Manuals+ — User Manuals Simplified.

LEPULSE Bioelectrical Impedance Analysis Scale User Manual

Contents

LEPULSE Bioelectrical Impedance Analysis Scale

THANK YOU FOR YOUR PURCHASE!

The Scale uses bio-electrical impedance analysis (BIA) technology to help you conveniently measure body weight, body fat rate, visceral fat, body water, skeletal muscle rate, muscle rate, muscle mass, bone mass, protein, BMR, body age and more.
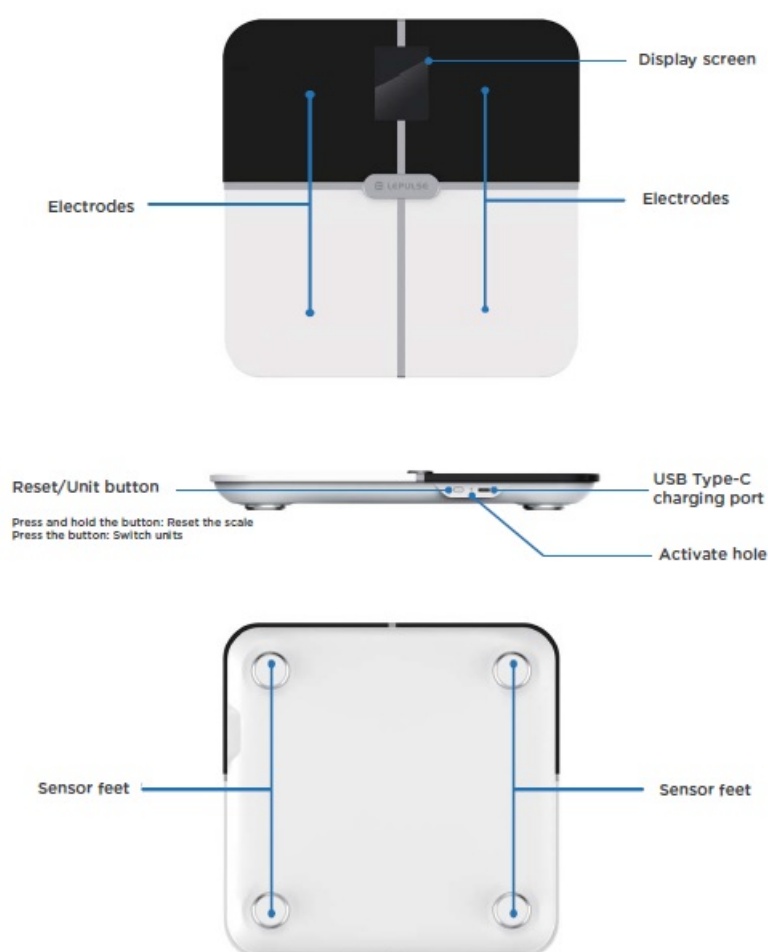
WARNING

- DO NOT use the scale if you have implanted medical devices such as pacemakers.
- DO NOT stand on the edge of the scale or jump on it.
- DO NOT overload the scale (Max 396lb/180kg/28st).
- DO NOT drop the scale or drop objects on it as this may damage the sensors.
- DO NOT immerse the scale in water or use chemical cleaning agents. Clean the scale with a slightly damp cloth.
- Any measurement obtained using this device is for reference only and should not be considered as a medical opinion.
- DO NOT use to diagnose or treat any medical condition. You should consult your primary care physician before making changes to your diet, exercise plan or physical activities.
- Always place the scale on a hard, dry and flat surface before measurement.
- Make sure your feet are dry before stepping on the scale.
- DO NOT use the device if damaged. The continuous use of a damaged unit may cause injury or improper results.
- Please check the device before each use.
- Be careful when using on the wet and slippery surface.
- For people under 16 years old, the scale can only measure body weight.

PRODUCT SPECIFICATIONS

Product size:	278x278x28mm
Weight unit:	lb/kg/st
Weight limit:	11lb-396lb/5kg-180kg
Weight division:	0.1lb/0.05kg
Power Supply:	1000mAH lithium battery
Operating temperature:	5-35°C
Operation humidity:	40%-85% RH

Note: If you need to switch the unit, please tap [Account] – [Settings] – [Switch units] in the App.

PRODUCT OVERVIEW

DISPLAY SCREEN

Bluetooth   WIFI   Battery

23:00   Ⓢ   🛜   🔋

User

kg — Weight unit

64 90 — Weight

Weight	BMI	Body fat rate	Body water rate	Muscle mass	Bone mass	Heart rate

Note: The pictures shown in this manual are only for illustration. Please refer to the actual product for details.

