

# SMART BODY FAT SCALE



**USER MANUAL**

## Thank you for choosing ABLEGRID®

ABLEGRID Smart Body Fat Scale is now your personal health assistant. In order to ensure accurate measurement and long service life of the scale, please read this manual before use and keep it properly for future reference.

This body fat scale helps you track your personal health data, it measures and stores health information and displays it on a large screen, install the free app, after your smart mobile phone connects to the scale via Bluetooth, the health information can be viewed, synchronized to Fitness app, and shared with others.

## Join our journey for Quality Centered Home Living!

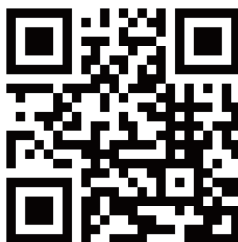
ABLEGRID focuses on valuable and enduring experience for you with each product we make, if you have any queries or concerns, please contact us anytime **support@ablegrid.com**.

Become a member of ABLEGRID community and get free extended warranty programs and specialty offers, your presence matters to us greatly.

Follow us using the following QR codes for Facebook community or our official website.

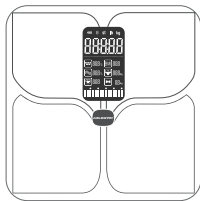


ABLEGRID Facebook



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# What's in the Box



1 x Body Fat Scale



1 x USB-C Charging Cable  
(Included in Packaged Tube)



1 x User Manual

If you can't find the charging cable or the user manual, please email to [support@ablegrid.com](mailto:support@ablegrid.com).

## Specifications

Scale Size: 278x278x27.5mm  
VA Screen size: 4.7 inch  
Connection: Bluetooth  
Battery: Li-Ion 300mAh  
USB-C Input: 4.3-7V  
Charging time: 2 hours  
Duration of use: 160 days with regular use  
Capacity: 5 – 180kg / 11 – 396lb  
Division: 0.05kg / 0.1lb  
Unit: lb/kg/st

## Accuracy Range

50kg ±0.3kg	100kg ±0.4kg	180kg ±0.5kg
110lb ±0.66lb	220lb ±0.88lb	396lb ±1.1lb

## Calibrate

Have you moved or turned the scales? Then we recommend that you calibrate the scale to ensure the accuracy of the measurements.

1. Place the scale on an even and dry surface.
2. Place one foot on the scale until the screen responds.
3. The calibration process is complete when the display shows "0.0lb".

# Display Description

Lo	Err	C	No display
Low Power	Overload	Calibrating	Battery Finished



Functioning normally

- 1. Battery Capacity
- 2. Connected
- 3. Weight Units
- 4. Body Fat Rate
- 5. Body Water Rate
- 6. Heart Rate
- 7. Body Type Assessment
- 8. Body Weight
- 9. BMI
- 10. Muscle Rate
- 11. Bone Mass

## BMI Table

### Suitable for Men and Women

Age 18-100	Under-weight <18.5	Healthy weight 18.5-23.9
Over-weight 24-27.9	Obesity 28-34.9	Severe obesity >35

Body Mass Index (BMI) = Weight (kg) : Height <sup>2</sup> (m)

EX: BMI=70kg÷ (1.75×1.75m) = 22.86 (healthy weight)

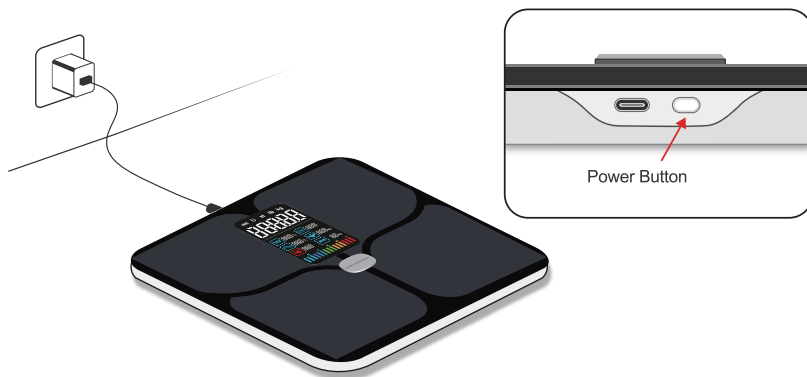
\* Note: The BMI index is a commonly used standard to measure body weight and health status.

