



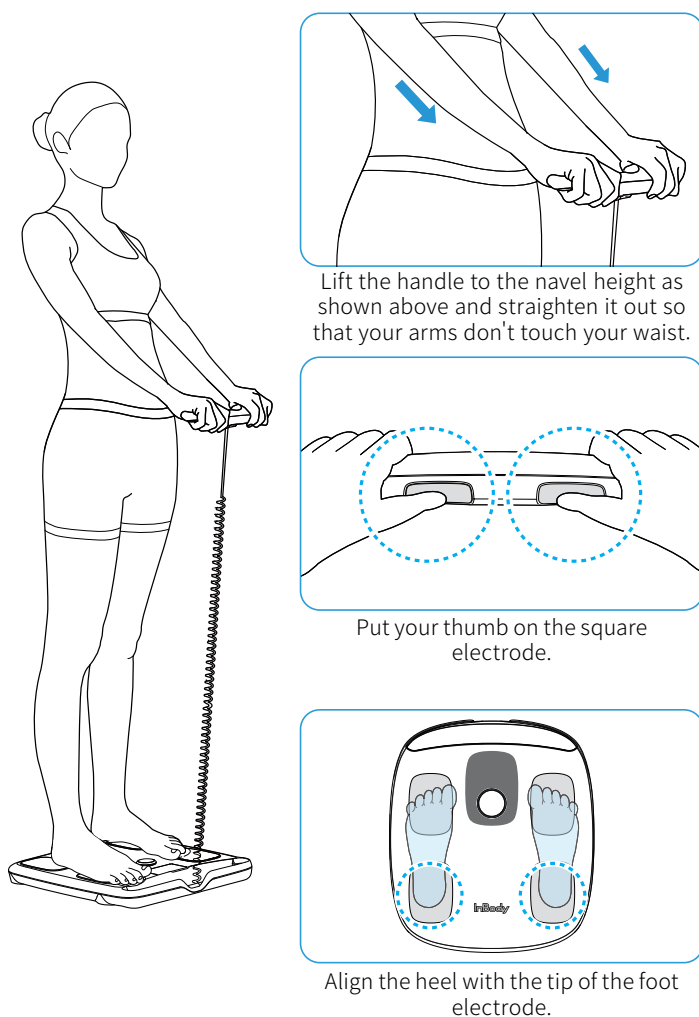
# InBody*Fit*

## User's Guide

Thank you for purchasing the Inbody product. This user manual details all the features of the product in an easy-to-understand manner.  
Familiarize yourself with and follow the instructions to use the product more effectively.

Keep the manual well for future reference.

## Test Posture



For more information on the examination position, see "4.3 Examination Position"

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# 1 Safety

## 1.1 Safety symbols used in the user manual



### **Warning**

Failure to follow these instructions may result in serious injury to the user.



### **Caution**

Failure to follow this instruction may result in damage to the product or inaccurate inspection results.

## 1.2 Precautions for Use



### **Warning**

- Do not use implantable medical devices such as pacemakers or life-sustaining medical devices such as patient surveillance devices. During the InBody examination, the instrument (artificial pacemaker) may malfunction due to a fine current flowing, which may be life-threatening. Inbody Co., Ltd. is not liable for any damage to any person or device caused by failure to comply with the above precautions.
- Bioelectrical Impedance Analysis (BIA) uses fine currents and does not harm the human body. If a pregnant woman uses it, consult with your doctor or expert before using it.
- If you have any infectious or infectious diseases, do not contact or use this product as much as possible. After use, the instrument must be cleaned with a soft cloth and disinfectant such as ethyl alcohol.
- Do not pour liquid into the product when cleaning the product using a sterilizer. Electric shock may occur due to product failure or short circuit.
- Do not use this product for purposes other than body composition analysis or weight measurement.
- This product cannot determine the presence or absence of a disease. Consult your doctor to determine if you have a disease.
- If you have metal prostheses such as iron cores or prosthetics in your body, you may not get accurate measurement results or errors may occur.



### **CAUTION**

- This product is a sensitive device that accurately measures body composition. Electromagnetic noise can cause errors in measurements when inspecting near electronics such as refrigerators, TVs, etc., or just below the fluorescent light or next to the outlet. Use the product at a distance from the electronics.
- Do not use in humid spaces, such as baths, as excessively high or low temperatures, humidity, and pressure may affect the operation of the product. Use in the operating environment specified in the product specification.
- Be careful not to let any liquid, such as food scraps or drinks, get into the product. It can affect internal electrical devices and cause problems.
- Do not break down the product arbitrarily. This can cause injury and product failure, and may result in errors in measurements. Inbody Co., Ltd. is not responsible for product damage and related damages caused by the user's arbitrary opening.
- If you can't maintain the measurement posture alone, measure it with the help of your guardian. For children, help to maintain the correct measurement posture.
- When storing the product for a long time, turn off the power, remove the battery, pack it, and store it on a flat surface.
- Dispose of the product and the batteries included in the product according to relevant laws and regulations.
- Repair and inspection can only be performed by InBody's service center staff.
- For repairs and inspections, call 1899-5841.

