

himaly IF1010AR

himaly IF1010AR Digital Bluetooth Body Weight Scale User Manual

Model: IF1010AR

1. INTRODUCTION

Thank you for choosing the himaly IF1010AR Digital Bluetooth Body Weight Scale. This scale is designed to provide accurate measurements of your body weight and various body composition metrics, including BMI, body fat, muscle mass, and more, through its integrated mobile application. Please read this manual carefully before use to ensure proper operation and to maximize the benefits of your new scale.

Important Safety Information

- Consult your physician before beginning any diet or exercise program.
- Do not use if you are pregnant, have a pacemaker, or other internal medical devices.
- Place the scale on a hard, flat surface for accurate measurements. Avoid carpets or uneven floors.
- The scale surface can be slippery when wet. Ensure the surface is dry before stepping on it.
- Do not jump on the scale.
- Keep out of reach of children.
- This scale is for household use only and not for medical diagnosis or treatment.

2. PACKAGE CONTENTS

Verify that all items are present in your package:

- himaly IF1010AR Digital Bluetooth Body Weight Scale
- USB Charging Cable
- User Manual (this document)

3. PRODUCT OVERVIEW

The himaly IF1010AR scale features a sleek design with a tempered glass surface and four high-precision sensors for accurate measurements. It includes a digital display and Bluetooth connectivity for app integration.



Figure 3.1: Front view of the himaly IF1010AR Digital Bluetooth Body Weight Scale, showing the display and electrode pads, alongside a smartphone displaying the companion app interface.

4 High Precision Sensors

Accurate & Consistent



Figure 3.2: Underside view of the himaly IF1010AR scale, highlighting the four non-slip mats, the 'UNIT' button for changing measurement units, and the USB charging port.

Components:

- **Tempered Glass Platform:** The main weighing surface.
- **Electrode Pads:** Four metallic pads for body composition analysis.
- **Digital LCD Display:** Shows weight and other basic readings.
- **UNIT Button:** Located on the underside, used to switch between weight units (kg/lb/st).
- **USB Charging Port:** For recharging the internal battery.
- **Non-Slip Mats:** Four rubber feet on the bottom for stability.

4. SETUP

4.1 Charging the Scale

The himaly IF1010AR scale is equipped with a built-in rechargeable battery. Before first use, ensure the scale is fully charged.

1. Locate the USB charging port on the underside of the scale (refer to Figure 3.2).
2. Connect the provided USB charging cable to the scale and to a standard USB power adapter (not

included) or a computer's USB port.

3. The display will indicate charging status. Charge until the battery indicator shows full.



Figure 4.1: Close-up view illustrating the USB charging port on the side of the scale and the included USB cable for power.

4.2 App Download and Pairing

To access full body composition analysis and track your progress, download the companion app and pair it with your scale.

1. **Download the App:** Search for "Moving Life" in the Apple App Store (for iOS devices) or Google Play Store (for Android devices) and install it.
2. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
3. **Open the App:** Launch the "Moving Life" app and follow the on-screen instructions to create your user profile.
4. **Pair the Scale:** Step onto the scale barefoot to activate it. The app should automatically detect and connect to the scale via Bluetooth. If not, follow the app's instructions for manual pairing.

Bluetooth™ 4.0 | Works with "Moving Life" Free download at



And



Figure 4.2: Image showing the scale's Bluetooth connectivity and icons for downloading the "Moving Life" app from Google Play and the App Store.

4.3 Initial Calibration

For the most accurate first measurement, it is recommended to calibrate the scale:

- Place the scale on a hard, flat surface.
- Lightly step on the scale until the display lights up, then step off immediately.
- The display will show "0.0" or "CAL" indicating successful calibration.

5. OPERATING INSTRUCTIONS

5.1 Taking a Measurement

Follow these steps for an accurate body composition measurement:

1. Ensure your feet are clean and dry.
2. Open the "Moving Life" app on your smartphone and ensure Bluetooth is active.
3. Step onto the scale barefoot, placing your feet on the electrode pads. Stand still until the measurement is complete.