# Preparations Before Use

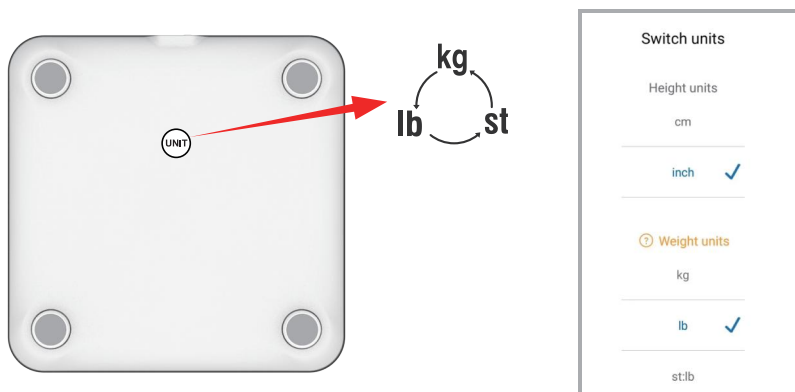
## Activate from Shipping Sleep Mode and Charge It

Press the Power Button to activate from Sleep Mode and Turn On.

No display or display Lo? Plug the supplied USB-C cable into charging port, the other end into USB power outlet, charge 2 Hours.



## Switch Unit



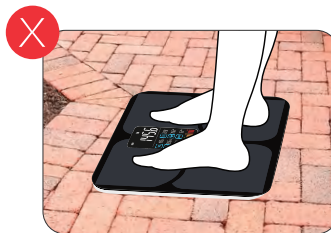
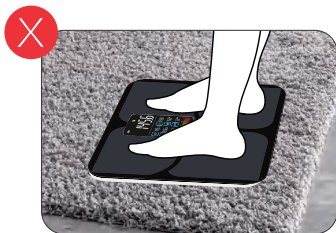
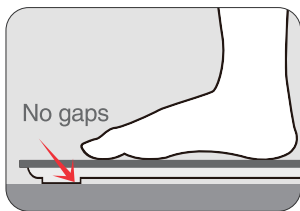
Tap "UNIT" Area

Synchronously set the corresponding unit in the App. (Where is the setting? See page 8)

*\* Note: At this time, the app is not connected and user data is not established, only the weight can be weighed.*

## How to Place the Scale Properly

Place it on a flat hard floor, and make sure that the 4 feet of the scale are in contact with the ground without gaps, do not put it on a soft carpet



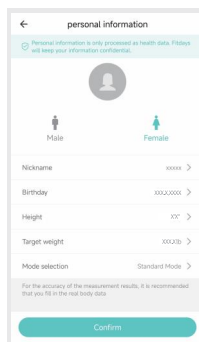
*\* Note: A condition where the foot does not touch the ground can cause inaccurate weight measurements.*

## Download App and Create User Data

### Download App and Register User Account



Scan the QR code to download App "Fitdays"



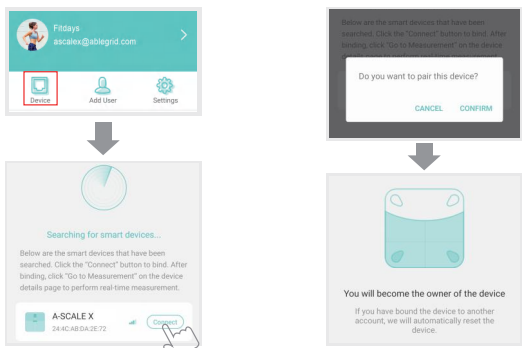
Setting personal information

On the page where you create a user be sure to fill in correctly: gender, date of birth (the year must not be wrong), height. Because when this information is used as a parameter in the body index formula, if the information is wrong, it will lead to incorrect results.

