

OXART B0DJS9W2B9

OXART Smart Scale for Body Weight and Fat Percentage

Model: B0DJS9W2B9

1. INTRODUCTION AND OVERVIEW

The OXART Smart Scale is a highly accurate digital bathroom scale designed to provide comprehensive body composition analysis. Utilizing dual-frequency and eight-electrode technology with an automatic sensing telescopic handle, it measures various segments of your body to deliver 28 essential body composition metrics. This device seamlessly syncs with popular fitness applications, allowing you to track your health progress over time.



Image 1: OXART Smart Scale with its telescopic handle and companion app interface.

2. PACKAGE CONTENTS

Upon unboxing your OXART Smart Scale, please ensure all the following items are present:

- OXART Smart Body Fat Scale
- Quick Start Guide
- 4 x AAA Batteries (pre-installed)

3. SETUP

3.1 Battery Installation

The scale comes with 4 AAA batteries pre-installed. To activate the scale, locate the battery compartment on the underside of the device. Remove the protective tab from the battery compartment. If replacing batteries, ensure correct polarity (+/-) when inserting new batteries.



Image 2: Battery compartment with pre-installed AAA batteries.

3.2 App Download and Pairing

To unlock the full capabilities of your OXART Smart Scale, download the companion 'Fitdays' app from your smartphone's app store (available on Google Play and Apple App Store). Ensure Bluetooth is enabled on your device. The first time you use the scale, you will need to pair it with the app. Follow the on-screen instructions within the app to complete the pairing process. Once paired, your measurements will automatically sync when the app is open and Bluetooth is active.

