

Lepulse WFDE-600-04570-00-A04

Lepulse Digital Body Fat and Muscle Scale User Manual

Model: WFDE-600-04570-00-A04

1. INTRODUCTION

This manual provides instructions for the proper use and maintenance of your Lepulse Digital Body Fat and Muscle Scale. This advanced scale utilizes 8-electrode bioimpedance technology to provide comprehensive body composition analysis. The Lepulse scale measures 20 body compositions, including weight, body fat percentage, muscle mass, BMI, body water, bone mass, and subcutaneous fat. It features an extra-large LCD display and connects to the "Fitdays" app for detailed analysis and tracking.

2. PRODUCT OVERVIEW

2.1 Product Features

- **8-Electrode Bioimpedance Technology:** Measures 5 body segments (4 limbs and torso) for full-body analysis.
- **20 Body Composition Metrics:** Provides detailed data on weight, body fat, muscle, BMI, water, bone mass, etc.
- **Extra-Large LCD Display:** Shows 8 key measurements directly on the scale without needing the app.
- **"Fitdays" App Integration:** Syncs data via Bluetooth, offers dimensional body analysis reports, and tracks trends over time.
- **High Precision:** Equipped with 4 high-precision sensors, accurate to 0.1 kg (0.2 lb), with a maximum capacity of 180 kg (400 lb).
- **Rechargeable:** Type-C charging, provides approximately 200 uses per full charge.
- **Multi-User Support:** The app supports up to 24 user profiles.

2.2 Components Included

The package includes:

- 1 Lepulse Digital Body Fat and Muscle Scale
- 1 Type-C Charging Cable
- User Manual (this document)

2.3 Product Diagram



Bluetooth 5.0⁺

IOS 8.0⁺ Android 5.0⁺

Daten mit fitness-Apps
Synchronisieren & Bericht Drucken

Fitdays



Analysebericht zur Körperzusammensetzung

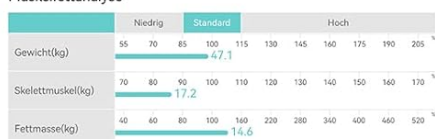


ID: Lucas Geschlecht: Weiblich Alter: 27 Höhe: 151cm Testzeit: 24/10/2022 09:14:54

Analyse der Körperzusammensetzung

	Messung(kg)	Gewichtsanteil(%)	Auswertung
Gewicht	47.1 (40.7-55.1)	100.0	Standard
Körperfett	14.6 (7.3-15.4)	31.1	Standard
Anorganisches Salz	2.2 (2.2-2.7)	4.7	Standard
Protein	6.5 (6.7-7.9)	13.8	Niedrig
Körperwasser	23.7 (24.5-29.1)	50.4	Niedrig
Muskel	30.2 (31.1-37.0)	64.2	Niedrig
Skelettmuskel	17.2 (17.9-21.9)	36.5	Niedrig

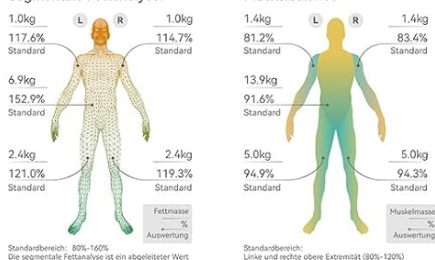
Muskelfettanalyse



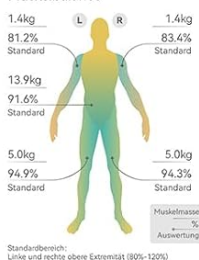
Adipositasanalyse



Segmentale Fettanalyse



Muskelbalance



Bioelektrische Impedanz

Zi(O)	Rechter Arm	Linker Arm	Trunk	Rechtes Bein	Linkes Bein
20(kHz)	446.5	456.5	30.3	305.0	304.0
100(kHz)	401.0	412.0	27.7	271.5	274.5

Körperpunktzahl

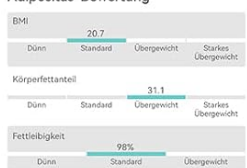
72/100Punkte

*Die Gesamtpunktzahl spiegelt den bewerteten Wert der Körperzusammensetzung wider. Eine muskulöse Person kann mehr als 100 Punkte bekommen.