*\* Note: The information you fill in will not be used for any other purpose and will not be disclosed.*

# How to Pair with Bluetooth

## Enable Bluetooth on your smartphone



Tap "Device", Search and Pair the Scale

Tap "Confirm", Bluetooth pairing completed

## Correct standing posture is required, as well as precautions:



Correct standing posture ✓



*\* Note: Weight can be measured in the wrong standing posture, but the body fat data will be inaccurate. Do not touch the center metal plate with both feet at the same time.*



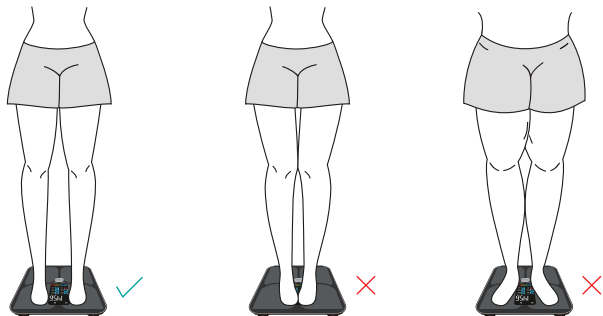
Remove the sticker



No socks / shoes & wet foot

*\* Note: Dry, cuticle-covered soles of the feet can also affect the accuracy of measurements.*

Do not allow the skin of the knee or thigh to come into contact with each other during the measurement.

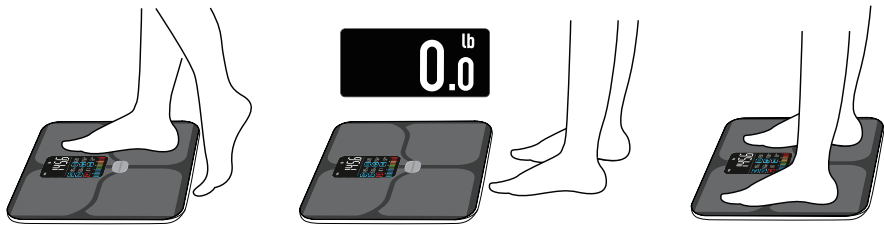


*\* Note: If you can't avoid the above, wear lightweight long pants, or long pajama pants.*

## How to Measure

Gently press the scale to wake it up, when the scale shows "0.0", step on the scale with bare feet and make sure that your feet are in full contact with 4 ITO conductive films.

*\* Note: Please take off your shoes and socks, otherwise the scale can only measure your weight.*

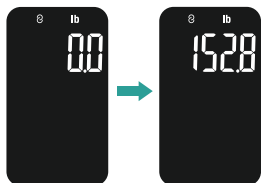


Step on to activate

Wait to display "0.0"

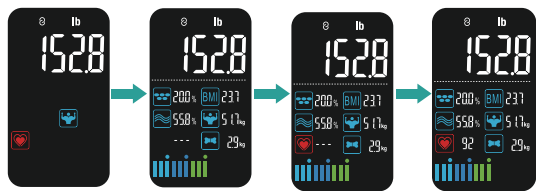
Step back on to weigh

Stand still while measuring, the weight value will flash three times and lock, then the body weight is measured.





Wait until the value is displayed below the weight and the heart rate ( ♥ shape) stops blinking, then the measurement is complete.



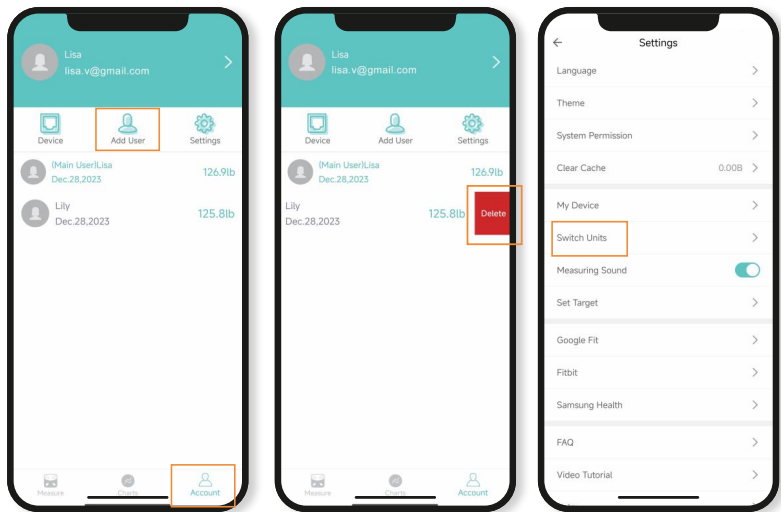
*\* Note: If the display screen does not show any readings, please try to wet the soles of your feet and measure again.  
Do not step off the scale until the measurement is complete.*

## Offline Measurement without Using App

After the scale has user profile and first measurement data, you don't need a cell phone and app for future measurements, you can directly get on the scale and measure and display the measurement results on the screen, the data is stored in the scale's memory, when you open the app again, the historical measurement data will be uploaded to the app.

