FIAR

Instruction Manual

⚠️WARNING

It is forbidden to disassemble, squeeze, puncture, short-circuit this product or put it into the water, fire or expose it to an environment where the temperature is higher than 60℃ (140℉).

Important Notes

The data measured by the FIAR Smart Body Fat Scale is for reference only and is not intended as medical advice.
The following groups of people may not have accurate physical data:
·Minors, elderly population over 80 years old.
·Professional athletes.
·Pregnant women and women in the puerperium.
·Patients with colds and fevers.
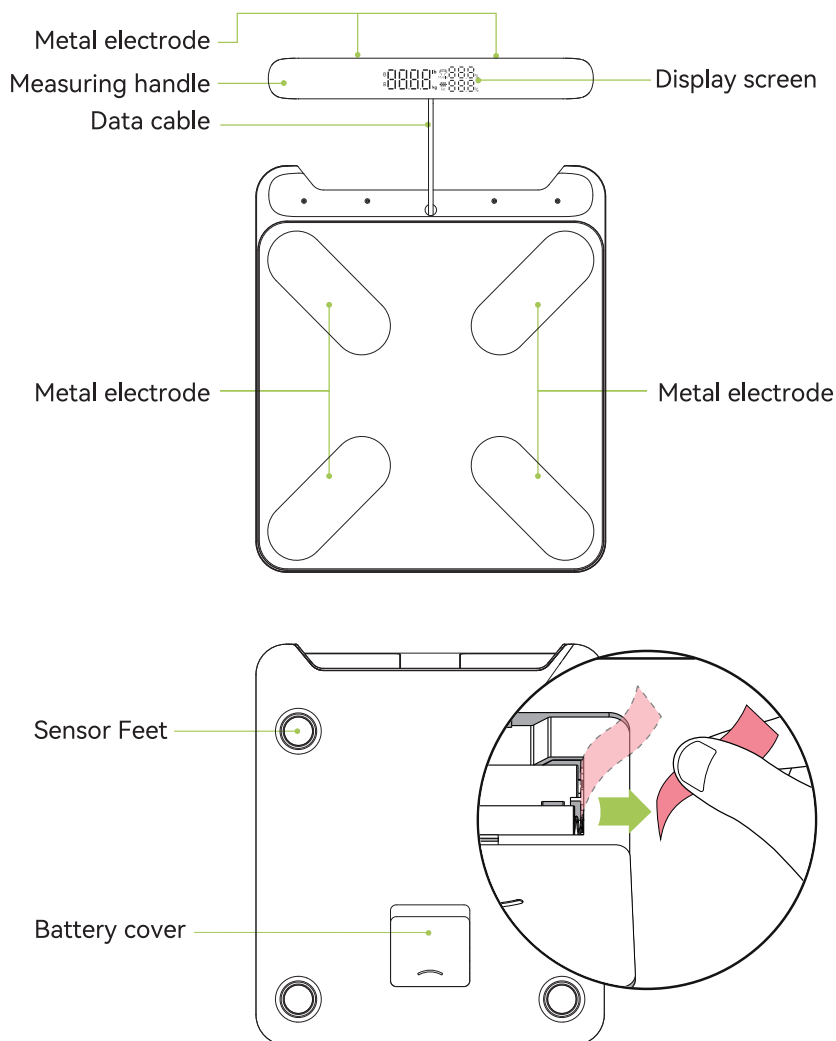·People with medical devices such as pacemakers in their bodies are prohibited from using this product.

Daily precautions:

1、This product uses No. 7 dry batteries and should be placed away from heat sources (heaters, stoves, fireplaces, etc.).
2、The product is not waterproof. Please avoid direct rinsing with water to avoid damage.
3、Do not disassemble or repair this product without permission if a malfunction occurs, and incorrect maintenance may cause the battery to explode.
4、The physically weak people, elderly, children, and other people in need must use it safely under the guidance or assistance of the person who has responsibility for their safety.
5、Do not place this product in a place where young children can reach it. Young children should be supervised to ensure that they do not play with the product.
6、Please use a dry cloth to wipe the product if it has stains,Please do not use any detergent.

