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RunStar FG2422

RunStar Smart Scale FG2422 User Manual

Model: FG2422

INTRODUCTION

Thank you for choosing the RunStar Smart Scale FG2422. This manual provides essential information for the safe and effective use of your new body composition monitor. Please read it thoroughly before first use and keep it for future reference.



Image: The RunStar Smart Scale FG2422, featuring its sleek black and gold design, integrated handle for full-body analysis, and a digital display showing body metrics. A smartphone displaying the companion app interface is also visible, highlighting the device's connectivity and comprehensive data tracking capabilities.

WHAT'S IN THE BOX

- RunStar Smart Scale FG2422
- 4 AAA Batteries (pre-installed or included separately)
- User Manual

SETUP

1. **Install Batteries:** If not already installed, open the battery compartment on the underside of the scale and insert the 4 AAA batteries, ensuring correct polarity. If a plastic pull-tab is present, remove it to activate the batteries.
2. **Placement:** Place the scale on a hard, flat, and stable surface. Avoid carpets or uneven flooring for accurate

measurements.

3. **Download the Starfit App:** Scan the QR code on the scale's surface or search for "Starfit" in your device's app store (Apple App Store or Google Play Store) to download the free companion application.
4. **Register:** Complete the registration process within the Starfit app using your email, Apple ID, or Google account.
5. **Connect Device:** Turn on Bluetooth on your smartphone. In the Starfit app, navigate to "Account" > "My Devices" and tap the "+" icon. Select "Bluetooth" and search for "Runstar-RX" to complete the connection. A connected logo will appear on the scale's screen once paired.

Image: The underside of the RunStar Smart Scale, showing the battery compartment for 4 AAA batteries and a button to switch measurement units (lbs/kg/st).

OPERATING INSTRUCTIONS

1. **Initial Activation:** Step lightly on the scale and then step off. Wait for the screen to display "0.0" to activate the device.
2. **Standard Weight Measurement:** Step onto the scale barefoot. Stand still until the display flashes, showing your final weight measurement.
3. **Full Body Composition Measurement:** For a full body scan, step onto the scale barefoot and grasp the retractable handle. Ensure your thumbs and palms make full contact with the electrodes on the handle. Maintain a steady posture for approximately 20 seconds until the measurement is complete.
4. **Unit Conversion:** To switch between measurement units (pounds, kilograms, stones), press the 'UNIT' button located on the underside of the scale.
5. **App Synchronization:** Measurements will automatically sync to the Starfit app when your phone is connected via Bluetooth. The app will display 28 body composition metrics and generate health reports.
6. **Offline Mode:** You can weigh yourself without your phone nearby. The scale will store measurements and sync them to the app later when a connection is established.

Image: The underside of the RunStar Smart Scale, showing the battery compartment for 4 AAA batteries and a button to switch measurement units (lbs/kg/st).



Image: A three-step diagram illustrating how to measure with the RunStar Smart Scale. Step 1 shows feet on the scale for weight. Step 2 shows hands on the handle for full body analysis. Step 3 shows a person standing on the scale holding the handle for a complete measurement.

Your browser does not support the video tag.

Video: A demonstration of the RunStar Smart Scale's features, including its 8 electrodes for full-body analysis, clear

LED display for weight, BMI, and body fat, and synchronization with popular fitness apps like Starfit, Apple Health, and Google Fit. The video highlights the scale's ability to track 28 body composition metrics and output detailed analysis reports.

KEY FEATURES

- **Full-Body Scan:** Utilizes 8 metal electrodes and a dual-frequency BIA system for precise upper and lower body impedance measurements, providing comprehensive insights into 28 body composition metrics.
- **28 Body Composition Metrics:** Tracks Body Fat, BMI, Visceral Fat, Muscle Mass, Bone Mass, Protein Mass, Body Water, and more.
- **High Accuracy:** Measures with 0.1 lb increments and supports up to 400 lb capacity.
- **Durable Construction:** Crafted with high-strength ABS material, featuring a 6mm tempered glass surface and non-slip feet for stability and safety.
- **Ultra-Clear LED Display:** Auto-rotating screen cycles through Weight, Body Fat, and BMI for quick and easy viewing.
- **User-Friendly Starfit App:** Connects seamlessly via Bluetooth to monitor trends, set goals, and generate detailed health reports.
- **App Integration:** Syncs data with Apple Health, Fitbit, and Health Connect for convenient data sharing.
- **Smart Profiles:** Supports multiple user profiles with auto-recognition, including family-friendly modes for Pregnancy, Child, and Baby.
- **Retractable Cable:** The handle features a retractable cable for tidy storage.



Image: The RunStar Smart Scale displaying an Ultra-Clear LED screen with three core data points: Weight (136.9 lb), Body Fat (25.7%), and BMI (18.3). This highlights the scale's easy-to-read interface for essential body metrics.



Image: A graphic detailing the precision features of the RunStar Smart Scale, including a wide 300mm/12-inch platform, ultra-high accuracy sensors (up to 400 lbs), 8 electrodes (front and back), and a 10mm wide ABS crash edge for durability.