BMI TABLE

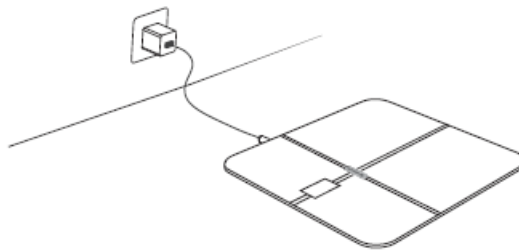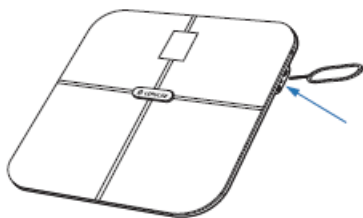| BMI (Suitable for men and women)					
Age	Underweight	Healthy weight	Overweight	Obesity	Severe obesity
18-100	<18.5	18.5-23.9	24-27.9	28-34.9	35

- **Body Mass Index (BMI)** = Weight (kg) ÷ Height^2 (m)
- **For example**: BMI = 70kg ÷ (1.75m * 1.75m) = 22.86 In the range of healthy weight
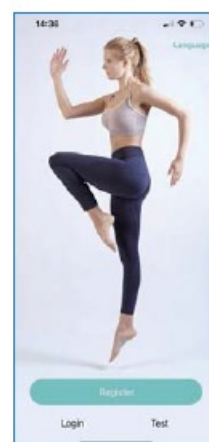
Note: The BMI index is a commonly used standard to measure body weight and health status.
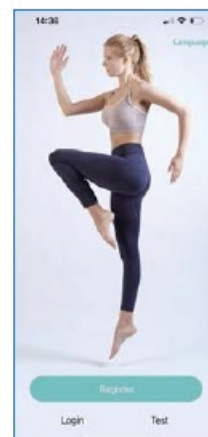
POWER ON

1. Insert a needle into the hole to activate the scale.
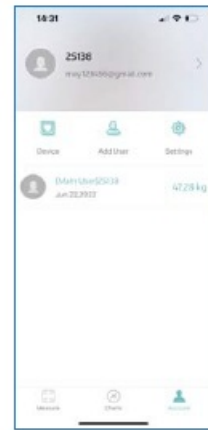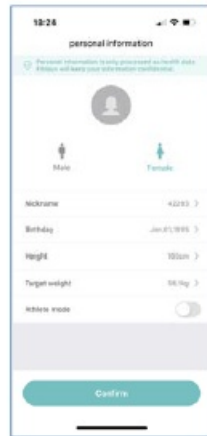2. Charge the scale with a 5V/1A charger for about 2 hours.
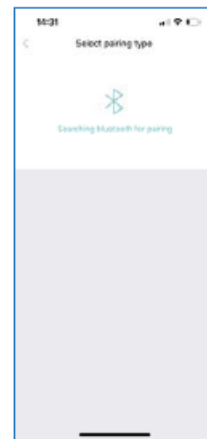
GETTING STARTED

1. Scan the QR Code or search "Fitdays" in the App Store or Google Play to download and install the App.
2. Turn on Bluetooth and open the Fitdays App on your phone.

3. Register your account by email and enter the user information.
4. Enter [Account] page and tap [Device].

5. Tap [+] in the upper right corner.
6. Select "Searching Bluetooth for pairing".
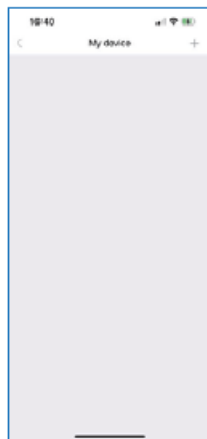
7. Step on the scale to wake it up.
8. Tap the scale icon to enter Wifi setting page.
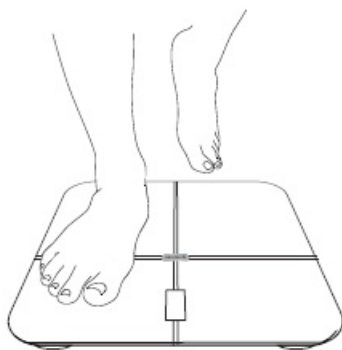
9. Choose a stable 2.4GHz WiFi and enter the correct WiFi password.
10. When "√" pops up in the App, you have successfully paired your scale with WiFi.

**Note**: Each user needs to tap [Account] -[Add user] to complete the user information, because the data you enter (gender, date of birth, height) is necessary to provide you with the most accurate information.