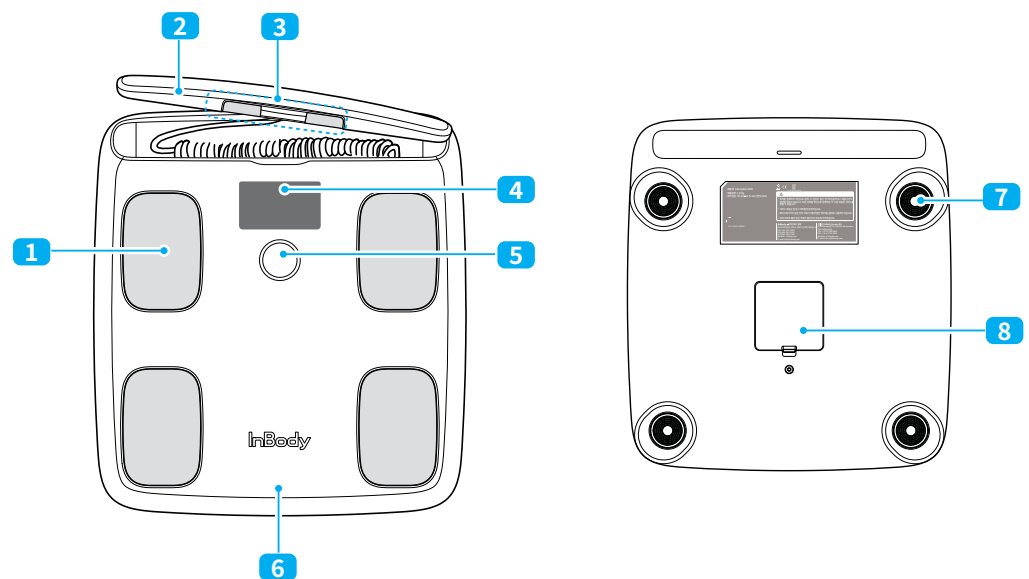
## 2 Product

### 2.1 Components

The product configuration is as follows: Make sure you have all the components.

InBody Fit, Simple User's Guide, AA Battery (4 pieces)

### 2.2 Name and function of each department



- 1** Foot Electrode: The part that sends a fine current to the lower body for in-body inspection and measures the voltage.
- 2** Handle: This is the hand grip during the in-body inspection. The handle is connected to the main body by cable.
- 3** Hand Electrode: The part that sends a fine current to the upper body for in-body inspection and measures the voltage.
- 4** Display Screen (LCD): Displays the status and results of the measurement on the screen.
- 5** Dial buttons: You can power on and off, or check the kidney input and results.
  - Press the dial button to turn on the power.
  - Press and hold the dial button to turn off the power.
- 6** Footplate: Connected to a scale that measures the subject's weight.
- 7** SUPPORTER: A support to accurately measure weight. If broken, the weight will not be measured accurately.
- 8** Battery Insertion: The part where the battery is inserted. The battery can be inserted by opening the cover.

# 3 Installing the product

## 3.1 Installation Environment

- It is suitable for indoor use.
- Install on a flat floor. Use on a floor free of flexion, bumps and vibrations. The measurements may not be accurate when used in places where floors are uneven, such as carpets and mats.
- Electromagnetic noise can cause errors in measurements when inspecting near electronics such as refrigerators, TVs, etc., or just below the fluorescent light or next to the outlet. Install the product at a distance from the electronics.
- Do not use in humid spaces, such as baths, as excessively high or low temperatures, humidity, and pressure may affect the operation of the product. 9. Use in the operating environment specified in Product Classification and Specification.

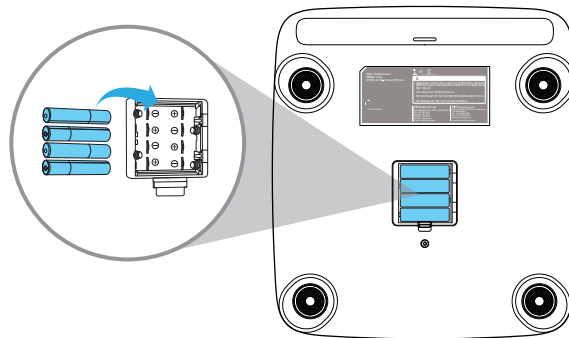
## 3.2 Putting in a battery



### Caution

Use four 1.5 V AA batteries and be careful not to reverse the orientation. Incorrect battery orientation may damage the internal circuit of the product and prevent power from turning on.

- 1 Open the cover of the battery insert and insert the battery.



