



# NAUTICA NTSC 01 Body Tracker Smart Scale Instructions

[Home](#) » [NAUTICA](#) » NAUTICA NTSC 01 Body Tracker Smart Scale Instructions 

## Contents

- [1 NAUTICA NTSC 01 Body Tracker Smart Scale](#)
- [2 Thank you for purchasing an original Nautica Body Tracker Smart Body Scale.](#)
- [3 Safety Information](#)
- [4 Efficient Use of Your Scale](#)
- [5 Setting Unit of Weight](#)
- [6 Batteries](#)
- [7 Installing Nautica Body Tracker App](#)
- [8 Package Content](#)
- [9 Specifications](#)
- [10 Maintenance](#)
- [11 Warranty Information](#)
- [12 Documents / Resources](#)
- [13 Related Posts](#)



**NAUTICA NTSC 01 Body Tracker Smart Scale**



**Thank you for purchasing an original Nautica Body Tracker Smart Body Scale.**

You are getting a high quality product that's built to combine technology and design for your everyday use. Please read the below info carefully to get the most out of your new product. For more detailed info on care, use and warranty, please visit [technofashion.com](http://technofashion.com).

## **Safety Information**

Before using the device, read the following precautions carefully to ensure optimal product performance. This device is intended for indoor adult use only. Nautica Body Tracker Smart Body Scale offers you a seamless way to track your health. Please be aware that this device is designed for persons of age 10 + to self-measure and self-monitor body metrics. Any information provided by this device is not meant to treat, cure or prevent any disease or illness. Please consult a doctor when undertaking any diet or exercise program. Check the device before every use. Do not use the device if damaged. Continuous use of a damaged unit may cause injury or improper results. Do not place the scale on wet and slippery surfaces, do not stand on scale with wet feet. Scale is a high-precision measuring device. Never jump or stomp on scale or disassemble. Please handle scale carefully to avoid damage. Do not use this device in areas where the use of wireless devices is prohibited, as it may interfere with other devices or cause other hazards. The scale measures body fat using bioimpedance analysis. The device sends a small, safe signal through the body to measure impedance. This product is not a medical device and should not be used to diagnose or treat any medical condition. This product should not be used by people wearing a pacemaker or any other internal medical device. The scale is not waterproof, never immerse the scale in water. To clean the surface, use a damp cloth or glass cleaner. Do not use soap or other chemicals. Scale data should not be used as a substitute for medical advice from a healthcare professional. This product is not a toy. Do not allow children to play with it. Do not use any detergents or cleaners to clean the scale. They may cause irreversible damage to the coating that protects the electrodes used to measure your fat mass and heart rate.

## **Efficient Use of Your Scale**

**To ensure the accuracy of the measurement, please follow below instructions:**

- Place the scale on a flat, hard surface to avoid tipping.
- To weigh safely and accurately, stand with your feet shoulder-width apart while on the scale. Do not stand on the edge of the scale or jump on the scale.
- Barefoot stand on the surface of the scale as shown in the picture.



Start measurement at least two hours after waking up or dining. For accurate results, avoid measurement after exercise, sauna or bath, drinking and dining. Do not overload the scale. Maximum weight capacity is 396 lb / 180 kg. Keep the scale in a cool area with low humidity. Keep the scale away from heat sources, such as ovens or heaters. Avoid temperature fluctuations. Store the scale in a horizontal position, not a vertical position. Handle with care. Not for commercial use. Household use only.

### **Setting Unit of Weight**

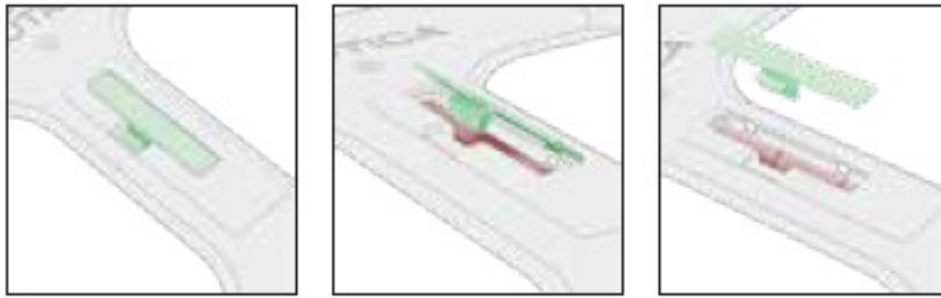
Scale supports kilogram (kg) and pound (lb) units. Easily switch between units with the button on the back of the scale.



