

Posture FI2211LB

Posture Smart Body Composition Scale (Model FI2211LB)

User Manual

1. INTRODUCTION

This manual provides essential instructions for the safe and effective use of your Posture Smart Body Composition Scale, Model FI2211LB. This digital scale is designed to measure body weight and analyze various body composition metrics using advanced 8-electrode technology. Please read this manual thoroughly before first use and retain it for future reference.

2. SAFETY INFORMATION

- Do not use this device if you have a pacemaker or other implanted medical device.
- Do not use this device if you are pregnant.
- The scale is intended for household use only. It is not intended for medical diagnosis or treatment.
- Always place the scale on a hard, flat surface. Using it on soft surfaces like carpet may affect accuracy.
- The scale surface can be slippery when wet. Ensure the surface is dry before stepping on it.
- Do not jump on the scale or use it for purposes other than weighing.
- Keep the scale away from extreme temperatures, direct sunlight, and damp environments.
- Keep out of reach of children.

3. PACKAGE CONTENTS

- Posture Smart Body Composition Scale (Model FI2211LB)
- Retractable Handle with 8 Electrodes
- 4 x AA Batteries
- User Manual (this document)

4. PRODUCT FEATURES

- **8-Electrode Technology:** Provides comprehensive body composition analysis by sending a safe, low-level electrical current through the body via both feet and hands.
- **28 Body Composition Measurements:** Tracks metrics such as body weight, body fat percentage, BMI, muscle mass, bone mass, water weight, and more.
- **High Precision Sensors:** Utilizes advanced sensor technology for accurate and reliable measurements.
- **Clear LED Display:** Features a bright, easy-to-read LED screen for instant weight and key data display.
- **Voice Prompt Function:** Announces measurement results automatically after each use for convenience.
- **Bluetooth Connectivity:** Seamlessly connects to the Fitdays mobile application for data synchronization and tracking.
- **App Integration:** Compatible with popular health apps including Apple Health, Google Fit, Samsung Health, and Fitbit.
- **Large Platform Design:** Provides a stable and comfortable weighing experience.

5. SETUP

5.1 Battery Installation

1. Open the battery compartment on the underside of the scale.
2. Insert the 4 AA batteries, ensuring correct polarity (+/-).
3. Close the battery compartment securely.

5.2 App Download and Pairing

The Posture Smart Scale uses the Fitdays app to track and analyze your body composition data. Ensure your smartphone's Bluetooth is enabled.

1. Download the "Fitdays" app from the Apple App Store or Google Play Store.
2. Create an account and set up your personal profile (gender, age, height, etc.). This information is crucial for accurate body composition calculations.
3. Step onto the scale briefly to activate it. The LED display will light up.
4. Open the Fitdays app. The app will automatically detect and pair with the scale via Bluetooth. Follow any on-screen prompts to confirm the connection.



Figure 1: Posture Smart Body Composition Scale with connected mobile and smartwatch applications.