- 2 Close the cover.

### 3.3 Install the InBody app

The InBody app allows you to record and manage the results of the InBody test.

#### Requirements

- Smartphones with iOS 9 or higher, Android 9.0 or higher, Bluetooth 5.0 or higher
- The Bluetooth feature on your mobile device must be turned on to connect the InBody app with the product.

- 1** Search and install InBody from the Apple App Store or Google Play Store.
- 2** After launching the InBody app, register the user.
- 3** After registering the user, select More > Device to connect the product.
  - The connection is only possible when the product is powered on.
- 4** Set a nickname for the product.
  - Nicknames can be modified, added, or deleted later.

### 3.4 Register nicknames, add users

You can register nicknames or add users in the InBody app.

- Note**
- Nicknames can be registered up to 6 digits in English (uppercase) or numbers.
  - You can add multiple users on one mobile device. You can also associate multiple mobile devices with your product to register your nickname.
  - A maximum of 20 users can be added to a product.
  - Launch the InBody app and select More > InBody Fit to see how many users are writing with the users associated with the product.
  - After registering your initial nickname, select Health Report > + Add Inspection > InBody Fit in the InBody app.

- **Register nicknames when registering your device for the first time in the InBody app**  
You can register your nickname by launching the InBody app by selecting InBody Fit > Device Search or More > Device Registration > InBody Fit > Device Search.
- **To add users**  
You can add users by launching the InBody app to view more > InBody Fit > Connected Users > + Add Users > Add Users.
- **Register nicknames for added users**  
You can register nicknames by launching the InBody app to view more > InBody Fit > Connected Users > + Users who are registered to add and register nicknames can be registered.
- **To delete data**  
You can run the InBody app to delete your data and the data of the person you added from More > InBody Fit > Connected Fit > Data Delete.

# 4 Preparing for InBody Test

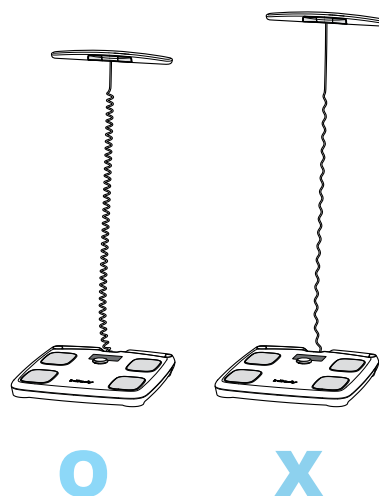
## 4.1 Precautions for InBody Test

To obtain accurate measurements, you must remove the elements that affect the measurement. Observe the following precautions.

- **Please test with an empty stomach before eating.**  
The food in the stomach affects your body weight and is considered a body composition, which can cause measurement errors.
- **If possible, test it in the morning.**  
The longer you stand, the more body water tends to be concentrated in the lower body, and this phenomenon becomes more pronounced in the afternoon.
- **Test after you go to the bathroom.**  
Urine or feces, not body components, can affect your body weight, causing measurement errors.
- **Test before you exercise.**  
Even light exercise can temporarily change your body composition.
- **Test before taking a shower or sauna, lower body bath, sitting bath, or bath.**  
This is because body water changes temporarily due to an increase in blood flow speed and sweat discharge.
- **Before measuring, stand up and wait for about 5 minutes before test.**  
If you take a measurement while lying down or sitting for a long time and standing up straight, the moisture moves to the lower body, which can have a slight impact on the measurement.

## 4.2 Precautions for Handle Use

The cables connected to the handle and the main body are extended to a certain level and restored, but excessive pull may not recover and may lead to product failure. Be careful not to pull the cable too hard.

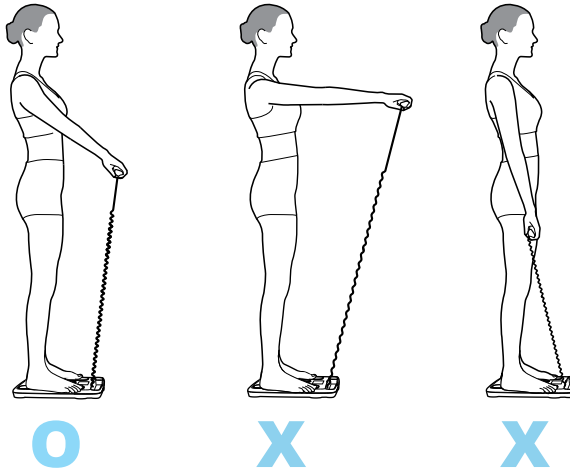


## 4.3 Test Posture

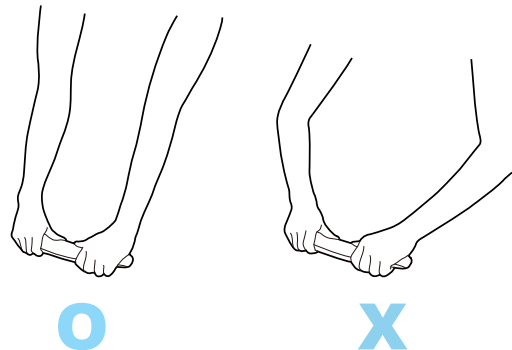
### The right arm position

Keep your armpits away from your body. If your armpits touch your body, wear light clothing with sleeves for inspection.