### **Batteries**

#### **To change the batteries:**

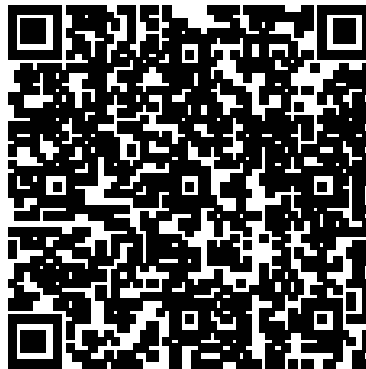
- On the back of your scale, pull up the tab to remove the cover from the battery compartment.
- Remove batteries.
- Insert 2 alkaline AAA (3V) batteries.
- Return the cover to the battery compartment and press down until it's secure.
- Turn over your scale and wait a few moments for the scale to calibrate before starting measurement. If the scale is not in use for a long period of time, remove the batteries to extend the lifetime of the scale.



## Installing Nautica Body Tracker App

- **Step 1: Downloading the application**

Please make sure your smartphone is connected to the Internet. To download the Nautica Body Tracker App for iOS or Android, scan the below QR codes or search for Nautica Body Tracker app in the Apple Store or Google Play and follow the instructions.



Nautica Body Tracker



- **Step 2: Pairing the device and user**

Make sure your smartphone's Bluetooth connection is ON. Open the Nautica Body Tracker application and tap "Add Scales". Search for new device and you will see Nautica Smart Scale on the list. The device will automatically connect. Follow the screen to enter personal data.

## Package Content



Body Tracker  
Smart Body Scale



2XAAA (3V) battery



User Manual

## Specifications

- 11 x 11 in (28 x 28 cm)
- Supports up to 396 lbs (180 kg)
- Easy smartphone setup with Bluetooth wireless technology
- Smartphone not required for scale only use
- Supports iOS and Android devices
- Syncs and shares data with up to 8 users
- Built-in LED display
- KG/LB weight unit selection
- Low battery (LO) and overload error (Err) messages
- Works with 2X AAA (3V) batteries. (Included)
- Product Net Weight: 2,54 lb (1.15 kg )
- 3/16 in (5 mm) tempered glass
- High precision sensors. (increments of 0.2 lbs)

## 12 essential body metrics measured:

- Weight
- BMI (Body Mass Index)
- Body Fat
- Muscle Mass
- Visceral Fat
- Bone Mass
- Body Water
- Degree of Obesity
- Protein

- BMR (Basal Metabolic Rate)
- Lean Body Mass
- Metabolic Age

## Maintenance

- Keep up your Smart Scale free from dust and soil. To clean your scale, wipe down the surface dust with a dry soft cloth.
- Do use a wet soft cloth, dipped into water and wrung out, to wipe the dirt. Then use a dry soft cloth to dry up the device.
- Do not submerge the device or use high-pressure water jets (eg. shower head) to clean the surface.
- Do not attempt to repair or modify your Smart Scale yourself.
- Do not dispose of batteries in fire. They may explode or leak. Remove batteries if scale will not be used for a long period.
- When batteries are dead, immediately remove a battery to avoid leakage of electrolyte and damage of scale.

## Warranty Information

We do our best to make sure that this product is free from defects in materials and workmanship for a period of 1 year. The following conditions must be met for your warranty claim to be approved: You must have purchased the product from a Nautica or Technofashion authorized dealer. You must provide proof as to the date of purchase from the Nautica or Technofashion authorized dealer. You must have used the product only as intended and accordance with the product's care instructions. Within 12 months after the purchase, in case of the product is determined to be defective (at the date of original purchase) due to improper materials or workmanship, you are entitled to free repair or exchange of goods. The product should be return to Technofashion. The warranty does not cover defects caused by third-party modifications, repairs or replacement parts. Punctures, scratches, normal wear and tear and the natural breakdown of colors and materials over extended time and use are not warranted. Warranty applies to the USA only. We will make every effort to replace limited edition or discontinued products but cannot guarantee availability for replacement. Any limited edition or discontinued product still under its applicable warranty that cannot be replaced with an identical product will be replaced with the equivalent model based on availability.

We may make changes to products and designs in the time you purchased your product and submitted a warranty claim. Products repaired or replaced under this warranty may or may not incorporate these changes.

## Support

For any questions, email us at  
support@[technofashion.com](mailto:support@technofashion.com)

**FCC ID: 2AZBO-N00001**

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. This device has been tested and found complying 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 device 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 device does cause harmful interference to radio or television reception, which can be determined by turning the device 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 device and receiver.
- Connect the device 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

**Changes or modifications not expressly approved by the party responsible for compliance could void the user’s authority to operate the equipment.**

© 2021 Technofashion, Inc.  
All Rights Reserved.  
Designed in USA. Made in China.  
May be patented, see [technofashion.com/patents](http://technofashion.com/patents)

**Documents / Resources**

	<a href="#">NAUTICA NTSC 01 Body Tracker Smart Scale</a> [pdf] Instructions N00001, 2AZBO-N00001, 2AZBON00001, NTSC 01 Body Tracker Smart Scale, NTSC 01, Bod y Tracker Smart Scale
---	---