4. Your weight will be displayed on the scale's LCD. Detailed body composition data will be sent to the app.

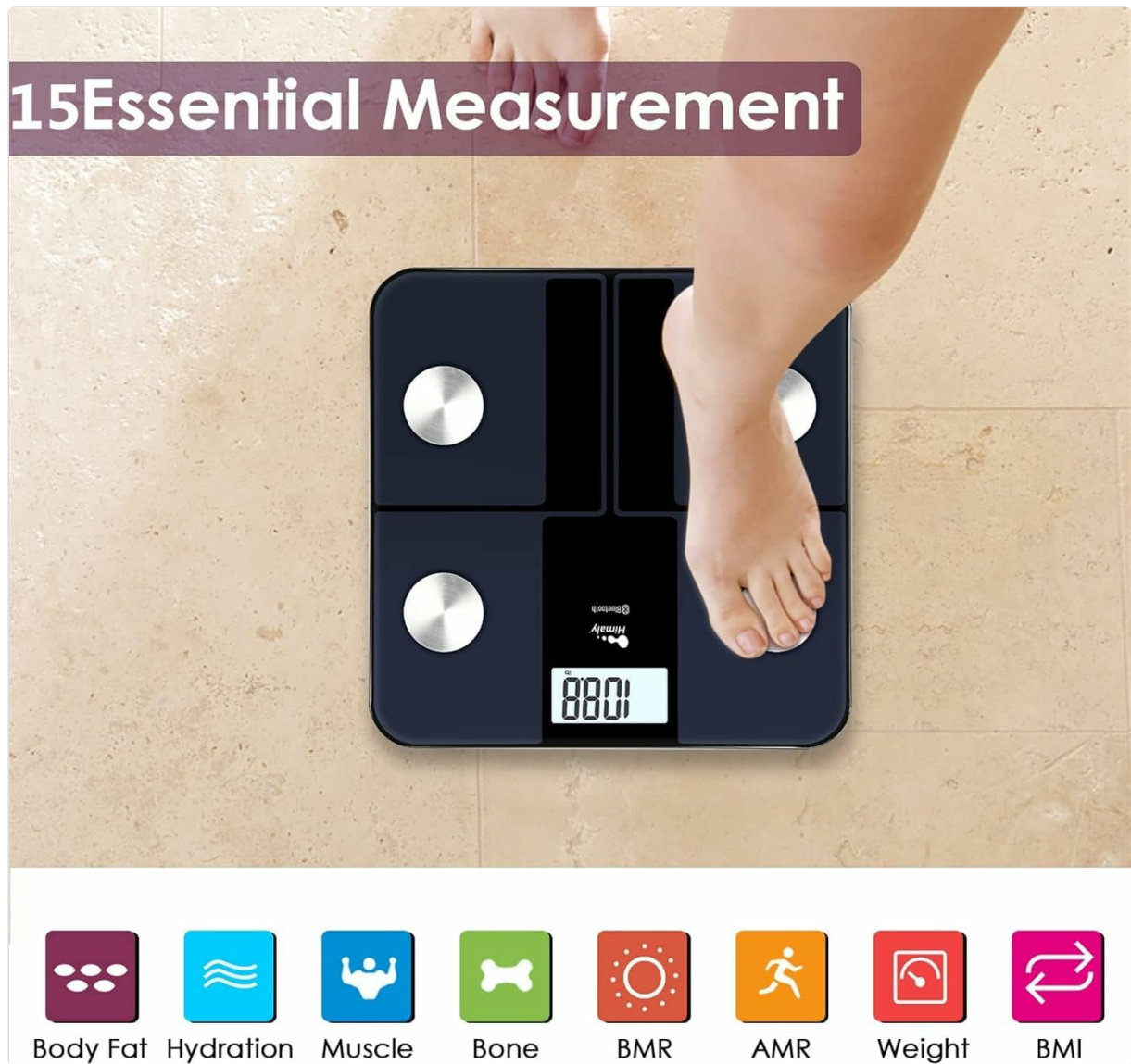


Figure 5.1: A person standing barefoot on the himaly scale, demonstrating the correct posture for obtaining 15 essential body composition measurements.

5.2 Understanding the Display

The scale's LCD displays your weight. The app provides a more comprehensive breakdown of your body composition.

