

**runstar FG2202LB**

# Runstar Smart Scale User Manual

Model: FG2202LB | Brand: runstar

Your guide to accurate body composition analysis and a healthier lifestyle.

## 1. SETUP GUIDE

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Follow these steps to set up your Runstar Smart Scale for the first time.

### 1.1 Battery Installation

The Runstar Smart Scale requires 4 AAA batteries, which are included. Locate the battery compartment on the underside of the scale. Open the cover, insert the batteries according to the polarity indicators, and close the cover securely.



Image: The Runstar Smart Scale with its accompanying mobile app and smartwatch interface, demonstrating its connectivity.

## 1.2 App Download and Pairing

Download the 'Starfit' app from your device's app store. Once installed, open the app and complete the registration process. To pair your scale, navigate to 'Account' > 'My Devices' within the app. Click the '+' icon in the upper right corner, then select the 'Bluetooth' logo to search for smart devices. Locate 'Runstar-RX' in the search results and click to connect. A connected logo will appear on the scale's screen once pairing is successful.

## 1.3 User Profile Creation

The Starfit app supports unlimited accounts and allows for the creation of up to 24 profiles under one account, making it ideal for families or groups. Create individual profiles for each user to track their unique body composition data.

## 2. OPERATING INSTRUCTIONS

Learn how to use your Runstar Smart Scale to obtain accurate body composition measurements.

## 2.1 Taking a Measurement

Place the scale on a hard, flat surface. Step onto the scale with bare feet, ensuring your feet are positioned on the four electrode pads. Pull up the automatic rope retraction handle to a 45-degree angle in front of you, holding it firmly. The scale will analyze 28 body components, and the hidden LED display on the handle will show your weight, muscle rate, and body fat percentage. For a complete analysis, ensure the scale is connected to the Starfit app during measurement.



Image: Close-up of the Runstar Smart Scale's hidden LED display, showing weight, muscle rate, and body fat percentage.

## 2.2 Understanding Display and App Data

The scale utilizes 8 electrodes and dual-frequency AC BIA segmentation measurement technology for independent analysis of limbs and torso, providing highly accurate body composition data. The Starfit app provides a comprehensive view of 28 body components, including BMI, body fat percentage, muscle mass, bone mass, water weight, and more. The app also allows you to set goals and view historical data through weekly, monthly, and yearly progress charts.

# 28 BODY COMPOSITION

Must work with Starfit APP  
and bluetooth connection must be completed in the app