Precautions for daily use:

1、This product uses four No. 7 dry batteries. Please remove the batteries after use to avoid battery power loss to maximize battery life.
2、Before using this product, please keep the scale surface dry and free of water droplets, because using the scale in wet conditions will make it easy to slip.
3、When weighing, please place the scale on a hard surface, not on a carpet or soft object.
4、After use, keep the scale on a level surface and store it in a cool, dry place. Please carry it gently to avoid damage to the internal components by collision or strong impact.

Product Information

Metal electrode
Measuring handle
Data cable
Display screen

Metal electrode
Metal electrode

Sensor Feet

Battery cover

Precautions:

1.Please use it after withdrawing the insulating sheet. (As shown in the picture above)
2.This product is pressure-sensitive booting. The screen will light up and turn on after the scale is placed on a hard and flat surface.
3.When assembling the battery, please install the battery according to the positive and negative instructions before using it.

Installation of Fitdays APP

Search for "Fitdays" in the Android App Store or Apple App Store, or scan the QR code below to download and install the Fitdays client to connect to your device.
Before connecting Fitdays to your smart body fat scale, please make sure your device meets the following requirements:
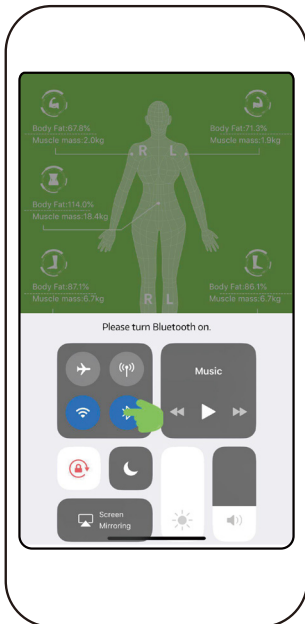
The iPhone with IOS 8.0 or above
The mobile with Android 5.0 and above and equipped with Bluetooth 4.0
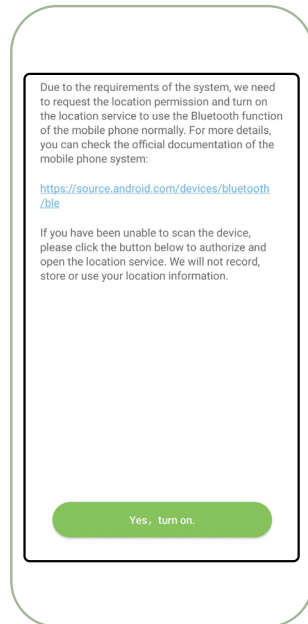
Turn on Fitdays and turn on Bluetooth for your phone

Turn on the Bluetooth option on your cell phone, and open Fitdays App to automatically connect with your device. Get on the scale and measure, then you can synchronize the data to the mobile app in real-time and record.

iOS Bluetooth on: open the control center, and click [Bluetooth icon].

Android Bluetooth on: open Fitdays, and click [Allow] after the Bluetooth pop-up window appears.

Using the equipment

1.Before measurement, please load four No. 7 batteries into the battery warehouse according to the correct positive and negative electrodes. Gently step on the scale so that the scale screen lights up (as shown below), and make sure that the cell phone Bluetooth and GPS positioning are enabled.
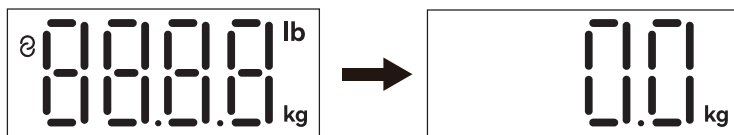
2.Use APP. Go to the home page and log in/register. For the first time use, please set the correct personal parameters for the current user.

