands, placing your thumbs on their designated metal pads. Maintain a stable posture for accurate readings.

Witness Your Every Progress

With Starfit APP





Sync with Your Favorite Apps



Apple Health



Health Connect



Fitbit



iwatch

Figure 2: The Starfit APP interface demonstrating data tracking and synchronization capabilities.

3. OPERATING INSTRUCTIONS

The Runstar Smart Scale is designed for ease of use, providing immediate feedback on its integrated display and detailed analysis via the Starfit APP.

Taking a Measurement:

- Ensure the scale is placed on a hard, flat surface for accurate readings.

- Step onto the scale barefoot. The scale will activate and display '0.00'.
- Pull up the retractable handle and hold it firmly with both hands. Ensure your thumbs and fingers are in full contact with the electrode pads on the handle.
- Stand still for approximately 20-30 seconds while the scale measures your body composition.

Understanding the Display:

The full-color TFT LCD on the retractable handle will show 7 key body composition metrics immediately after measurement. It also indicates the difference from your previous result, allowing for quick progress assessment.

One Screen for All Your Stats



Figure 3: The scale's integrated display providing immediate access to essential body metrics.

Using the Starfit APP:

The Starfit APP provides a detailed breakdown of all 28 body composition metrics and allows for comprehensive data tracking.

- **Detailed Metrics:** View all 28 body composition metrics, including BMI, body fat, muscle mass, bone mass, water weight, visceral fat, and more.
- **Progress Tracking:** The APP automatically saves every measurement, enabling you to review historical data by day, week, month, or year. This helps in tracking weight loss, muscle gain, and overall health

trends.

- **Analysis Reports:** Generate professional analysis reports that can be printed or shared.
- **Multi-User Support:** Create up to 24 user profiles within a single account, allowing multiple family members or fitness group members to track their individual data.