The scale can store a total of 40 measurements, when more than 40, the latest data will overwrite the oldest data, so it is recommended to use offline measurement for a period of time, connect the scale with the app in order to upload the data to the app for saving.

## Add Multi-User and Settings



## Add User

Click the "Account" button, then click "Add User". Complete all steps and click "Confirm". You have now added a user.

*\* The scale can store 8 user profiles, but app support up to 24 users.*

## Delete User

Click the "Account" button. To delete a user, swipe left on the user and select "Delete".

## Setting

In your account, click "Settings". Here you can set goals, **CHANGE UNITS**, change your password, and connect your Google Fit, Fitbit, Samsung Health.

# Recognition Function

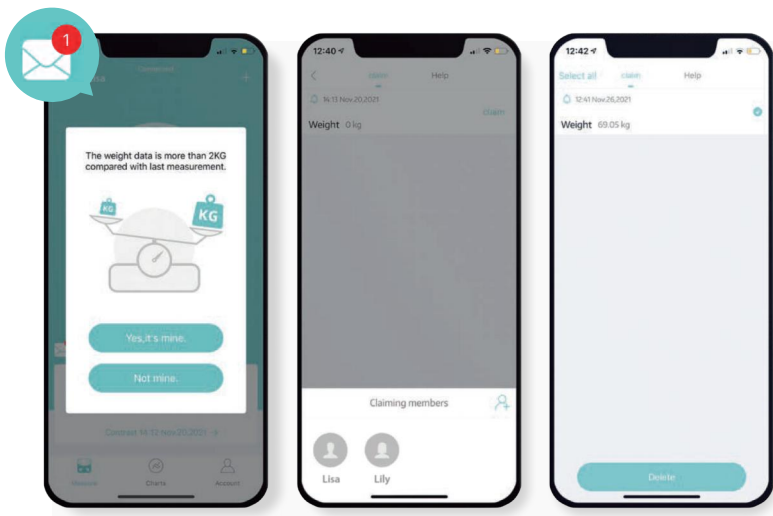
After the first weighing, the scale has an automatic recognition function. When the weight deviates more than  $\pm 2\text{KG}$  from the previous measurement, the app asks if the correct user has been selected. An envelope icon with a notification will appear on the app home page.

## Claim Weight

Click on the notification and click on "Claim". You can now link the weight measurement to the correct account.

## Remove Weight

Is the measurement incorrect? Then click on "Select", then check the incorrect measurement and click on "Delete".



# How to View and Compare, Share User Data

## Charts

Click the "Charts" button to view and compare daily, weekly, monthly or yearly data. This way you can see at a glance if you are making progress.

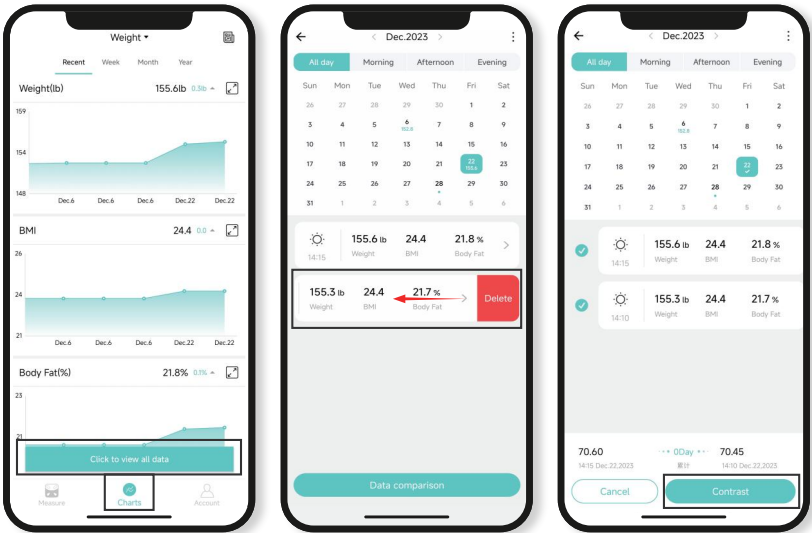
## User Data

Click the "Click to view all data" button. Here you can click on any date you like to view and compare your health data.