- Do not attach your arms to your stomach or raise them too high, but only up to your navel.



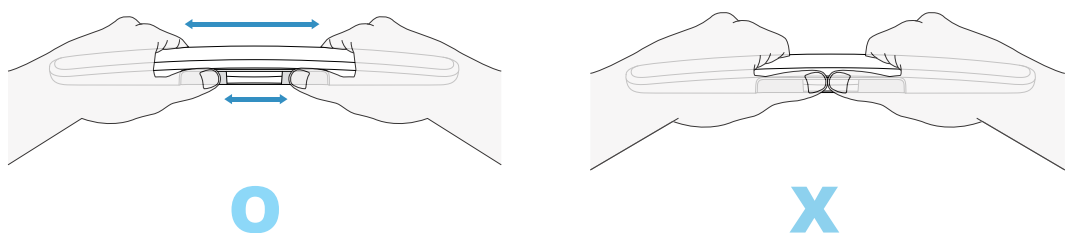
- Don't bend your arms.



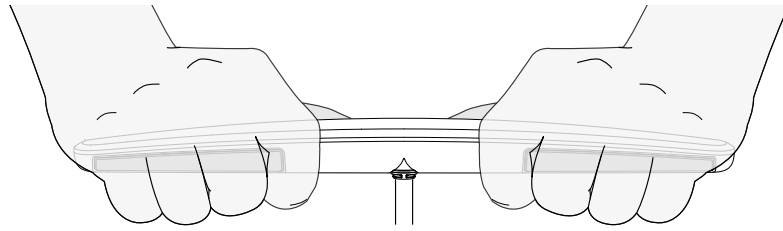
### The right hand posture

Hold the handle and place your thumb on each hand electrode.

- The left and right hands should not stick together.



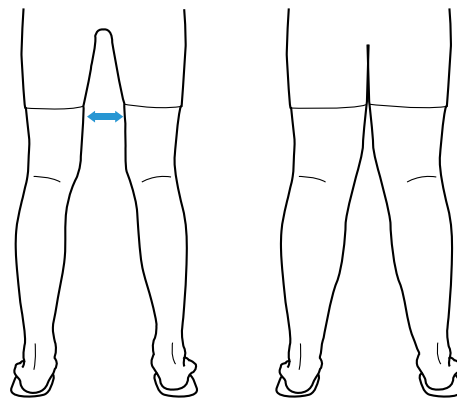
- Hold the handle so that the hand and the electrode do not fall apart and come into contact well.



### Correct leg posture



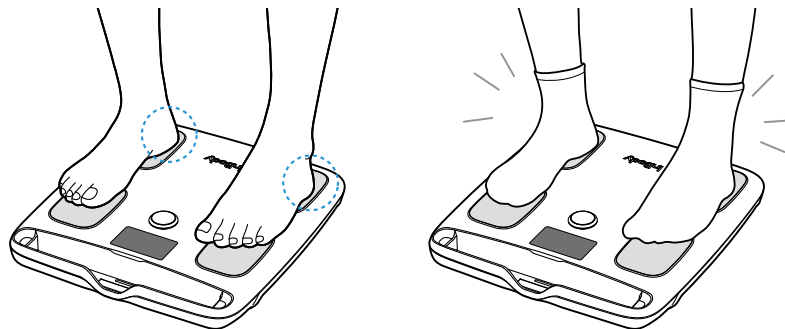
The thighs must not stick together. If your thighs are stuck, measure them by wearing shorts or long pants.



### Correct Foot Posture

Lift your heel barefoot to the end of the electrode.

- Do not measure with socks or stockings.



- Don't let your feet touch each other.
- When wearing long pants, make sure that the hem does not get caught between the foot electrode and the foot.

# 5 InBody Test

If your palms and soles are very dry or your feet have a lot of dead skin cells, you may not be able to measure them. In this case, if you wipe your hands and feet with a wet tissue, you can measure them well.

## 5.1 Starting with weight measurements

- 1** Barefoot on the product's footrest, turn on the power.  
After measuring your weight, press the dial button or after approximately 4 seconds, you will be taken to the screen where you enter your height.
  - If the weight is abnormal, please come down from the product and check if there are any foreign substances on the floor, check that 0.0kg is displayed, and then measure the weight again.
  - Before proceeding with zero adjustment, make sure that the InBody Fit is horizontal and hard, and that there are no mats, blankets, and soft floorboards on the floor.
- 2** When the weight measurement is complete, turn the dial buttons left and right to enter the height.
  - If you previously entered a height, the height used for the previous measurement is displayed.
  - After entering the user's height, press the dial button or approximately 4 seconds later, the examination will begin.
- 3** Hold the steering wheel and take an examination position.