3.If the current App has previously bound other devices and you want the App to add this new device, you can click [Account] – [Device] at the bottom right, and click [+] at the top right corner to enter the bound device interface. When the App searches for the device, click the body fat scale, then the binding is successful.
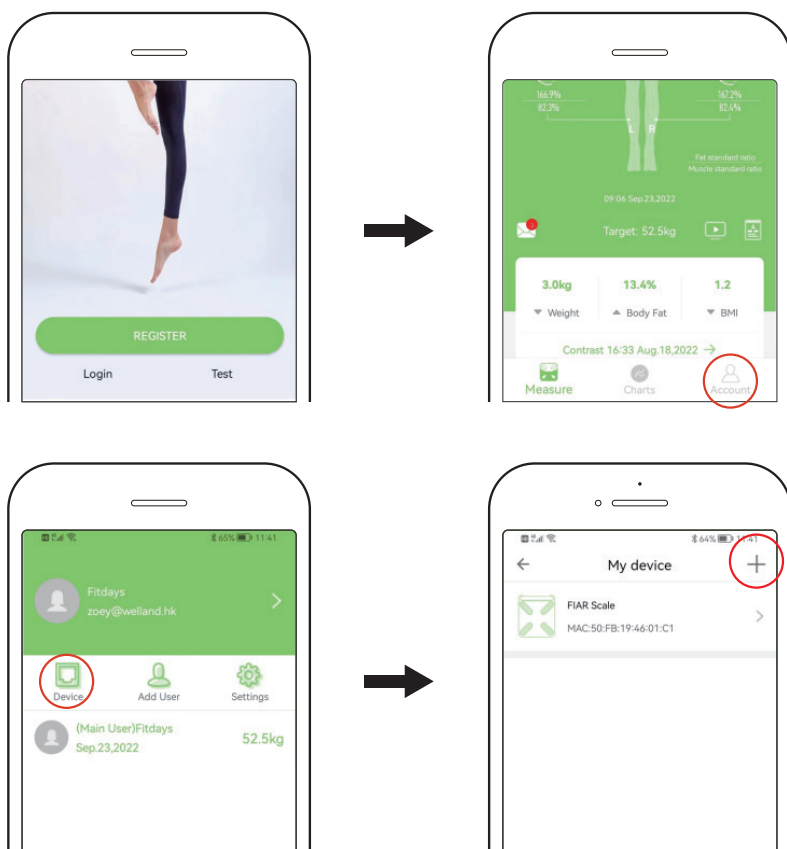
Precautions

· To ensure the accuracy of the data, please complete the measurement with the soles of the feet dry and clean. Please wear light clothing, keep your feet bare and keep your thumbs and fingers in close contact with the electrodes of the handle, open your hands at a 45° angle to your body, stand up straight with your legs apart, and keep your feet and hands in contact with the metal electrodes. Wait for the Fitdays App to indicate that the measurement is complete before dismounting the scale.

· Keep still while measuring. Do not move your feet or leave the scale.

· Please measure at the same time of day and under the same conditions. (This is more accurate)

· Do not measure after strenuous exercise, bathing, heavy drinking, or eating to avoid affecting the measurement results.

· Please do not use the product in a humid environment such as a bathroom or washroom to keep the product dry.

· Please operate the product according to the usage method recommended in this manual.

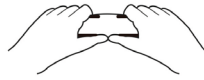Keep your arms straight 45 degrees or 90 degrees   Arms close to waist   Arms not straight
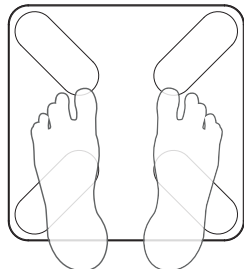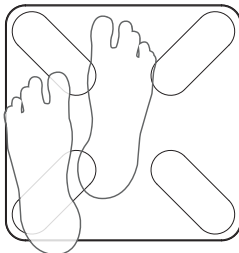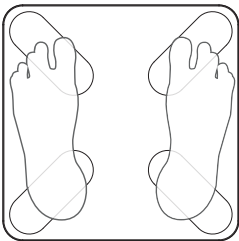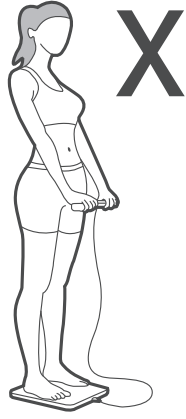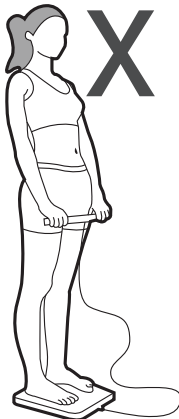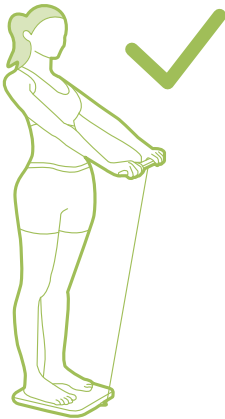
The tail finger does not touch the electrode pad

Two thumbs close together

Keep your all fingers touch the electrode pads

Handle Notes

1:To avoid the pulling force on the measurement result, cable is designed with a self-locking function which will automatically get stuck when it reaches the corresponding position. 2: If the handle height needs to be adjusted, pls pull it up again to unlock the appropriate height. 3: To retract the handle, the rope needs to be pulled upwards again to retract it automatically.

