PORODO PD-LFST089 Precise Analysis Smart Scale Owner's Manual

PORODO
LIFESTYLE

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Porodo Lifestyle

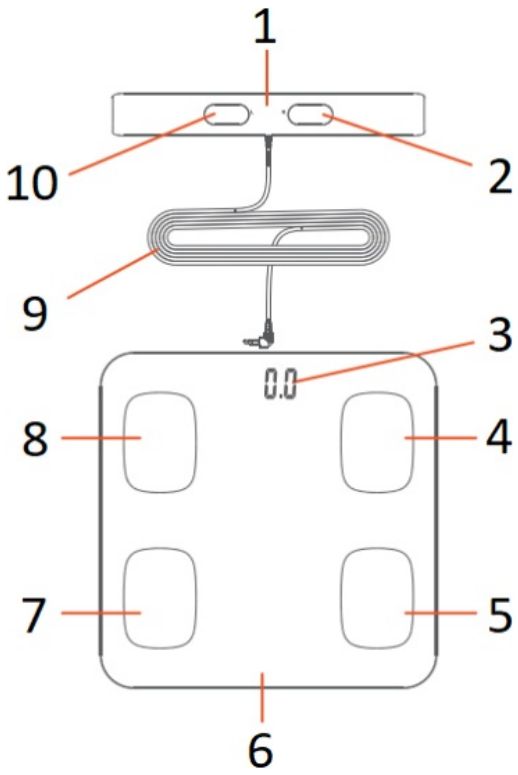
Precise Analysis Smart Scale

SKU: PD-LFST089

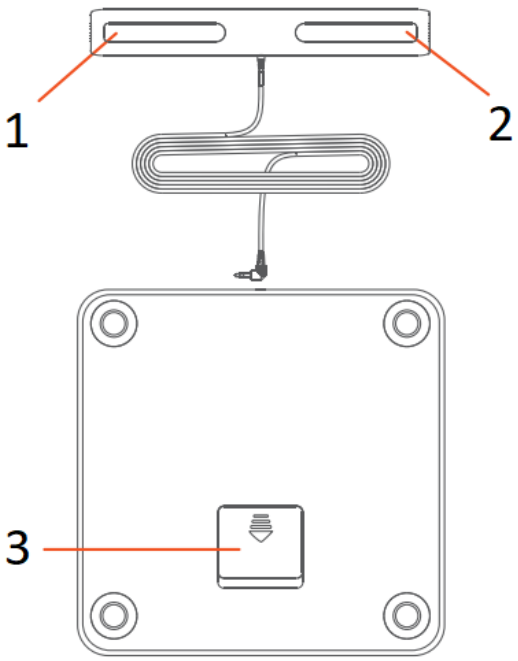
Brief Introduction

This scale is a high-precision body composition measuring and analyzing instrument, equipped with professional 8-electrode (6 measuring channels) technology. It can transmit your body composition data to your smartphone via Bluetooth. The app can graph your weight and other data, allowing you to track trends at any time. Download the app to your phone and take control of your weight and body shape.

Schematic View



1. Handle
2. Electrode(1) for right hand
3. LED display
4. Electrode (1) for right foot
5. Electrode (2) for right foot
6. Scale body
7. Electrode (2) for left foot
8. Electrode (1) for left foot
9. Data line
10. Electrode(1) for left hand



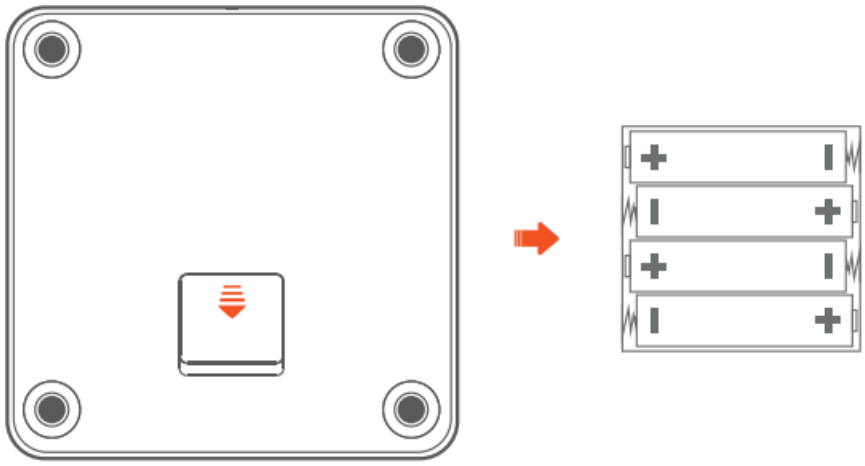
1. Electrode(2) for right hand

2. Electrode(2) for left hand
3. Battery case

Battery Installation

Please follow the instructions below for installation.
Use 4×1.5V AAA batteries. The batteries are not included.
1. Remove the insulation sheet before use.
2. Open the battery cover.
3. Install new batteries as indicated.