Gewichtskontrolle

Zielgewicht	47.0 kg
Gewichtskontrolle	+0.9 kg
Fettkontrolle	-3.5 kg
Muskelkontrolle	+4.5 kg

Adipositas-Bewertung



Körpertypbewertung



Andere Indikatoren

Viszeraler Fettgehalt	5
Grundumsatz	1069 kcal
Fettfreies Körpergewicht	32.5 kg
Subkutanes Fett	22.2 %
SMI	5.6 kg/m²
Körperalter	26



Synchronisiert mit



Google Fit



Fitbits



Samsung Health



Apple Health



Teilen



Facebook



Instagram



Twitter

This image shows the Lepulse 8-electrode scale with its components labeled, including the main scale unit, the handle with four electrodes, the LCD display, ITO coating technology, 4 precision G-sensors, 4 anti-slip pads, and a Type-C charging port. It also highlights key measurements displayed on the screen like body weight, body fat percentage, BMI, body water percentage, muscle mass, body age, bone mass, and obesity level.

3. SETUP

3.1 Charging the Scale

Before first use, ensure the scale is fully charged using the provided Type-C cable. The charging port is located on the device. A full charge typically takes 2-3 hours.

3.2 Installing the "Fitdays" App

The Lepulse scale requires the "Fitdays" app for full functionality and detailed body composition analysis.

1. Scan the QR code in the product packaging or search for "Fitdays" in your smartphone's app store (available on iOS 8.0+ and Android 5.0+).
2. Download and install the app.

3. Create a user profile within the app, providing necessary personal information (e.g., age, height, gender) for accurate measurements.



This image illustrates the Bluetooth 5.0 connectivity of the scale with iOS 8.0+ and Android 5.0+ devices, showing the "Fitdays" app logo and links to download it from the App Store and Google Play. It also depicts the app's interface for body composition analysis and data synchronization with other fitness apps like Google Fit, Fitbit, Samsung Health, and Apple Health.

3.3 Pairing with the App

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. Follow any on-screen prompts in the app to complete the pairing process. For the first connection, the app is required to display all measurements.

4. OPERATION

4.1 Taking Measurements

Standard Weight Measurement

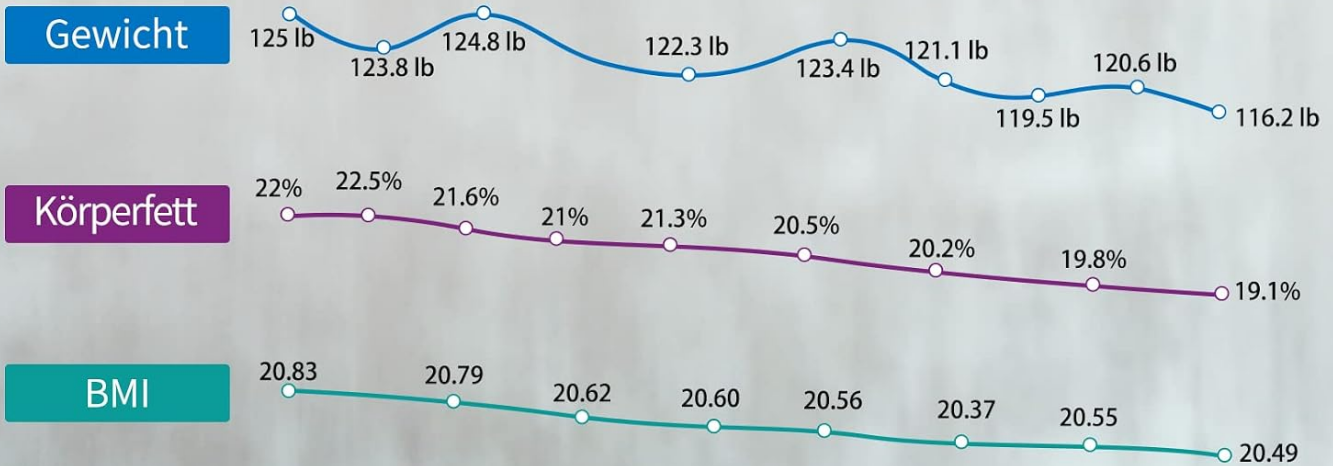
Simply step onto the scale with bare feet. The scale will display your weight on its LCD screen.