Image: A woman performing lunges, surrounded by icons and text representing the 28 body composition metrics tracked by the RunStar Smart Scale, such as Muscle Rate, Fat Mass, Weight, BMI, Visceral Fat, and Skeletal Muscle.



Image: A woman standing barefoot on the RunStar Smart Scale, holding its retractable handle for segmental fat and muscle analysis. The image also shows a smartphone displaying detailed body composition data and BMI trends, emphasizing the dual-frequency BIA measurement.



Image: A smartphone displaying the Starfit app interface, showcasing a detailed body composition analysis report with trends, goals, and printable reports. The image highlights the app's easy interconnection with Apple Health, Health Connect, iwatch, and Fitbit.



Image: A group of friends looking at a smartphone displaying the Starfit app, illustrating the Smart Profiles for the Whole Family feature. The app supports multi-user profiles with auto-recognition and includes modes for Pregnancy, Child, and Baby.

MAINTENANCE

- **Cleaning:** Wipe the scale surface with a soft, damp cloth. Avoid abrasive cleaners or harsh chemicals.

- **Storage:** Store the scale in a cool, dry place. Avoid placing heavy objects on it when not in use.
- **Battery Replacement:** Replace batteries when the low battery indicator appears on the display.
- **Caution:** Do not step on the scale with wet feet to prevent slipping.

TROUBLESHOOTING

- **No Display/Incorrect Reading:** Ensure batteries are correctly installed and have sufficient charge. Replace if necessary. Make sure the scale is placed on a hard, flat surface.
- **App Connectivity Issues:** Verify Bluetooth is enabled on your smartphone and the Starfit app is open. Ensure the scale is within range of your device. Restarting both the app and the scale may resolve connection problems.
- **Inaccurate Body Composition Data:** Ensure you are standing barefoot on the scale and making full contact with all 8 electrodes (feet on the main platform, hands on the handle). Maintain a steady posture during measurement.

SPECIFICATIONS

- **Model Number:** FG2422
- **Weight Limit:** 400 Pounds
- **Display Type:** LED
- **Special Feature:** Body Fat, BMI, Muscle Mass, 28 Metrics
- **Platform Material:** Tempered Glass
- **Power Source:** 4 AAA batteries (included)
- **Platform Dimensions:** 300 x 300 mm (approximately 12 x 12 inches)

WARRANTY AND SUPPORT

RunStar products are covered by a lifetime warranty. To activate your warranty, please visit runstar.com and register your product within 15 days of purchase.

For questions or concerns, please contact customer support at service@runstar.com.

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Related Documents - FG2422

 RUNSTAR Smart Full Body Composition Scale Instruction Manual <small>FCC ID: 2AP3Q-FG2305ULB</small>	<p>Runstar Smart Full Body Composition Scale: User Guide and Setup</p> <p>Comprehensive instruction manual for the Runstar Smart Full Body Composition Scale. Covers setup, app connection, measurement features, troubleshooting, and safety guidelines for accurate body composition analysis.</p>
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 <p>RunSTAR Smart Full Body Composition Scale Model No.: FG2015ULB</p> <p>User Manual</p> <p>Read this manual before using and save for future reference</p>	<p>RunStar FG2015ULB Smart Full Body Composition Scale User Manual</p> <p>User manual for the RunStar FG2015ULB Smart Full Body Composition Scale. Learn about setup, operation, the Starfit app, measuring steps, troubleshooting, and safety guidelines.</p>
 <p>RunSTAR Nived Smart Full Body Composition Scale Model: FG2305 C2/SK</p>	<p>Runstar FG2305 Smart Full Body Composition Scale User Manual</p> <p>User manual for the Runstar FG2305 Smart Full Body Composition Scale, detailing features, setup, usage, troubleshooting, and specifications. Measures body weight, body fat, BMI, water percentage, muscle mass, and more.</p>
 <p>RUNSTAR Nived SMART BODY FAT SCALE Model: FG2019 C2/SK</p>	<p>RUNSTAR FG2019 Smart Body Fat Scale User Manual and Guide</p> <p>User manual for the RUNSTAR FG2019 Smart Body Fat Scale. Learn about its features, how to connect to the Starfit app, troubleshoot issues, and understand specifications. This guide covers body composition analysis, Bluetooth connectivity, and device settings.</p>
 <p>RunSTAR Digital Weight Scale USER MANUAL</p> <p>Model: BG2403-B</p>	<p>RunStar Digital Weight Scale User Manual BG2403-B</p> <p>User manual for the RunStar Digital Weight Scale (Model BG2403-B), providing specifications, instructions for use, safety notices, and FCC compliance information.</p>
 <p>Runstar FI2019LB Smart Body Fat Scale User Manual</p>	<p>Comprehensive user manual for the Runstar FI2019LB Smart Body Fat Scale, detailing setup, operation, features, troubleshooting, and FCC compliance for accurate body composition analysis.</p>