## 5.2 Start after entering height

- 1** Press the dial button to turn on the product.
- 2** Turn the dial buttons left and right to enter the height.
  - If you previously entered a height, the height used for the previous measurement is displayed.
  - After entering the height, press the dial button or after approximately 4 seconds, go to the measuring screen.
- 3** If you see "0.0 kg" on the screen, please step barefoot on the product's footrest and complete the weight measurement.
- 4** Hold the steering wheel and take an examination position.

When the weight measurement is complete, the test begins after the confirmed weight is blinking.

- Note**
- When the dial button is pressed or turned, the weight is recognized as weight.
  - The weighing screen appears. Be careful not to press the footrest when operating the dial button.
  - If you want to change the height value to 0.0cm > 0.5cm, turn the dial button to set the minimum height value of 50.0cm, and set the height value.

## 5.3 Test in conjunction with the InBody app

### Requirements

The Bluetooth feature on your mobile device must be turned on to connect the InBody app with the product.

- 1 Launch the InBody app.
- 2 In the InBody app, select Health Report > + Add Inspection > InBody Fit and select your nickname.
- 3 If you see "0.0 kg" on the screen, grab the handle and step barefoot onto the product's footrest.
- 4 Take the test position.

When the weight measurement is complete, the test begins after the confirmed weight is blinking.

## 6 To check the test results

### 6.1 Progress and completion of the test

When the test begins, the in-body test is performed for about 10 seconds.

When the scan is complete, End is displayed on the screen.



If you see the end, put down the handle and come down from the scaffold.  
The resulting item moves on to the next item every 4 seconds and repeats twice.

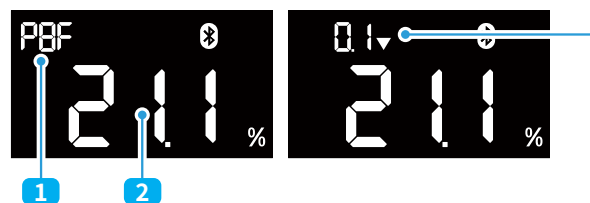
- Turn the dial button to manually turn the resulting item.
- Press and hold the dial to turn off the power.

**Note** After the result item has been repeated twice, or after turning the dial button and no operation for 20 seconds, the power is turned off.

### 6.2 Configuring the Results Screen

The product provides the results of weight, body fat percentage, skeletal muscle mass, and visceral fat level, and you can also check the standard range results for weight, body fat percentage, and skeletal muscle mass. More detailed results can be found in the app.

#### Configure weight, body fat percentage, skeletal muscle mass results screen



- 1** Result item
- 2** Measured value
- 3** Variation value compared to the last measurement (▲: rising, ▼: falling)

**Note** The screen of the change value compared to the last measurement needs to be inspected in the app to be checked product.

## 6.3 Understanding Results Items

If you control your body fat and muscles for weight management, you can change your body fat and muscles. Therefore, when conducting a weight control program, in-body tests can continuously monitor changes in body fat and muscles, and check whether body composition is changing correctly.

### Weight

It's the sum of the weight of the whole body, the weight of the body composition that makes up our body.

### Body fat percentage<sup>1</sup>

The proportion of body fat in weight may be the same, but the proportion of body components that make up weight may be different. Therefore, the body fat rate calculated by the results of body composition analysis is an essential item for determining obesity. The standard range is 10–20% for men and 18–28% for women. Children under the age of 18 have different standard body fat rates depending on their gender and height, and this is considered if they are larger or smaller than their peers.

### Skeletal muscle mass

Muscles are usually divided into heart muscle, smooth muscle, and skeletal muscle, and the amount of muscle shown in InBodyFit is Skelet Muscle. Skeletal muscle mass is a muscle that can be changed through exercise among human muscles, and the amount of muscle in the arms and legs is mainly skeletal muscle. Muscles are smaller in volume compared to the same amount of body fat, so even if they weigh the same, the higher the proportion of muscles, the thinner they look. The secret to a healthy and strong body is muscle mass.

### Visceral fat

Fats are divided into visceral fat, subcutaneous fat, and muscle-to-muscular fat, of which visceral fat in the abdomen is expressed in levels from 1 to 20. If the visceral fat level is 10 or higher, it is visceral fatty abdominal obesity and requires care.

1 1. Robert D.Lee, David C. Nieman, Nutritional Assessment (2nd edition), p. 264, 1990.