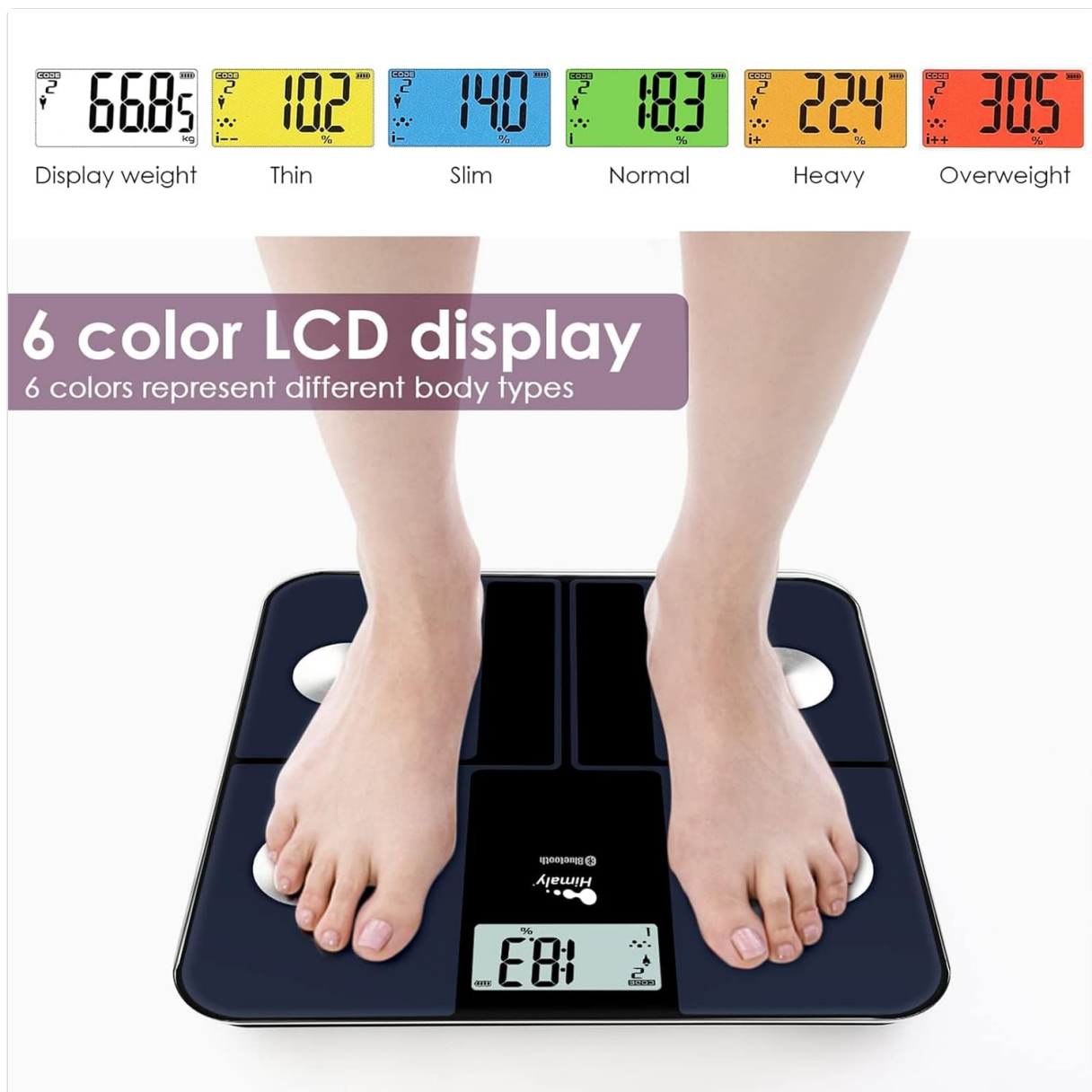


Figure 5.2: The scale's LCD display illustrating how different weight ranges (Thin, Slim, Normal, Heavy, Overweight) are visually represented, providing a quick reference for body type.

5.3 Multiple User Profiles

The "Moving Life" app supports multiple user profiles, allowing each family member to track their individual health data.

- Within the app, navigate to the user management section.
- Add new users by entering their details (age, height, gender).
- Ensure the correct user profile is selected in the app before taking a measurement to ensure data is assigned correctly.

6. UNDERSTANDING YOUR MEASUREMENTS

The "Moving Life" app provides detailed insights into various body composition metrics. Here's a brief explanation of some key indicators:

- **Body Weight:** Your total body mass.
- **BMI (Body Mass Index):** A measure of body fat based on height and weight.
- **Body Fat Percentage:** The proportion of fat to total body weight.

- **Muscle Mass:** The total weight of muscle in your body.
- **Hydration (Water Percentage):** The amount of water in your body.
- **Bone Mass:** The total weight of bone in your body.
- **BMR (Basal Metabolic Rate):** The number of calories your body burns at rest.
- **AMR (Active Metabolic Rate):** The total calories your body burns in a day, including activity.



Figure 6.1: An illustrative graph from the app demonstrating how weight and body fat trends can be tracked over time, providing visual progress monitoring.

7. MAINTENANCE

7.1 Cleaning

- Wipe the scale surface with a damp cloth and mild detergent.
- Do not use abrasive cleaners or immerse the scale in water.
- Ensure the scale is completely dry before storage or next use.