Compatible with apple watch

for instant weight tracking



Synchronization with cell phones

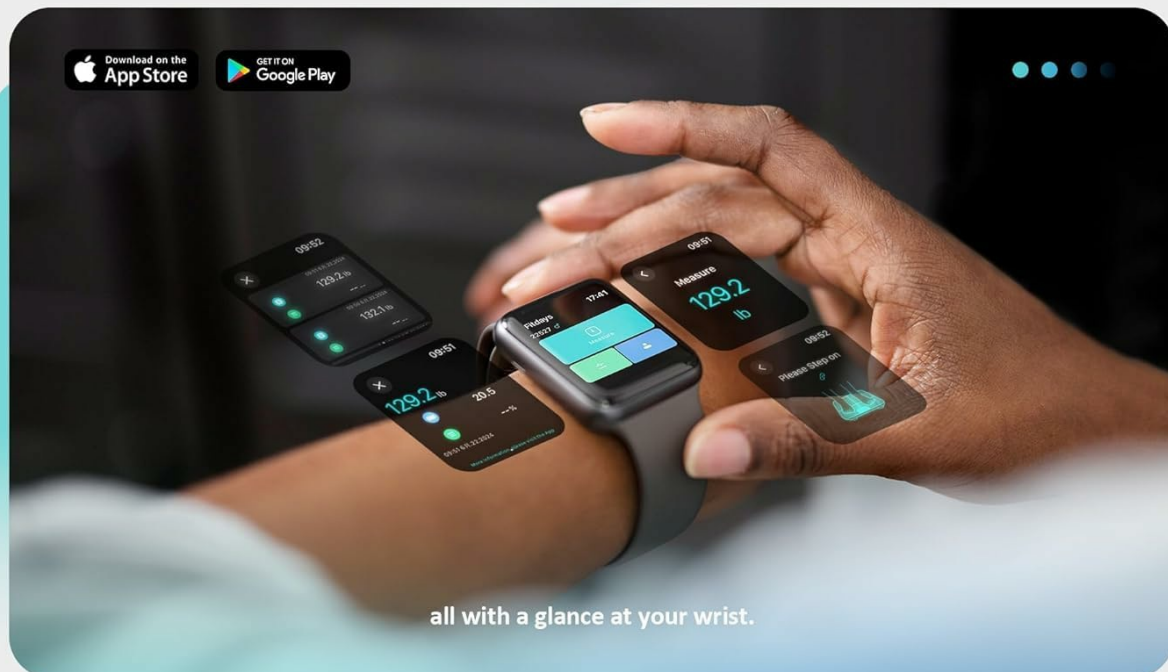


Figure 2: Smartwatch interface showing instant weight tracking, compatible with the Posture scale.

6. OPERATING INSTRUCTIONS

6.1 Taking a Measurement

1. Place the scale on a hard, flat, and stable surface.
2. Ensure your feet are bare and clean.
3. Step onto the scale with both feet, positioning them on the electrode pads.
4. Grasp the retractable handle with both hands, ensuring your palms are in full contact with the handle electrodes. Hold the handle at approximately a 45-degree angle, keeping your arms slightly away from your body to avoid interference.
5. Stand still until the measurement is complete. The LED display will show your weight, body fat, and BMI. The voice prompt function will announce the results.
6. Your data will automatically synchronize with the Fitdays app on your paired smartphone.



Figure 3: Proper posture and hand placement for accurate 8-electrode body composition measurement.

Clear White LED Display for Body Data

Clear and intuitive digital display



Figure 4: Clear white LED display showing weight, body fat percentage, and BMI readings.

6.2 Consistent Measurements

For the most consistent and comparable results, it is recommended to take measurements:

- At the same time each day (e.g., in the morning before eating or drinking).
- Under similar conditions (e.g., after using the restroom).
- Without clothing, or with minimal, consistent clothing.

7. UNDERSTANDING YOUR MEASUREMENTS

The Posture Smart Scale provides 28 different body composition metrics. These metrics are calculated based on your bio-electrical impedance analysis (BIA) data and your profile information (age, gender, height). The Fitdays app offers detailed explanations and historical tracking for each metric.



Figure 5: Visual representation of the 28 body composition metrics measured by the scale, including BMI, body fat, muscle rate, and more.

Key Metrics Include:

- **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.
- **Water Weight:** The percentage of water in your body.
- **Bone Mass:** The total weight of bone mineral in your body.
- **Visceral Fat:** Fat stored around the organs in your abdomen.
- **Subcutaneous Fat:** Fat stored directly under the skin.
- **BMR (Basal Metabolic Rate):** The number of calories your body needs to function at rest.
- **Protein:** The percentage of protein in your body.
- **Body Age:** An estimation of your body's biological age.
- **Skeletal Muscle Rate:** The percentage of skeletal muscle in your body.
- **Left/Right Arm/Leg Mass & Fat:** Detailed segmental analysis of body composition.

8. APP INTEGRATION AND DATA TRACKING

The Fitdays app is your central hub for all body composition data. It provides comprehensive charts, trends, and insights to help you monitor your health journey.