MEASURING STEPS

1. Place the scale on a flat, hard surface. Carpeted or uneven floors may affect accuracy. Gently press the scale to wake it up. When the scale shows "0.00", step on the scale with bare feet, and make sure that your feet are in full contact with the electrodes.
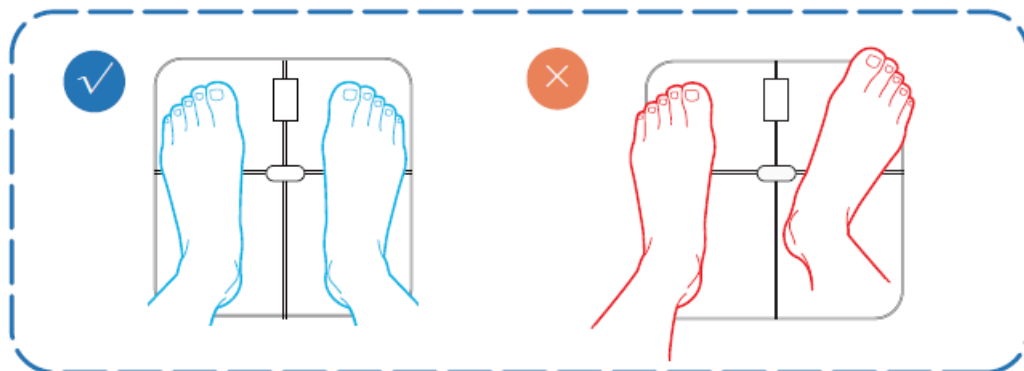
Note: Please take off your shoes and socks, otherwise the scale can onlyNote: Please take off your shoes and socks, otherwise the scale can only measure your weight.measure your weight.

2. Stand still while measuring. The weight value will flash three times and lock, followed by the measurement of body fat.
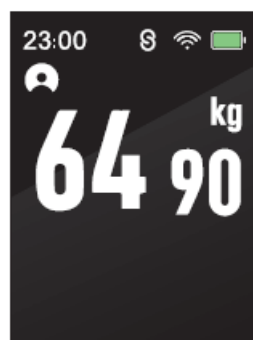
Note: If the display screen does not show any readings, please try to wetNote: If the display screen does not

show any readings, please try to wet the soles of your feet and measure again.the soles of your feet and measure again.

3. Wait until the scale vibrates and displays the measurement results andWait until the scale vibrates and displays the measurement results and change curves of weight, BM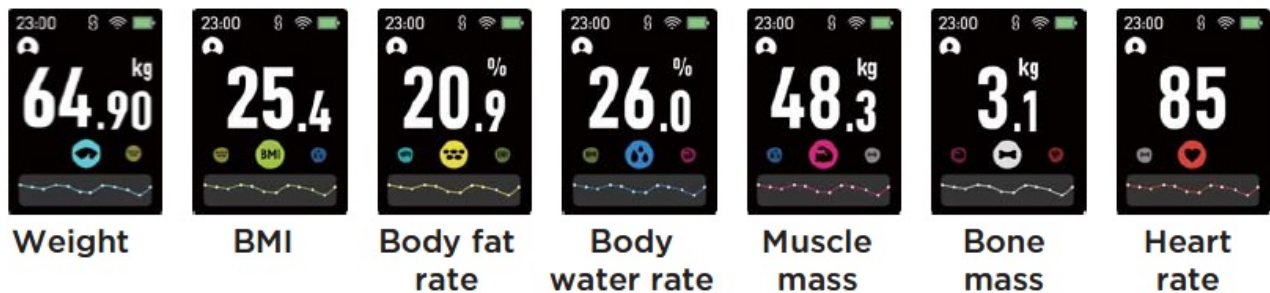I, body fat rate, body water rate, muscle mass,change curves of weight, BMI, body fat rate, body water rate, muscle mass, bone mass and heart rate in turn, then the measurement is complete.bone mass and heart rate in turn, then the measurement is complete.

| Weight | BMI | Body fat rate | Body water rate | Muscle mass | Bone mass | Heart rate |

Note: Do not step off the scale until the measurement is complete.Note: Do not step off the scale until the measurement is complete.

4. The scale will automatically shut down and you can view multiple types ofThe scale will automatically shut down and you can view multiple types of body data in the App.body data in the App.

User Identification

When the scale is paired with WiFi and disconnected from the app, it will automatically identify the most likely of the existing user (<2kg weight deviation). If your name is not displayed on the scale, please follow the steps below for the on-screen user identification.

1. When seeing a flashing profile photo and on the scale, please step off the scale, set one foot on it and press to select the user.