2. George A. Bray, MD. Contemporary Diagnosis and Management of Obesity, p.13, 1998.

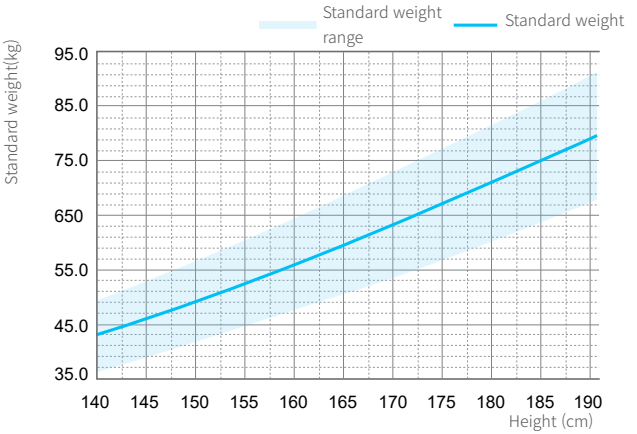
3. L.Kathleen Mahan, Sylvia Escott Stump. Krause's FOOD, NUTRITION, & DIET THERAPY (10th edition), p. 488, 1991.

4. Judith E. Brown, Nutrition Now, p. 93 – 95, Wadsworth Publishing Company, 1999.

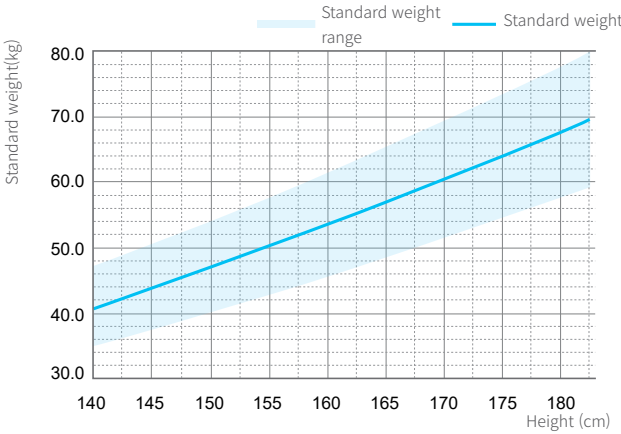
5. Samuel J. Fomon, et al.(1982): Body Composition of reference children from birth to age 10 years. The American Journal of Clinical Nutrition: 35, 1169-1175

# 6.4 Weight, Muscle Weight Standard Range Graph

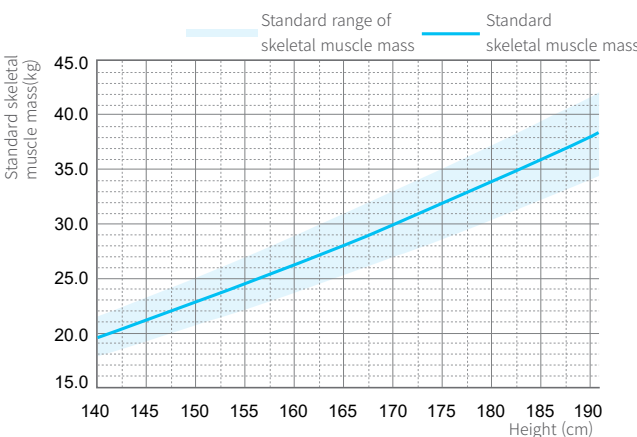
Adult male standard weight by height



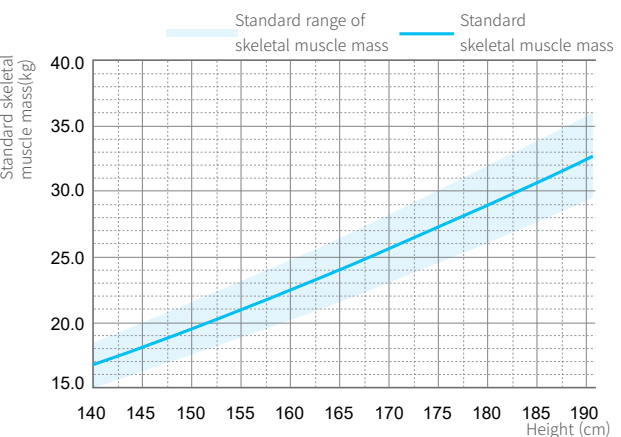
Adult female standard weight by height



Adult male standard skeletal muscle mass by height



Adult female standard skeletal muscle mass by height



# 7 Manage and archive

## 7.1 To manage



### Caution

- Be careful not to pull the cable too hard by pulling the handle. 4.2 Precautions for Handle Use.
- A magnet is built into the bottom of the handle and the handle seating area, which may cause foreign substances such as metal powder. Wipe with a soft cloth if there are any foreign substances on it.
- Do not put anything on the scaffold when you are not using the product.
- Be careful not to get foreign substances stuck in the bottom of the equipment. This can cause weight error.
- Be careful not to get stuck in the bottom of the product.
- Be careful not to let foreign substances, such as food and beverages, into the equipment. This can cause fatal damage to electronic components.