- **Historical Data:** View your measurements over time with daily, weekly, monthly, and yearly trends.
- **User Management:** Add multiple users to the app, allowing each family member to track their individual progress.
- **Goal Setting:** Set personal health goals and track your progress towards them.
- **Third-Party App Sync:** The Fitdays app can synchronize data with other popular health platforms:
 - Apple Health
 - Google Fit
 - Samsung Health
 - Fitbit

Trends in data changes

Set, Track, Succeed. Know exactly where you stand with the Fitdays app

Download on the App Store

GET IT ON Google Play

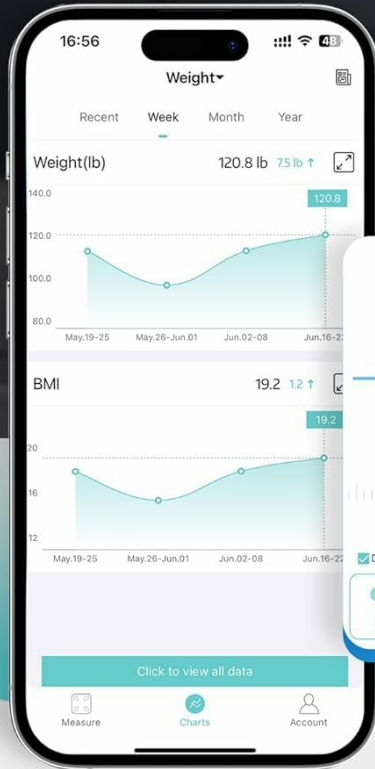


Figure 6: Fitdays app displaying historical data and trends for various body metrics.

Witness Your Progress with Fitdays

Syncs with: Apple Health, Google Fit, Samsung Health, and Fitbit.