Fitdays App

With Fitdays App, you can not only record your weight change, exercise consumption, diet intake, and other basic information but also check body data comprehensively through FIAR Smart Body Fat Scale, make intelligent analyses in the cloud, feedback health reports, and improvement suggestions.
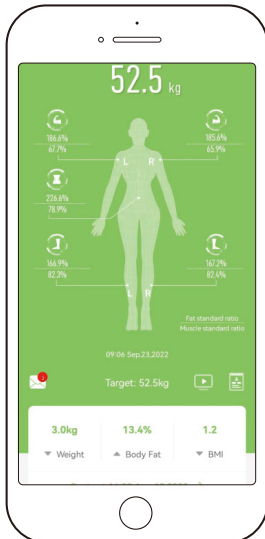
Fitdays measurement interface
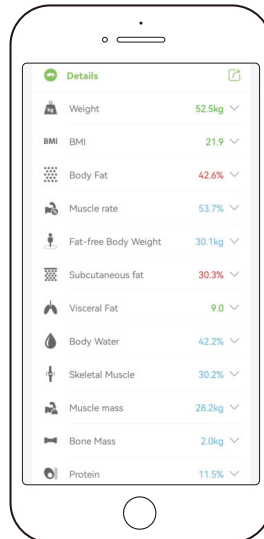
More than 20 data

How to generate report successfully?

1. Only after finished all measurements,both weight and body fat etc that could generate report successfully.

● Download "fitdays" app and login in for personal information setting. Connected application with scale successfully. After connection, there is a icon " " on the display.

● Turn on scale and wait until the display show "0.0". Step on for measurement, be sure bare feet and dry, full touch the metal parts on the platform.

● Make sure the scale is on the hard and dry floor.

● Stand steadily and hold on bar with correct posture , waiting about 15s until 3 cord data come out on the display.

2: Click " "to check the report details on the app.

Video Tutorials   **Report Details**
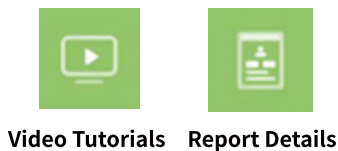
3：Click " " for Video Tutorial. If any more questions , pls Click " "check "FAQ" for more details.

Recommendation

1. Please stop unnecessary multiple measurements in a day or continuous daily measurement.
On the one hand, subtle error causes data slight fluctuation.
On the other hand, physical condition changes everyday.
If measurement data is different than last day, it not always means the weight lose or increase.
It's probably bad sleeping last night causes unevenly body water distribution.
And incompletely metabolize last night is also one of reasons.
Compared to observe daily body data, pay more attention on body composition trend to evaluate current physical management is more necessary.
Long-period trends of weight, muscle and body fat are good predictors of whether adjust current exercise, diet, etc.
FIAR proposal that fortnightly measure body data and observe change trend.

2. When it's necessary for multiple measurements in a day, FIAR recommend that shorten interval of each measurement.
Uniformity would be effected by body activities which change body water distribution within long interval such as walk.
When it's necessary for continuous daily measurement, please keep the interval between two consecutive measurements within 2 minutes.
Body weight is unstable, it will change with the environment changes(such as eating, sleeping, exercising, etc.)
FIAR recommend that measure each day when you wake up.
Meanwhile, no eating, drinking, exercising or bathing before measurement.