## 7.2 Cleaning



### Warning

- Clean the product with a disinfectant such as soft cloth and ethyl alcohol after use by people with contaminated or infectious diseases.
- Do not pour liquid into the product when cleaning the product using a sterilizer. Electric shock may occur due to product failure or short circuit.



### Caution

- Do not clean the foot and hand electrodes with a cleaning agent. If liquid cleaning agent flows into the product, it can cause corrosion and cause equipment to fail.
- Do not use cleaning solutions containing organic solvents such as thinner and benzene. Damage to the product surface may occur.
- Remove any foreign substances from the product with a soft cloth.
- If the contamination is severe, soak the cloth in water with neutral detergent and wipe off the contaminants after squeezing it tightly.

## 7.3 Keeping



### Caution

Do not store products in moist or direct sunlight. This can cause deformation and failure of the product.

- When storing the product for a long time, turn off the power, remove the battery, pack it, and store it.
- Store in a dry place with no sudden change in temperature

# 8 Troubleshooting

## 8.1 Error message

If a problem occurs during use, a related error message is displayed on the LCD. The following are typical error messages and actions.

Related error codes: C51H, C61H, S12A, S13A, S21E, S21A, S20E, S20A, S00A, S01A, S02A, A11E

Message displayed when examination conditions are not met. Do not wear socks or stockings, check the contact between the hand electrode and the generator electrode, and measure again. If the measurement is not possible, please check the measures below

- Wipe your hands and feet with a wet tissue and measure it while it's moist
- Move to an environment where there are no electronic devices or outlets and measure them
- Replace all four batteries with new ones and measure them

If the above measures do not resolve the issue, please contact the Customer Center (1899-5841)

- Note**
- If your palms and soles are very dry or your feet have a lot of dead skin cells, you may not be able to measure them. In this case, if you wipe your hands and feet with a wet tissue, you can measure them well.
  - If you have metal prostheses such as iron cores or prosthetics in your body, you may not get accurate measurement results or errors may occur.

### Low battery



Displayed when the battery is running low or low. Replace the batteries.

## 8.2 Simple Troubleshooting

The following are possible issues and actions you may encounter while using the product. If the problem persists after the following actions, contact the Customer Service Center (1899-5841).

Consultation time: 9:30 a.m. – 5:30 p.m. on weekdays (Lunch time: 12:00 p.m. – 1:00 p.m.)

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### **The InBody test is not possible, and the phrase 'Please check your thumb and heel' is displayed.**

- Wipe your hands and feet lightly with a wet tissue and examine them. If your palms and soles are dry or your feet have a lot of dead skin cells, the examination may not be smooth.
- Pay attention to your posture and examine it again. Attachment of the armpits or the posture of both hands and arms touching other parts of the body can affect the examination. Take the correct posture and lift the handle to the height of the navel and inspect it. Refer to 4.3 Inspection Position for the correct inspection posture.
- Please change the location of the test. Electromagnetic interference can occur where electronic and Bluetooth equipment are concentrated or where fluorescent lights are located directly above.

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### **The power doesn't turn on even if I press the dial button.**

- Check the electrode orientation of the battery. The battery may not be powered on due to incorrect electrode orientation.
- Try changing the battery. The battery may be discharged.

---

### **My weight is weird.**

- Please come down from the product and check that there are no foreign substances on the floor, check that 0.0kg is displayed, and then measure your weight again.
- Press the corner of the product to make sure it is horizontal. Weight measurements on carpets or mats may not be accurate. Place the product on a hard, flat floor and measure it.
- Check the four supporters on the bottom of the product for foreign substances or damage. Dust or breakage between supporters affects weight values.
- Make sure that the bottom surface is even and that the product is not pressed. Abnormal operation may occur if the product is pressed or the supporter on the bottom of the product is pressed by foreign substances.

## 8.3 Frequently Asked Questions

**Q :** The results of the in-body test are strange. There's a slight difference every time you measure it.

**A :** Differences occur when the hands and feet fall off the electrode during measurement or if the posture is not correct. Measurements should be made in the correct position and maintained in the correct position until the measurement is complete. 4.3 Refer to the inspection position (11p).  
If your hands and feet are dry, it is good to wash your hands and feet with wet wipes. In addition, since the body composition changes little by little during the day, it is recommended to measure it accurately at the same time and under the same conditions as possible.  
For example, measure your arms and legs straight in light clothing after going to the bathroom before breakfast.