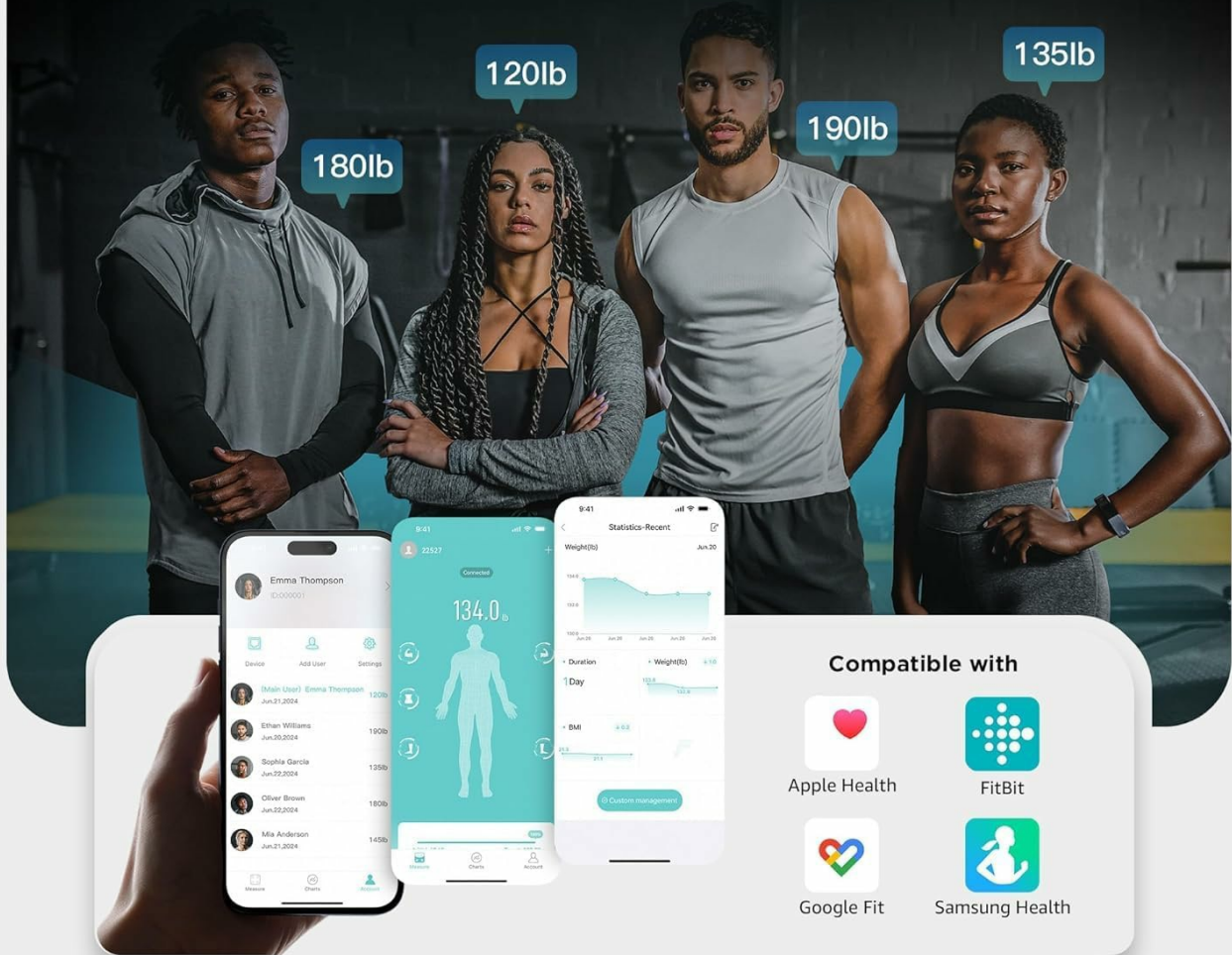


Figure 7: The Fitdays app integrates with major health platforms for comprehensive data management.

9. MAINTENANCE AND CARE

- **Cleaning:** Wipe the scale surface with a damp cloth and mild detergent. Do not use abrasive cleaners or immerse the scale in water.
- **Storage:** Store the scale in a cool, dry place. Avoid placing heavy objects on the scale when not in use.
- **Battery Replacement:** If the display shows a low battery indicator or becomes dim, replace all four AA batteries simultaneously.
- **Calibration:** If the scale is moved or stored vertically, it may require recalibration. Step on the scale briefly to turn it on, then step off and wait for it to display "0.0" before taking a measurement.

10. TROUBLESHOOTING

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Scale does not turn on.	Batteries are dead or incorrectly installed.	Check battery polarity or replace batteries.
Inaccurate weight readings.	Scale on soft surface; not calibrated; inconsistent measurement conditions.	Place on hard, flat surface. Step on, then off, wait for "0.0" before weighing. Ensure consistent measurement times and conditions.
Body composition data not displayed or inconsistent.	Feet/hands not bare or fully contacting electrodes; profile incomplete in app; inconsistent measurement conditions.	Ensure bare feet and hands make full contact with all 8 electrodes. Complete your profile in the Fitdays app. Maintain consistent measurement conditions.
Bluetooth connection issues.	Bluetooth off on phone; app not open; scale not activated; interference.	Ensure phone Bluetooth is on. Open Fitdays app. Step on scale to activate. Move closer to the scale. Restart phone/app.
Voice prompt not working.	Feature disabled in app; low battery.	Check app settings to ensure voice prompt is enabled. Replace batteries.

11. SPECIFICATIONS

- **Model:** FI2211LB
- **Brand:** Posture
- **Dimensions:** 13.1 x 12 x 1.3 inches (33.3 x 30.5 x 3.35 cm)
- **Weight Capacity:** Up to 400 lbs (180 kg)
- **Power Source:** 4 x AA Batteries (included)
- **Display:** LED
- **Connectivity:** Bluetooth
- **Body Composition Metrics:** 28
- **Electrodes:** 8 (4 on platform, 4 on retractable handle)

12. WARRANTY AND SUPPORT

Posture products are manufactured with high-quality standards. For warranty information and customer support, please refer to the contact details provided with your purchase or visit the official Posture website. Please have your model number (FI2211LB) and purchase date available when contacting support.

For additional assistance, you may also refer to the Fitdays app's help section.