7.2 Storage

- Store the scale in a cool, dry place.

- Avoid direct sunlight or extreme temperatures.

8. TROUBLESHOOTING

Problem	Possible Cause	Solution
"Lo" displayed	Low battery.	Recharge the scale using the provided USB cable.
"Err" displayed	Overload or measurement error.	Step off the scale. Ensure weight is within the 400 lbs (181 kg) limit. Recalibrate if necessary.
Inaccurate readings	Scale on uneven surface, not calibrated, or feet not properly placed.	Place scale on a hard, flat surface. Perform initial calibration. Ensure bare feet are centered on electrode pads.
No Bluetooth connection	Bluetooth off, app not open, or scale not activated.	Ensure Bluetooth is enabled on your phone. Open the "Moving Life" app. Step on the scale to activate it. Try restarting both the app and your phone.
Body composition data not showing in app	Not standing barefoot, or feet not making proper contact with electrodes.	Ensure you are standing barefoot with clean, dry feet making full contact with all four electrode pads.

9. SPECIFICATIONS

Feature	Detail
Model Number	IF1010AR
Brand	himaly
Weight Capacity	400 lbs (181 kg)
Measurement Units	kg / lb / st
Display Type	Digital LCD
Connectivity	Bluetooth 4.0
Power Source	Built-in Rechargeable Battery (USB charged)
Material	Tempered Glass, Plastic
Dimensions	Approx. 33.7 x 32.8 x 4.3 cm
Item Weight	Approx. 1.77 kg
App Compatibility	iOS and Android (Moving Life App)

10. WARRANTY AND SUPPORT

10.1 Warranty Information




The himaly IF1010AR Digital Bluetooth Body Weight Scale comes with a standard manufacturer's warranty. Please refer to the warranty card included in your package or contact himaly customer support for specific warranty terms and conditions. This warranty typically covers defects in materials and workmanship under normal use.

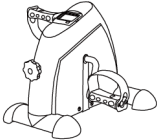

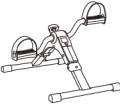

10.2 Customer Support

If you encounter any issues or have questions regarding your himaly scale, please contact our customer support team. For the most up-to-date contact information, please visit the official himaly website or refer to your product packaging.

Note: Specific contact details are not provided in this manual. Please check the product packaging or manufacturer's website for support contact information.

Related Documents - IF1010AR

	<p>Himaly Bluetooth Body Fat Scale IF1010AR: Instructions for Use</p> <p>Detailed instructions for the Himaly IF1010AR Bluetooth Body Fat Scale. Learn about battery charging, app setup, weighing procedures, personal parameter settings, multiple user support, LCD icon indications, and troubleshooting tips for optimal use.</p>
	<p>himaly IF1011AR Bluetooth Body Fat Scale: User Guide</p> <p>Comprehensive user guide for the himaly IF1011AR Bluetooth Body Fat Scale, covering battery installation, app setup, weighing procedures, personal parameter settings, and troubleshooting.</p>
	<p>Himaly Massage Gun User Manual BD-009</p> <p>User manual for the Himaly Massage Gun, model BD-009. Provides specifications, usage instructions, charging information, operating procedures, maintenance, cleaning, storage, and safety precautions.</p>

<p>ARM AND LEG TRAINER operation manual</p> 	<p>Arm and Leg Trainer Operation Manual: Setup, Use, and Maintenance</p> <p>Comprehensive operation manual for the Arm and Leg Trainer, covering technical specifications, safety precautions, installation, usage, training tips, troubleshooting, maintenance, and warranty information.</p>
<p> MINI EXERCISE BIKE</p>  <small>Operation Manual</small>	<p>Himaly Mini Exercise Bike Operation Manual</p> <p>Operation manual for the Himaly Mini Exercise Bike, covering technical specifications, safety instructions, assembly, usage, training tips, troubleshooting, maintenance, disposal, and warranty information.</p>
<p>MINI EXERCISE BIKE</p> <ul style="list-style-type: none">• MINI KENTRAINER• MINI CYCLETTE• MINI VÉLO D'EXERCICE• MINI BICICLETA DE EXERCÍCIO  <small>Operation Manual</small>	<p>Mini Exercise Bike Operation Manual - Assembly, Usage, and Safety Guide</p> <p>This comprehensive operation manual provides detailed instructions for the Mini Exercise Bike, including assembly steps, safety precautions, usage guidelines, training tips, troubleshooting advice, and warranty information. Learn how to effectively use your mini cycle for home fitness.</p>