Precision with 28 Core Measurements

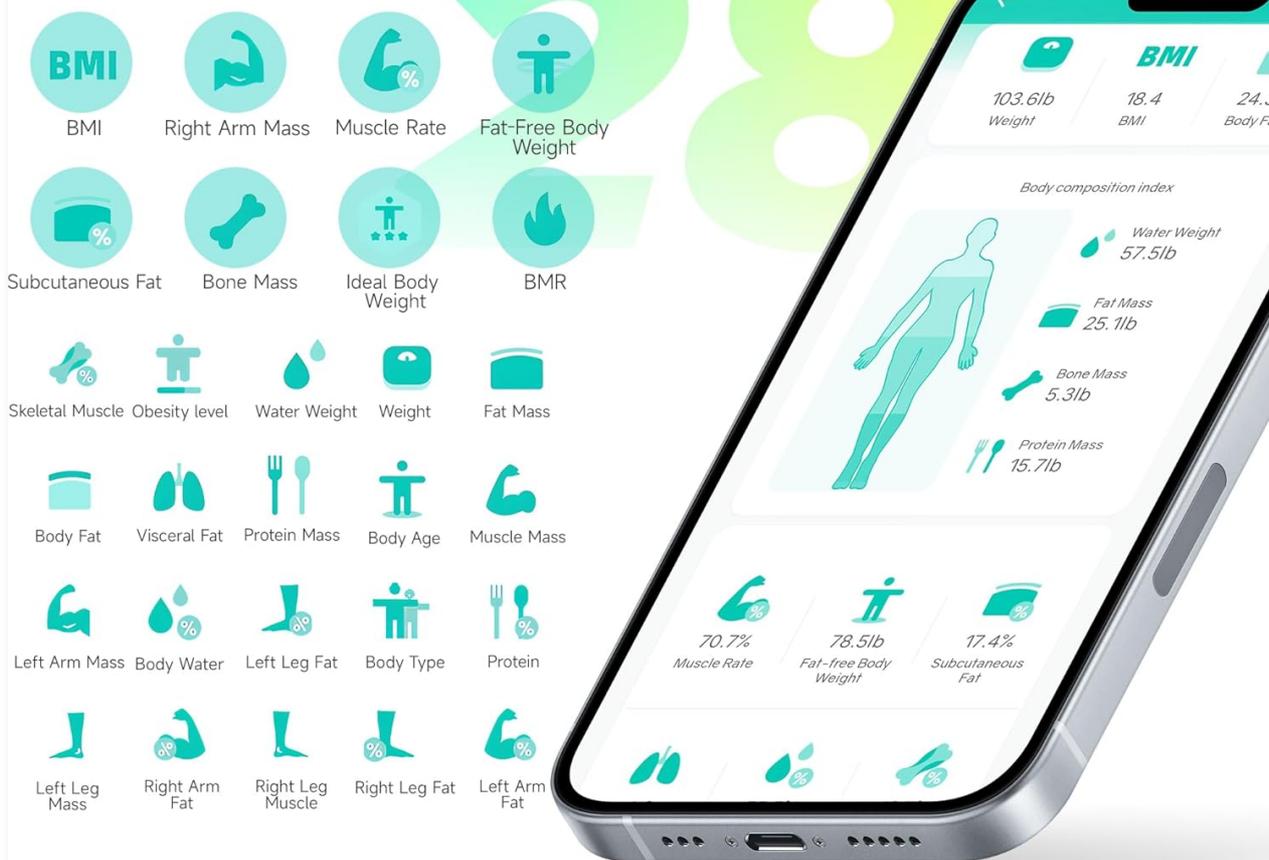


Figure 4: The Starfit APP provides detailed insights into 28 body composition metrics.

4. MAINTENANCE

To ensure the longevity and accuracy of your Runstar Smart Scale, follow these simple maintenance guidelines:

- **Cleaning:** Wipe the scale surface with a soft, damp cloth. Avoid using abrasive cleaners or harsh chemicals.
- **Storage:** Store the scale in a dry place, away from direct sunlight and extreme temperatures.
- **Charging:** The scale is powered by a Lithium Polymer battery. Charge it using the provided USB Type-C

cable. A single charge can last up to 90 days.

One Charge Lasts 90 days



Figure 5: The Runstar Smart Scale features a convenient USB Type-C charging port.

5. TROUBLESHOOTING

If you encounter any issues with your Runstar Smart Scale, please refer to the following common solutions:

- **Scale not turning on:** Ensure the battery is charged. Connect the scale to a power source using the USB Type-C cable.
- **Bluetooth connection issues:** Verify that Bluetooth is enabled on your smartphone and that the Starfit APP is open. Ensure no other devices are currently connected to the scale.
- **Inaccurate readings:** Make sure the scale is on a hard, flat surface. Ensure you are standing still and barefoot, with proper contact on all electrode pads.
- **No body fat data measured:** Body fat measurement requires direct skin contact with all 8 electrodes (4 on the scale, 4 on the handle). Ensure you are barefoot and holding the handle correctly.

For more detailed troubleshooting or persistent issues, please consult the full user manual or contact customer support.

6. SPECIFICATIONS

Attribute	Detail
Model Number	FG2305
Brand	runstar
Color	black
Display Type	color
Special Feature	Body Mass Index, Body Fat, Bone Mass, Bodyweight, Basal Metabolic Rate
Recommended Uses	Adults, Fitness
Batteries	1 Lithium Polymer batteries required. (included)
Package Dimensions	17.13 x 15.12 x 2.8 inches; 5.84 Pounds
Country of Origin	China

7. WARRANTY AND SUPPORT

For detailed warranty information and comprehensive support, please refer to the official user manual provided with your product. You can also access the digital version of the user manual via the following link:

[Download User Manual \(PDF\)](#)

For further assistance, please visit the official runstar store or contact their customer service as indicated in the user manual.

Related Documents - FG2305

	<p>RunStar FG2015ULB Smart Full Body Composition Scale User Manual</p> <p>User manual for the RunStar FG2015ULB Smart Full Body Composition Scale. Learn about setup, operation, the Starfit app, measuring steps, troubleshooting, and safety guidelines.</p>
	<p>Runstar Smart Full Body Composition Scale: User Guide and Setup</p> <p>Comprehensive instruction manual for the Runstar Smart Full Body Composition Scale. Covers setup, app connection, measurement features, troubleshooting, and safety guidelines for accurate body composition analysis.</p>
	<p>Runstar FI2019LB Smart Body Fat Scale User Manual</p> <p>Comprehensive user manual for the Runstar FI2019LB Smart Body Fat Scale, detailing setup, operation, features, troubleshooting, and FCC compliance for accurate body composition analysis.</p>