2. Keep an eye on the displayed user information and gently step again to switch to the next user.
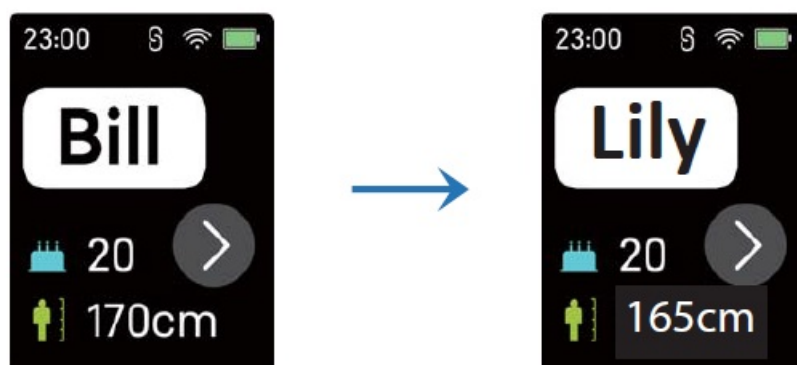
3. Having found the right user, leave the scale untouched for three seconds to confirm the selection. The scale will then notice and display the latest measurement results before automatically shutting down

DATA VIEWING AND BASIC SETTINGS

1. Enter [Measure] page, you can view the current measurement results.
    1. Tap [details] to view and share multiple types of body data, such as BMI,
    2. Body fat, etc.
2. Enter [Charts] page to view the historical data trend.
    1. Tap [User data] to view the specific measurement data by date.

3. Enter [Account] page. Tap [Settings] to set themes, target, units, measuring sound, language, password, etc.
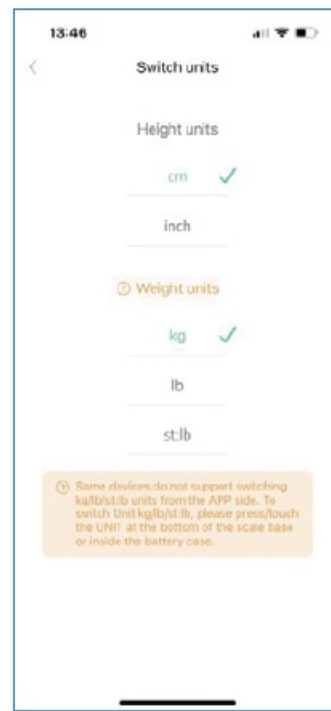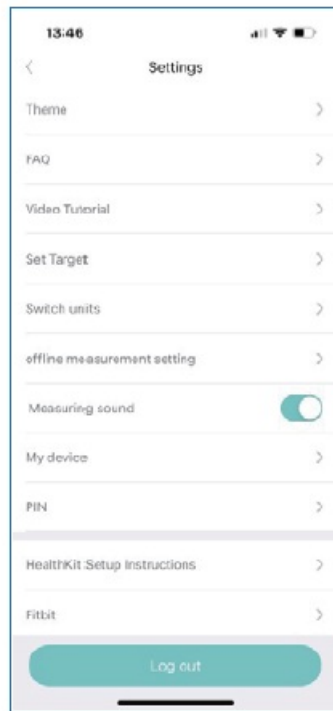
TROUBLESHOOTING

Battery is low.
Please plug in USB to charge.

The scale is overloaded. More than 180kg is on the scale.

An error has occurred during data reading. Step off the scale, wait 5 seconds and then step on it again.

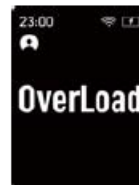| Problem	Possible Cause	Possible Solution
Inaccurate weighing	The scale is not placed on a hard, flat surface.	Place the scale on a hard, flat surface.
	The scale is not calibrated before using.	Step on the scale with one foot to turn it on, and step on it again after it shows "0.00".
	Stand on the scale unevenly.	Stand in the center of the scale and balance your weight evenly between both feet.
The App cannot connect with scale.	The GPS of the phone is not turned on.	Turn on the GPS.
	The scale is not turned on.	Step on the scale to wake it up.
Failed to obtain body fat data.	Your feet are not in full contact with the electrodes.	Make sure that your feet are in full contact with the electrodes.
	Wear shoes or socks.	Take off your shoes and socks
	Step off the scale before the measurent is complete.	Do not step off the scale until the measurement is complete.

FCC STATEMENT

FCC Warning:

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.
This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

1. This device may not cause harmful interference, and

2. this device must accept any interference received, including interference that may cause undesired operation.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- – Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment to an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

RRF Exposure Warning Statements:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.
This equipment shall be installed and operated with a minimum distance of 10mm between the radiator & body.

Documents / Resources

[**LEPULSE Bioelectrical Impedance Analysis Scale**](#) [pdf] User Manual
FI2107ULBF, 2AP3Q-FI2107ULBF, 2AP3QFI2107ULBF, Bioelectrical Impedance Analysis Scale, Impedance Analysis Scale, Bioelectrical Analysis Scale, Analysis Scale, Scale