*\* Tip: Tap and swipe left to reveal red Delete, which deletes unwanted, incorrect, or not your own data.*

## Contrast

Click "Data comparison", then click on the two desired weights and click "Contrast" to start comparing measurement data.



## Share Data

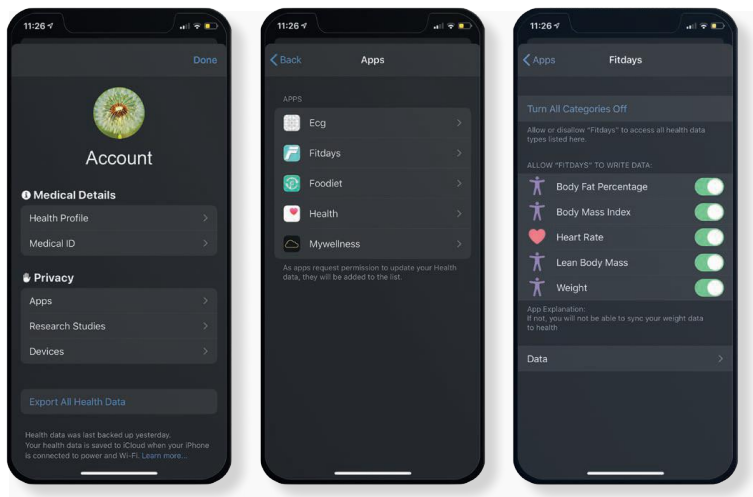
Click "⋮" in the upper right corner and click "Export". Choose whether you want to export all data or just the past month. Then click "📄" to share the information with your friends via Facebook or Instagram etc.



## Sync with Fitness Apps

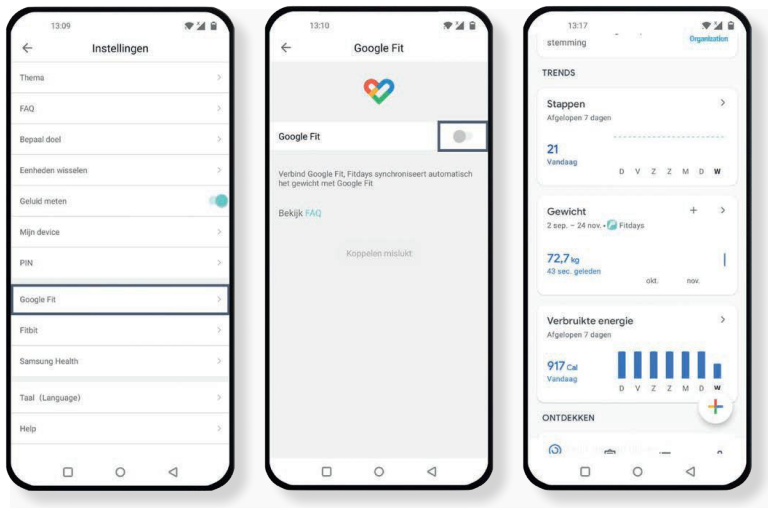
### Apple Health

1. Open the "Health" app on your iPhone and tap Account in the upper right corner.
2. Tap "Apps" and then click on "Fitdays".
3. Turn on all categories to make the "Fitdays" app work optimally.