Full Body Composition Measurement (8-Electrode)

For a complete body composition analysis, hold the handle with both hands while standing barefoot on the scale. Ensure your hands are dry and make good contact with the electrodes on the handle. The scale will perform a segmental BIA measurement, analyzing 5 segments of your body.

Genaue Erfassung aller Werte der Körperzusammensetzung

Für jeden der 19 gemessenen Werte der Körperzusammensetzung gibt es ein eigenes Trenddiagramm



This image shows a person standing barefoot on the Lepulse scale and holding the handle, demonstrating the correct posture for a full 8-electrode body composition measurement.

4.2 Understanding the Display

The extra-large LCD display on the scale shows up to 8 key measurements directly, including weight, body fat percentage, muscle mass, BMI, body water, bone mass, body age, and body type. For a detailed breakdown of all 20 metrics and historical data, refer to the "Fitdays" app.

4.3 Using the "Fitdays" App

After each measurement, the data will automatically sync to the "Fitdays" app when your smartphone is within Bluetooth range and the app is open.

- **Detailed Reports:** View comprehensive analysis reports for all 20 body composition metrics, including segmental analysis.
- **Trend Tracking:** Monitor your progress over days, weeks, months, and years with detailed graphs.
- **Goal Setting:** Set and track personal health and fitness goals.
- **Data Sharing:** Share your data with other fitness apps like Google Fit, Apple Health, and Fitbit.
- **Multi-User Management:** Manage up to 24 individual user profiles.

Lepulse Eight-electrode Scale

4 Electrodes Body fat scale



2



Only measure lower limb data



Single frequency measurement



Small display only show weight



4 Einzelfrequenzmessung



13 13 body composition analyser



Change batteries frequently



1



8 Segmental BIA to measure legs, arms and torsos



Dual frequency measurement



Extra large display show 8 measurements



ITO full-surface sensor



19 19 body composition analyser



Type-C charging



Output a human composition analysis report

Weight Scale



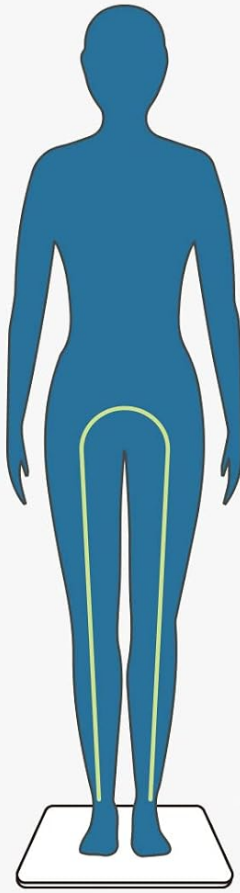
3



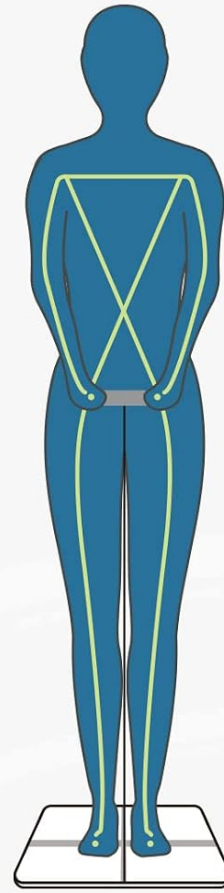
Only measure weight

This image displays the "Fitdays" app interface, showing a detailed body composition analysis report with various metrics like weight, body fat percentage, BMI, and segmental analysis for different body parts. It highlights the comprehensive data provided by the 8-electrode scale.