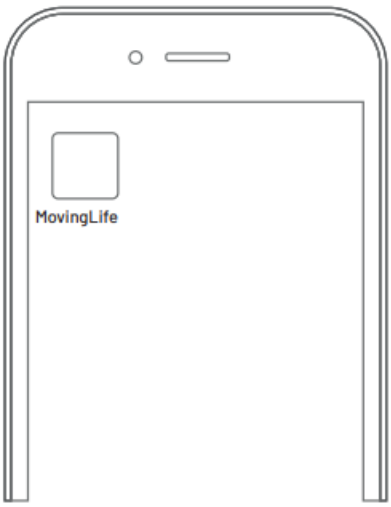
Important Notes:
a. Ensure the battery cover is securely closed after installation.
b. Use only the specified type of batteries.
c. Remove the batteries if the device will not be used for an extended period (more than three months).



Connecting to the App

1. Search for “MovingLife” in the App Store or Google Play to download the application. Alternatively, scan the QR code below for quick access.

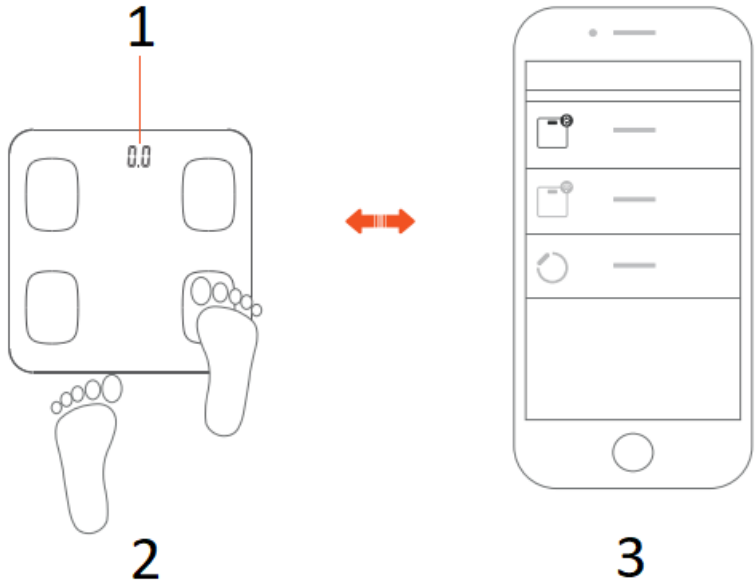
Tips: The app is regularly updated, and its interface may differ from the instructions in this manual. For the latest and most accurate information please refer to the app.



App: MovingLife

2. Open the “MovingLife” app and connect the scale. Follow the on-screen instructions to submit your personal profile.

Tips:
a. Ensure Bluetooth is enabled on your smart device and that the scale is powered on before attempting to connect.
b. To maintain measurement accuracy, verify that the personal profile information you submit is correct.

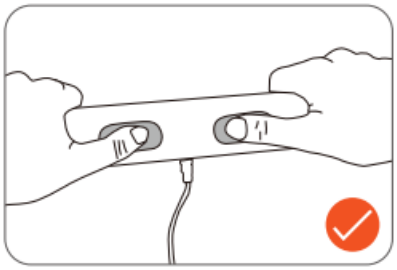


1. The display is lighted up
2. Step gently to turn on the scale
3. Connect the scale with APP

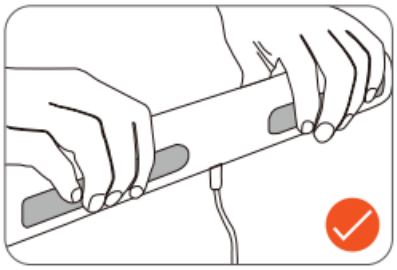
Measuring Instructions

1. Installing: Before measuring, connect the handle to the scale body using the data line.
2. Body Composition Measuring and Analyzing:
2.1 Place the scale on a hard, flat surface and run the app on your smart device.
2.2 Lift the handle, stand with bare feet on the 4 electrodes of the scale and hold the handle as shown in the image. Adjust the height of both hands and ensure your arms remain unbent, keeping them away from your waist.