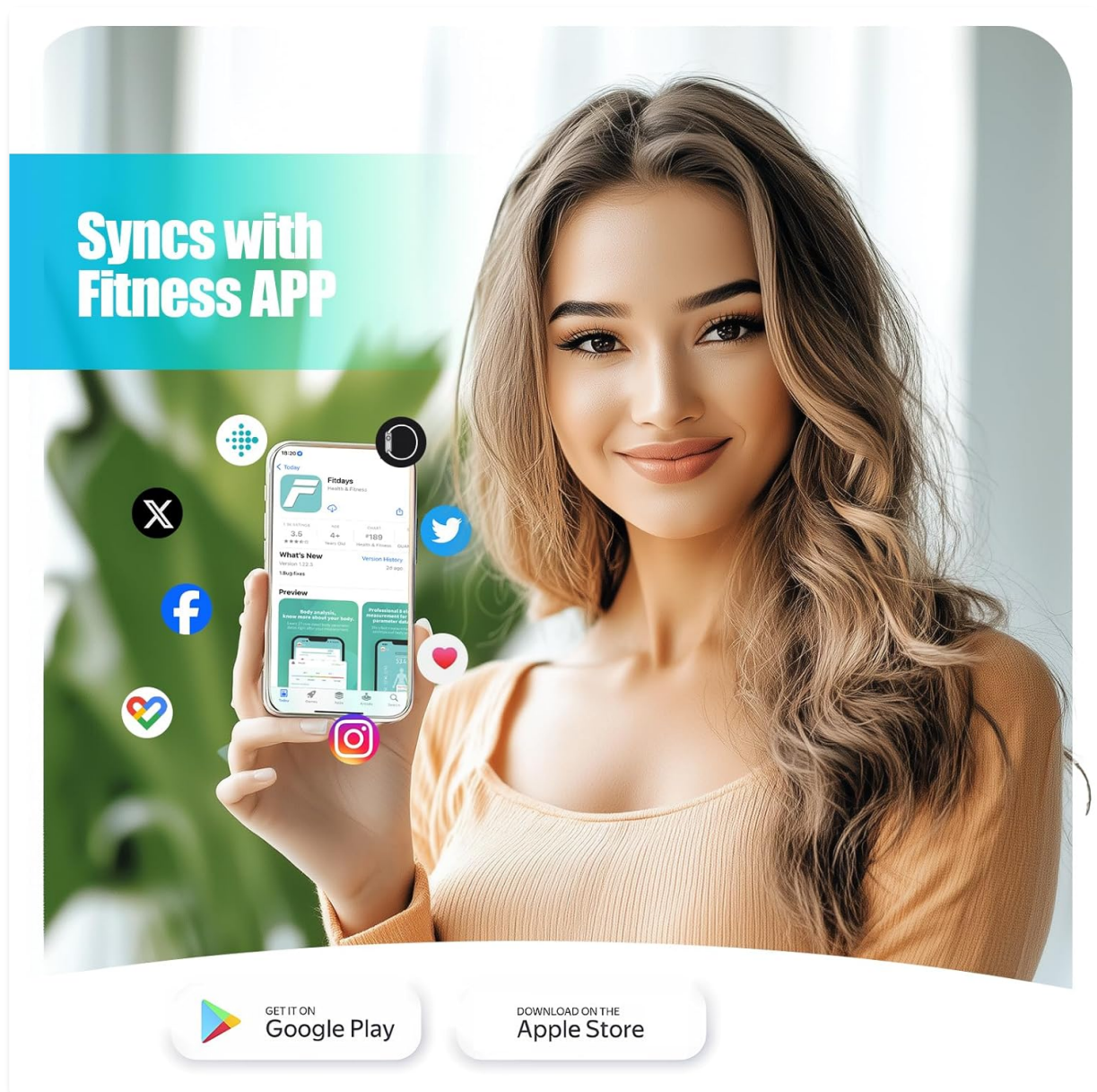


Image 3: The OXART Smart Scale app interface, showing compatibility with various fitness applications.

4. OPERATING INSTRUCTIONS

4.1 Taking a Measurement

For accurate body composition measurements, follow these steps:

1. Place the scale on a hard, flat surface. Avoid carpets or uneven flooring.
2. Step onto the scale barefoot, ensuring your feet are dry and positioned on the four electrode pads.
3. Gently pull up the telescopic handle with both hands. Hold it at a 45-degree angle to your body, ensuring your thumbs and fingers cover the electrode sheets on the handle. Keep your arms extended and away from your sides.
4. Remain still until the measurement is complete. The scale features intelligent voice prompts that will guide you through the process and confirm when the measurement is finished.



Image 4: Correct posture for using the OXART Smart Scale with the handle.

4.2 Voice Prompts

The scale includes intelligent voice prompts to guide you, eliminating the need to constantly look at the screen. These prompts will instruct you on correct stance, grip, and measurement completion. This feature can be enabled or disabled via the companion app settings.

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Video 1: Demonstration of the OXART Smart Scale's setup and measurement process, including voice prompts.

5. UNDERSTANDING YOUR DATA (28 MEASUREMENTS)

The OXART Smart Scale provides 28 comprehensive body composition metrics, including:

- Weight
- BMI (Body Mass Index)
- Body Fat Percentage
- Muscle Mass
- Subcutaneous Fat
- Body Water

- Protein
- Skeletal Muscle
- BMR (Basal Metabolic Rate)
- Bone Mass
- Metabolic Age
- Fat-free Body Weight
- Visceral Fat
- Right/Left Upper Extremity Adiposity
- Right/Left Lower Extremity Adiposity
- Trunk Adiposity
- And more...

The companion app displays these metrics with color-coded indicators (e.g., green for normal, blue for low, red for high) to help you quickly identify areas for improvement or maintenance. Detailed explanations for each metric are available within the app.



Image 5: Visual representation of the 28 body composition metrics.

6. DATA TRACKING AND FAMILY USE

6.1 Progress Tracking

The Fitdays app records your body composition indicators and changes over days, weeks, months, and years. This data helps you analyze and monitor your physical condition, allowing you to customize exercise and diet plans based on your progress. You can view data trends through intuitive charts within the app.



Image 6: App interface showing historical data and trends for body composition metrics.

6.2 Multiple User Profiles

The OXART Smart Scale supports up to 24 user profiles, making it suitable for the entire family. Each user can have their body data detected, managed, and tracked separately within their individual profile in the app.