Segmental BIA with Dual Frequency Measurement



VS



Traditional 4-electrode digital bathroom scales can only measure the lower extremities, and the upper extremity data is speculative.

Our 8-electrode scale uses a segmented bio-resistance impedance measurement to measure the limbs and trunk directly. You get the most realistic data.

This image shows trend graphs within the "Fitdays" app, illustrating how weight, body fat, and BMI change over time, allowing users to track their progress visually.

5. MAINTENANCE

5.1 Care and Cleaning

- Clean the scale surface with a damp cloth and mild detergent. Avoid abrasive cleaners or harsh chemicals.
- Do not immerse the scale in water or spray water directly onto it.
- Keep the scale dry.

5.2 Storage

Store the scale in a cool, dry place. Avoid extreme temperatures and direct sunlight. Do not place heavy objects on the scale when not in use.

6. TROUBLESHOOTING

6.1 Common Issues and Solutions

Scale Not Turning On

- Ensure the scale is fully charged. Connect it to a Type-C charger and allow it to charge for at least 2 hours.
- If the issue persists, contact customer support.

Inaccurate Measurements

- Ensure the scale is placed on a hard, flat surface. Soft surfaces like carpets can affect accuracy.
- Stand still and centered on the scale with bare feet.
- Ensure your feet and the scale's electrodes are clean and dry.
- For 8-electrode measurements, ensure a firm and dry grip on the handle.
- Recalibrate the scale by stepping on it briefly, then stepping off, and waiting for it to display "0.0" before taking a measurement.

App Not Connecting via Bluetooth

- Ensure Bluetooth is enabled on your smartphone.
- Make sure the "Fitdays" app is open and running in the foreground.
- Step onto the scale to activate its Bluetooth signal.
- Try restarting both your smartphone's Bluetooth and the "Fitdays" app.
- If the problem persists, try unpairing and re-pairing the device in your phone's Bluetooth settings and the app.

Data Not Syncing to App

- Ensure the scale is successfully paired with the app.
- Make sure the app is open when you take a measurement, or open it shortly after to allow data to sync.
- Check your phone's internet connection if the app requires it for certain features or cloud syncing.

7. SPECIFICATIONS

7.1 Technical Specifications

Feature	Specification
Model	WFDE-600-04570-00-A04
Brand	Lepulse
Measurement Type	8-Electrode Bioimpedance Analysis (BIA)
Body Composition Metrics	20 (Weight, Body Fat, Muscle Mass, BMI, Body Water, Bone Mass, Subcutaneous Fat, etc.)
Weight Capacity	180 kg / 400 lb
Accuracy	0.1 kg / 0.2 lb
Display Type	LCD
Connectivity	Bluetooth
App Compatibility	Fitdays (iOS 8.0+, Android 5.0+)
Power Source	Rechargeable Lithium Polymer Battery (Type-C)

Feature	Specification
Product Dimensions	5.7 x 33.29 x 42.9 cm
Product Weight	2.3 kg
Material	Metal
Special Features	Automatic shut-off, Large display, Smart functionality

8. WARRANTY AND SUPPORT

8.1 Warranty Information

This Lepulse product comes with a 1-year availability of spare parts in the EU. For specific warranty terms and conditions, please refer to the documentation included with your purchase or contact Lepulse customer support.

8.2 Customer Support

If you encounter any issues or have questions regarding your Lepulse Digital Body Fat and Muscle Scale, please contact Lepulse customer support. Refer to the product packaging or the official Lepulse website for contact details. You can also visit the official Lepulse store on Amazon for more information:[Lepulse Amazon Store](#).

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