A. Right Measuring Postures

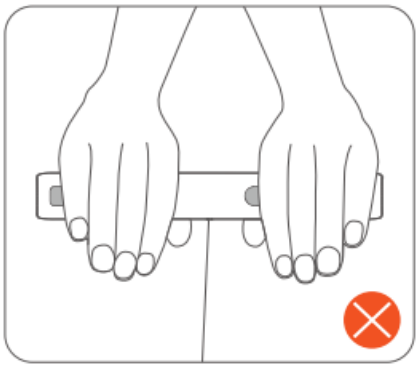


Hold the two front electrodes with thumbs

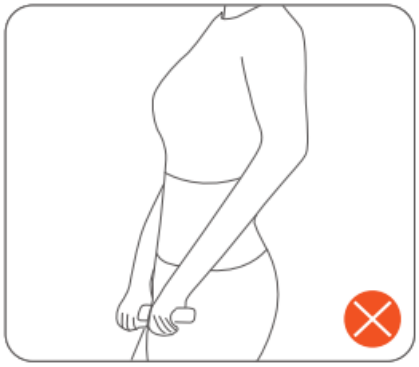


Hold the two back electrodes with the rest of the fingers

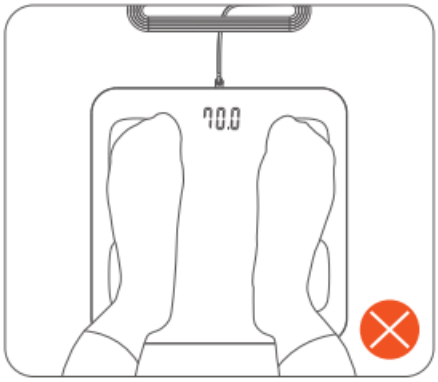
B. Wrong Measuring Postures



The ten fingers are away from the electrodes



The arms are not straight or fully extended.



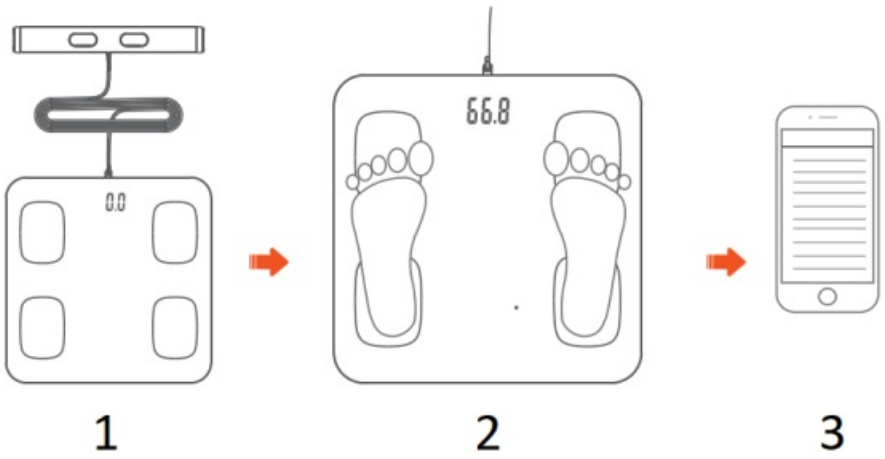
Measuring while wearing socks.

The feet do not step evenly on all four electrodes.

The knees are bent or not fully straightened.

Squatting down to measure.

3. When the measurement is complete, the scale will begin analyzing the body composition. After a few seconds, all body composition data will be displayed on the app and saved automatically. The scale will turn off automatically if there is no further operation.



1. Place the scale on a hard, flat surface.
2. Hold the handle and stand on the scale.
3. Check the body composition data on the app.

Measuring Tips

1. To ensure accurate measurements, hold the handle and stand on the scale a directed. Please wait patiently until the measurement is complete, which will take about 20 seconds.
2. All measurements must be taken with the handle. If not, only the weighing function will be available.
3. All measurements should be taken using the app. If a smart device is not available, the scale will only display weight data.

Multiple Users Supported

The app can support multiple users, with each user able to store up to 15 groups of historical data. Data will automatically synchronize to the phone when the app is active.
Tips: The actual number of users supported depends on the product's storage capacity.