Display Screen
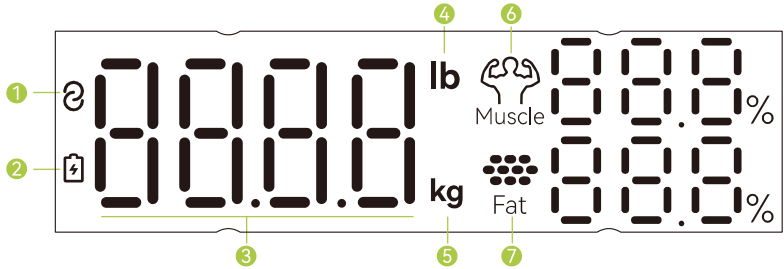
❶ Connective Symbol ❹ lb ❻ Muscle Rate
❷ Battery Symbol ❺ kg ❼ Fat Rate
❸ Body Weight

Quick Guide for Use

1.Install the battery or tear off the insulating sheet to turn it on, put the scale on the flat ground, and press the scale until the display lights up,, then you can get on the scale to measure.

Note: (If the scale body and cell phone App are not connected, the connection symbol will not appear)
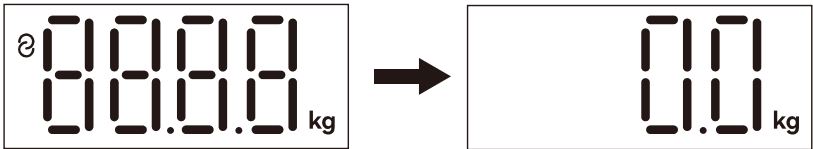
2.The product is turned on by pressure sensing. Get on the scale and weigh, the weight value will be locked after flashing three times. Then it will enter the state of body fat measurement. When the indicator light keeps running, it means that the product is in the process of fat measurement. Please do not get off the scale or release the handle when the indicator light is running, so as not to distort the measurement data. The measurement process is shown in the figure below.

3.After the measurement is complete, the locked weight value will be displayed, and the measurement data will be synchronized to the App display. The scale will automatically shut down after 8 seconds, as shown in the figure below.
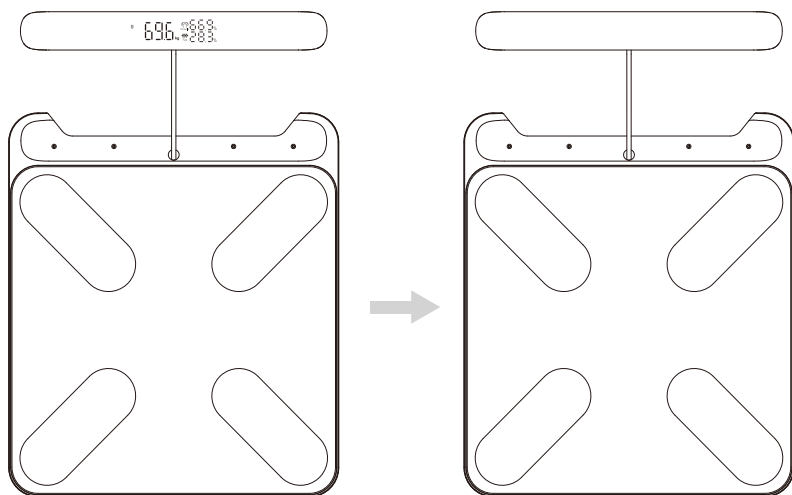
4.When the battery is low, the battery symbol and L0 are displayed, and the scale will automatically shut down after 3 seconds. Please replace the battery so that the product can be used again.

5.The maximum weighing weight of the product is 180kg. If the weight exceeds 182.0kg, the product will display the overload Err symbol and the product will automatically shut down after 3 seconds, as shown in the figure.

6.When the weighing is unstable, the product will automatically shut down after 3 seconds when the following symbol is displayed, as shown in the figure.
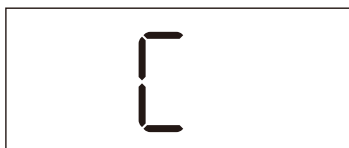
Basic Parameters

Product name: Smart body fat scale
Product Model: BFS2105
Product net weight: 2.3kg
Measurement unit: kg, lb
Weighing range: 5~180kg
Scale division value: 100g
Connection mode: Bluetooth
Working temperature: 5℃~35℃
Shell material: Environmental friendly plastic + tempered glass
Power supply: 4 x 1.5V AAA batteries