HOW TO USE

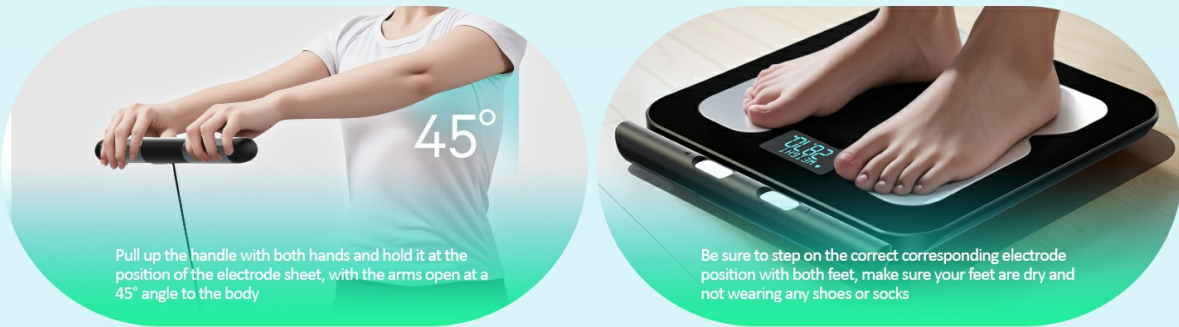


Image 7: The app supports multiple user profiles for family use.

7. IMPORTANT SAFETY INFORMATION

Please observe the following safety guidelines:

- Do not use if you have artificial joints or metal implants in your body.
- Do not use with medical implants such as pacemakers.
- Do not overload the scale. The weight capacity is 12 lbs - 400 lbs (5.4 kg - 181.4 kg).
- Not recommended for pregnant women and children under 10 years of age.
- Ensure your feet are dry when stepping on the scale.

8. MAINTENANCE

To maintain your OXART Smart Scale:

- Clean the scale's surface with a soft, damp cloth. Avoid abrasive cleaners or harsh chemicals.
- Keep the scale dry. Do not immerse it in water.
- Store the scale in a cool, dry place.

9. TROUBLESHOOTING

If you encounter issues with your OXART Smart Scale, consider the following:

- **App Connectivity:** Ensure Bluetooth is enabled on your smartphone and the scale is within range. If the app fails to connect or register, try restarting both the app and your phone. Some users have reported initial difficulties with app registration; ensure all required fields are correctly entered.
- **Inaccurate Readings:** Ensure the scale is placed on a hard, flat surface. Avoid carpets. Make sure your feet are clean and dry, and properly positioned on the electrode pads. For body composition measurements, ensure you are holding the handle correctly with dry hands.
- **No Display:** Check if the batteries are correctly installed and have sufficient charge. Replace batteries if necessary.
- **Offline Use:** The scale can be used offline for basic weight measurement. Data will sync to the app the next time it's opened and connected via Bluetooth.

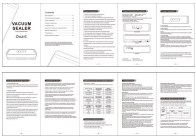
10. SPECIFICATIONS

Feature	Detail
Brand	OXART
Model	B0DJS9W2B9
Color	Black
Weight Capacity	12 lbs - 400 lbs (5.4 kg - 181.4 kg)
Special Features	Auto Shut Off, Body Fat, Body Mass Index, Bodyweight, Smart Connectivity
Display Type	Touchscreen (LCD)
Connectivity	Bluetooth
Power Source	4 x AAA Batteries
Measurements Provided	28 Body Composition Metrics

11. WARRANTY AND SUPPORT

For warranty information, technical support, or customer service inquiries, please refer to the contact details provided in your Quick Start Guide or visit the official OXART website. Protection plans may be available for purchase separately.

Related Documents - B0DJS9W2B9

	<p>Oxart FA-868 Vacuum Sealer: User Manual and Instructions</p> <p>Comprehensive guide to operating and maintaining the Oxart FA-868 Vacuum Sealer, including safety precautions, usage instructions, and troubleshooting tips for efficient food preservation.</p>
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