**Q :** How accurate is InBody Fit?

**A :** The InBody Fit has a weight error range of 100 g under 100 kg and 200 g under 150 kg. The body composition accuracy of the InBody Fit is described as a correlation with Dexa (DEXA\*) and a standard error. Correlation refers to the degree of correlation between the same person's dexa and InBody test results. A correlation of 1 means that it is the same as the dexa, and InBodyFit has a correlation of 0.93. Next, the standard error refers to the error between InBodyFit and Dexa measurement data. Based on body fat percentage, the error range is 3.3%.

\*DEXA (Dual Energy X-ray Absorptiometry): Standard equipment for body composition analysis

**Q :** What is the normal range of visceral fat levels?

**A :** The visceral fat level is an inbody-only expression that expresses the visceral fat cross-sectional area from 1 to 20. For ordinary adults, it is considered normal if the visceral fat level is less than 10, and the lower the visceral fat level, the better.

**Q :** What is the standard range of body fat percentage?

**A :**

Gender	Under	Standard	Over
Man	Less than 10%	10 – 20 %	10 – 20% or more
Woman	Less than 18%	18 – 28 %	28% or more

(Based on adults over 18 years of age)

**Q :** What is the standard for InBody ranking?

**A :** The InBody ranking shows the difference between the amount of body fat and the amount of body fat controlled by calculating the amount of abnormal body fat and the amount of abnormal body fat for the BMI. Basically, if you have a lot of body fat, your ranking decreases, and if you have a lot of muscles, your ranking goes up. The Inbody Ranking does not represent the absolute ranking of the body, but is a standard of Inbody for diet motivation, so use it only as a reference.

**Q :** I don't know the exact height, but does it not affect the result even if I type it roughly?

**A :** The height is reflected in the result value and must be entered correctly. Entering a different key causes errors in the body composition calculation process, which can lead to incorrect results.

**Q :** The thighs are thick, so both legs stick together when you measure them, but does the result matter?

**A :** Because measurements are made by region, if the thighs stick to each other or the armpits stick to the body, the results will be affected. In this case, you can get accurate results by wearing light short sleeves, shorts, or long clothes.

**Q :** How do I zero my weight?

**A :** The InBody Fit automatically zeros when the equipment is powered on. Zero adjustment may be distorted if it is not horizontal or if the load is weighted. Place the product on a hard and flat floor with nothing on it, and then press the dial button to turn on the power to check the height value, then press the dial button again to check and use the weight of 0.0kg

**Q :** How do I turn off the measurement sound?

**A :** View more InBody apps > You can set the device sound effect (beep sound) on/off after setting the product on the device.

## 9 Product Specifications

Biological Electrical Impedance (BIA)	10 impedance measurements in 2 frequency bands (20 kHz, 100 kHz) with 5 different areas: right arm, left arm, torso, right leg, left leg, and left leg
Measurement items	4-pole 8-point touch electrode method
Electrode method	Direct Segmental Multi-frequency Bioelectrical Impedance Analysis Method (DSM-BIA)
Measurement method	Exclude Experience Variables
Body composition calculation	Weight, body fat percentage, skeletal muscle mass
Result Item (LCD), Result Item (App)	Weight, skeletal muscle mass, body fat mass, BMI, body fat percentage, abdominal fat percentage, visceral fat level, InBody score, body coordinate, Sinpe balance (upper/lower), basal metabolism
Measurement time	Within 10 seconds of impedance measurement
Operating Environment	10 – 40 °C, 30 – 75 %RH, 70 – 106 kPa
Operating Altitude	Up to 2000m
Storage Environment	0 – 70 °C, 10 – 95 %RH, 50 – 106 kPa (No condensation)
Pollution Degree	PD2
Measured Weight	10 – 150 kg
the range of height	50 – 300 cm
power consumption	DC 6 V (1.5 V AA Battery 4 EA)
Display screen	Custom VA LCD
Product Color	Soft White
Product Size (W×L×H)	310 mm × 338 mm × 48 mm
Product Weight	2.1 kg

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.

Any changes or modifications (including the antennas) to this device that are not expressly approved by the manufacturer may void the user's authority to operate the equipment.

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

- (1) This device may not cause interference.
- (2) This device must accept any interference, including interference that may cause undesired operation of the device.

L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :

- (1) L'appareil ne doit pas produire de brouillage;
- (2) L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

FCC and IC RF Radiation Exposure Statement: This equipment complies with FCC and IC RF Radiation exposure limits set forth for an uncontrolled environment.

This device and its antenna must not be co-located or operating in conjunction with any other antenna or transmitter.

RF du FCC et IC d'exposition aux radiations: Cet équipement est conforme à l'exposition de FCC et IC rayonnements RF limités établies pour un environnement non contrôlé.

L'antenne pour ce transmetteur ne doit pas être au même endroit avec d'autres émetteurs sauf conformément à FCC et IC procédures de produits Multi-émetteur.

FCC ID : F60INBODYFIT

IC : 22967-INBODYFIT