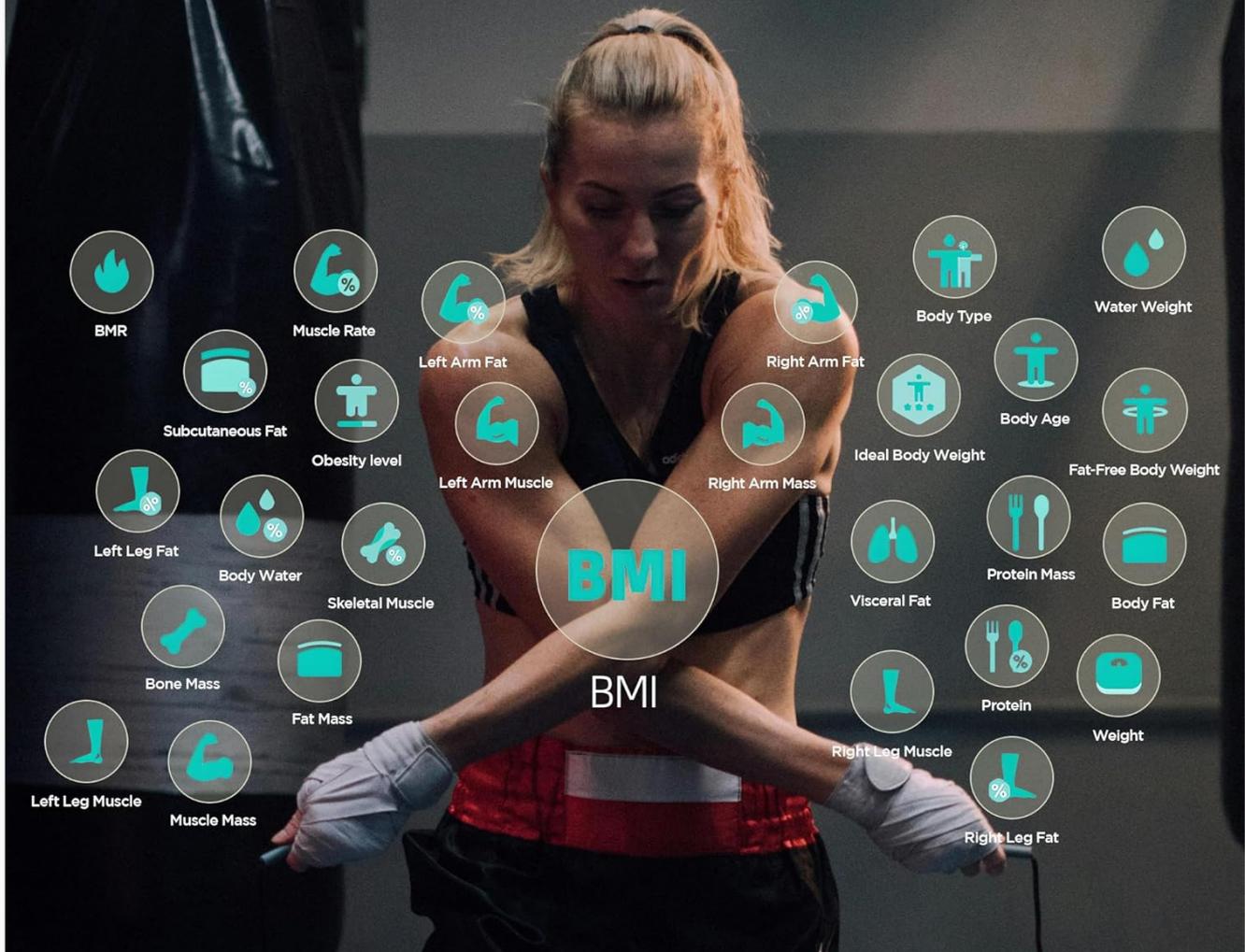


Image: An infographic detailing the 28 body composition metrics measured by the Runstar Smart Scale, all viewable within the Starfit app.

## 2.3 App Features and Compatibility

The Starfit app seamlessly syncs with popular fitness applications such as Apple Health, Fitbit, and Health Connect. It is also compatible with Fitdays, which allows syncing with Samsung Health. Measurement reports can be easily shared with other users or friends through the app, and can also be shared to popular social media platforms.

# Sync With Popular Fitness APP

Centralize data into your favorite applications



Image: A visual representation of the Starfit app's ability to sync data with various popular fitness applications like Apple Health and Fitbit.

## 3. MAINTENANCE

Proper care ensures the longevity and accuracy of your Runstar Smart Scale.

### 3.1 Cleaning

To clean the scale, wipe the surface with a soft, damp cloth. Avoid using abrasive cleaners or submerging the scale in water. Ensure the scale is dry before storage or next use.

### 3.2 Battery Replacement

When the battery indicator appears on the display or the scale does not power on, it's time to replace the batteries. Follow the instructions in Section 1.1 for battery installation.

## 4. TROUBLESHOOTING

Common issues and their solutions.

### 4.1 App Connection Issues

If you experience difficulty connecting the Starfit app with the scale, ensure Bluetooth is enabled on your phone and the scale is within range. Try restarting both the app and the scale. If the issue persists, refer to the detailed connection steps in Section 1.2.

### 4.2 Inaccurate Readings

Ensure the scale is placed on a hard, flat surface, not on carpet or uneven flooring. Make sure your bare feet are making full contact with all four electrode pads. Avoid moving during the measurement process. If readings remain inconsistent, try recalibrating the scale by stepping on it briefly, then stepping off and waiting for it to display '0.0' before taking a full measurement.

### 4.3 General Usage Issues

For any other usage issues or concerns, please contact the Runstar service team for assistance. Contact information can be found in the Warranty & Support section.

## 5. PRODUCT SPECIFICATIONS

Feature	Detail
Product Dimensions	11 x 11 x 1.7 inches
Item Weight	5.07 Pounds
Model Number	FG2202LB
Batteries	4 AAA batteries (included)
Manufacturer	runstar
Color	Silver
Recommended Uses	Adults
Special Features	Hidden LED Display, Body Composition Analysis, App Syncing
Display Type	LED

# Quality Assurance Accuracy

## Length and width



## Anti rollover

More secure and reliable



## Height



## Auto shrink

More convenient



## 6.5MM

Durable tempered glass



Image: Detailed view of the Runstar Smart Scale's dimensions, durable tempered glass, and auto-retracting handle mechanism.

## 6. WARRANTY & SUPPORT

Runstar is committed to providing high-quality health products. Your Smart Scale is designed for durability and accuracy.

### 6.1 Quality Assurance

The Runstar Smart Scale is designed to accommodate weights up to 180kg (400lbs) and features a sleek, slim design. We stand by the quality of our product.

### 6.2 Contacting Support

If you encounter any issues or have questions regarding your Runstar Smart Scale, please contact the Runstar service team for prompt assistance and potential replacement. Refer to your product packaging or the official Runstar website for the most current contact information.

Additionally, protection plans are available for extended coverage:

- **2-Year Protection Plan:** Available for \$15.99
- **3-Year Protection Plan:** Available for \$21.99
- **Complete Protect:** Monthly plan for \$16.99/month, covering all eligible past and future purchases.

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For more information, visit the [Runstar Store](#).