Error Codes

Measuring

Low battery power

Overloaded

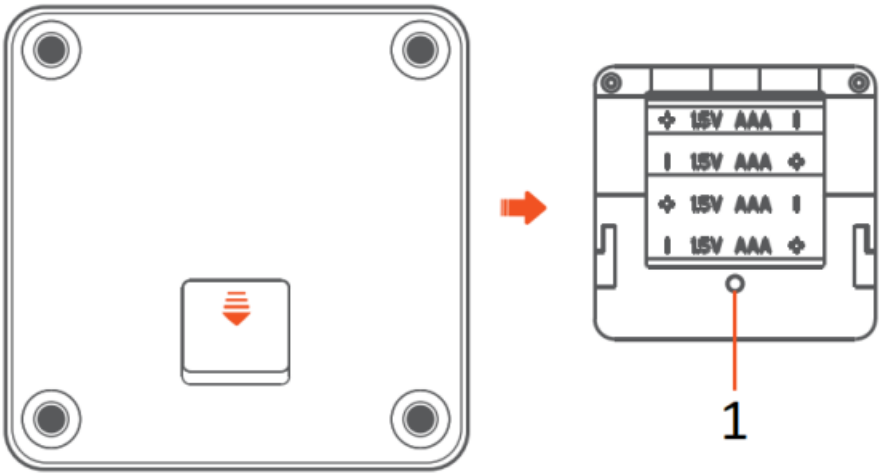
Re-measuring needed

Too low body fat rate

Too high body fat rate

About the Unit

1. It is recommended to set the unit using the app.
2. Alternatively, you can change the unit by using the UNIT switch button located at the bottom of the scale.



1. UNIT

Statement

1. The body composition data is for reference purposes only. It should not be used for medical treatment and cannot be used in medical institutions.
2. Growing children, pregnant women, individuals showing symptoms of edema or those undergoing heart bypass treatment are not recommended to use this product.

Advice for Use and Care

1. To ensure accurate measurements, it is recommended that each measurement be taken at the same time each day. Avoid using the scale in areas with strong electromagnetic interference or unstable conditions.
2. If the scale has been unused for a long time, tap the scale to make the display show zero, then allow the scale to turn off automatically. You can then tap again to start weighing.
3. For accurate measurements, please remove shoes, socks, and other heavy items. Ensure that your hands and feet are clean, and stand on the scale with bare feet while holding the handle with both hands.
4. Since the scale surface is smooth, avoid using the scale on slippery floors or standing on the edge of the scale. Always stand on the center of the scale and adjust your feet to touch all four electrodes. Stand firmly and balanced to prevent slipping.
5. Measuring results may not be accurate after intense exercise, overeating, or in cases of severe dehydration.
6. For body composition analysis, the data may not be accurate for the following users:
– Children under 18 or adults over 70
– Professional athletes such as bodybuilders
7. The following individuals are advised not to use the product:
– Pregnant women, individuals on dialysis, or those with bloated body status
– Individuals with heart pacemakers or other medical devices implanted in their body
8. Do not use the scale in humid or overheated environments. Temperature range is 5°C to 35°C.
9. When the batteries run low, remove them promptly to prevent leakage and avoid potential corrosion of the scale body.
10. Do not drop, shock, or strike the scale, as it is a precise instrument.
11. Keep the scale clean. Do not use acidic cleaning agents.

FAQ

1. The app cannot synchronize the data from the scale:

– Ensure that Bluetooth on the smart device is turned on.
– Verify that the smart scale is powered on and within the valid range for Bluetooth signal.
– Check if the battery power is low; if so, replace the battery.
– Relaunch the application.
– Turn off Bluetooth and then turn it on again, re-establishing the Bluetooth connection between the scale and smartphone.
2. Fail to connect to your device:
– Ensure that only one device is attempting to connect to the smart scale.
– Confirm that your device is equipped with Bluetooth 4.0 or higher.
3. The screen has no response:
– Check and replace the batteries if necessary.
– Repairs can only be performed by authorized service center.

Disposal

This product must not be disposed of as unsorted household waste. It is important to separate such waste for proper treatment and recycling, in compliance with local waste management regulations.

Warranty

Products that you buy directly from our **Porodo** website or shop come with a 24-month warranty.

When you buy **Porodo** products from any of our approved sellers, you only get a 12-month warranty. If you want to extend this warranty, go to our website at **porodo.net/warranty** and fill out the form with your information. Don't forget to upload a picture of the product too. After we've checked and accepted your request, we'll send you an email to confirm that your product's warranty has been extended.

For more info, please check:
porodo.net/warranty

Contact Us

If you have anفions about this Privacy Policy, please contact us at: **info@porodo.net**
Website: **porodo.net**
Service Support: **support@porodo.net**
Instagram: **porodo**

Documents / Resources

	PORODO PD-LFST089 Precise Analysis Smart Scale [pdf] Owner's Manual PD-LFST089, PD-LFST089 Precise Analysis Smart Scale, PD-LFST089, Precise Analysis Smart Scale, Smart Scale, Scale

References

- **Porodo | Choose the Best!**
- **User Manual**

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