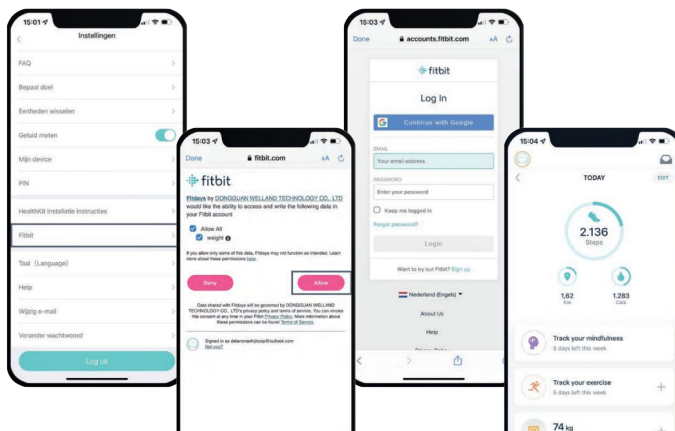
## Google Fit

1. Go to settings and select "Google Fit".
2. Turn on the "Google Fit" button and log in with your Google account.
3. You will be redirected to the "Google Fit" page automatically.



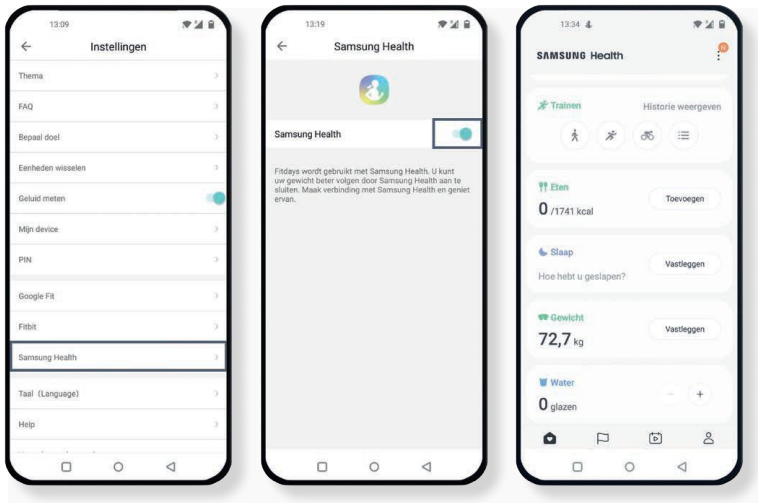
## Fitbit App

1. Go to settings and select "Fitbit".
2. Turn on the "Fitbit" button, then log in with your Fitbit account.
3. Select "Allow" access to the Fitbit app.
4. Once paired, the data syncs to the Fitbit app. You can view data through the app and website.



## Samsung Health App

1. Go to settings and select "Samsung Health".
2. Turn on the "Samsung Health" button, then log in with your Samsung account.
3. You will be redirected to the "Samsung Health" page automatically.



## Attention

### Safety Precautions

When using a digital scale, certain basic safety precautions must be followed, including:

1. The scale should not be used to diagnose or treat any disease. You should consult your physician before embarking on any diet or exercise program.
2. If you are pregnant or have a pacemaker or other internal device, you should not place undue reliance on the data provided by this product. All data are for informational purposes only and are not a substitute for the advice of a licensed healthcare professional.
3. Inspect the device before each use. Do not use if device is damaged. Continued use of a damaged device may cause injury or cause inappropriate results.

### Notice

1. The scale is a high-precision measuring device. Never jump or step on the scale or disassemble the scale. Handle the scale with care to avoid breakage.
2. Place the scale on a hard, flat surface when in use. Using the scale on a soft surface such as carpet or linoleum may affect the accuracy of the scale reading.
3. To ensure accurate weighing, please gently step on the scale to wake it up, wait for at least 10 seconds before weighing on the scale. You must also calibrate the scale if it has been moved. Take measurements at the same time each day to ensure the most accurate results.

4. Before using the scale, make sure you have entered all your personal data through the "Fitdays" app.
5. Use the scale with bare feet. The scale cannot measure body fat percentage if you are wearing shoes or socks.
6. Make sure your feet are dry before weighing.
7. The scale is not waterproof, do not immerse the scale in water. To clean the surface of the scale, use a damp cloth or glass cleaner. Do not use soap or other chemicals.

## FCC Statement

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### FCC ID: 2AP3Q-FG1919B

This device complies with part 15 of the FCC Rules. Operation 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.

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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 receiver.
- Connect the equipment into 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.
- The device has been evaluated to meet general RF exposure requirement.

The device can be used in portable exposure condition without restriction.

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