Warranty Statement

For users who purchase Fiar's products through legal channels, we guarantee that each product sold is free from defects in materials and workmanship. Under normal use, we will provide warranty service for non-man-made failures caused by the product's quality problems for 12 months.
Any questions, please contact our merchant customer service.
Non-warranty scope:
① Human intentional or negligent damage, or unauthorized repair
② Damage caused by force majeure (earthquake, fire, etc.)
③ No warranty service for accessories and consumables
④ Physical damage to the surface, but does not affect the use
⑤ Stolen products

Troubleshooting

1. Bluetooth failed to connection.

●Make sure the scale and the Bluetooth and GPS (Android only) on your phone are on;

●Check the system version of your smart phone, it must be iOS 8.0 or higher/Android 5.0 higher;

●For successfully connection, there is a Bluetooth icon on the display and the word "Connected"

will show on the circle of the homepage on phone;

●If fail to connect via Bluetooth, please click Account---->Device to find the scale ID: FIAR Scale.

2.No body fat data after weighting.

●Must step onto the scale with bare feet.

●Make sure your feet and the scale are both dry.

●Step off the scale when measurement does not finish (Please keep standing on the scale around 30 second until the number on the display stops flashing).

●Bluetooth is not turned on.

●Bluetooth is paired with a difference scale.

3.Incorrect weight data occurs.

●Check whether the scale is on a hard, flat surface.

●Check each sensor foot on the back to make sure nothing is stuck to the bottom of it.

4.Incorrect fat-muscle ratio shows on App.

●The body parameter settings are incorrect, check to make sure you entered the correct gender, height, and age.

●Check if you activate the Athlete Mode.

5.How to pack up the handle after using?

●Give handle a pull UPWARDS and do it quickly but loose. Then the connecting wire will automatically contract to scale.

6.The scale does not turn on.

●Check if the insulation sheet has been pulled out.

●Check if battery has run out of power and change new batteries if needed.

Frequently Asked Questions & Answers

1.How to get the most accurate result?
- Stand on the scale firmly, do not shake when weigh-in.
- Take your measurement at the same time each day to ensure the most accurate results.
- Please place your scale on the hard/flat ground, then step on the scale with bare feet, after that
  the display will be turned on.
- Check your profile information (gender, age and height), make sure all the data is accurate.
- Check the place, make sure it is hard/flat, some place seems flat, but actually not, you could try
  to move to different hard surface until it gets the same result.
- Check the bottom of the scale before measurement, if it is not balanced, the data won't be accurate.
- Make sure that "0.0" shown on the display, before each time use.
- Keep bare feet, with each foot touching both the top and bottom electrode.

2.How to restart the scale?
- First, take one of the batteries out of the scale.
- Then, put back the batteries and wait for 5 seconds.
- After the scale has been automatic restart, you can step onto the scale.
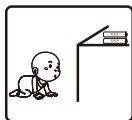
3.How to change language?
- Fitdays APP--->Account--->Settings--->Language

4.How to change unit?
- Fitdays APP--->Account--->Settings--->Switch units

For more information, please check FQA from Fitdays APP. "Account >Settings >FAQ"

Advice

Place the scale far away from the children in case of falling down or crashing.

Do not expose the scale to heat or fire, which will easily cause explosion.

Waste electrical products should not be disposed of with household waste.
Please recycle where facilities exist.
Check with your local Authority or retailer for recycling advice.

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FCC Statement

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

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 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 u sed in portable exposure condition without restriction.

IC Caution

English:

This device complies with Industry Canada licence-exempt RSS standard(s).

Operation is subject to the following two conditions:

(1) This device may not cause interference, and

(2) This device must accept any interference, including interference that may cause

French:

Le présentappareilestconf orme aux CNR d' Industrie Canada applicables aux appareils radio exempts de licence. L'exploitationestautorisée aux deux conditions suivantes:

(1) l'appareil ne doit pas produire de brouillage, et

(2) l' utilisateur de l'appareildoit accepter tout brouillageradioélectriquesubi, mêmesi le
   brouillageest susceptible d'encompromettre le fonctionnement.

FDA FC CE ♻ FCC ID: 2A8S2-BFS2105

🚮 UK CA IC RoHS IC ID: 29637-BFS2105