



# ROBI V3 Smart Body Composition Scale Instruction Manual

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## ROBI V3 Smart Body Composition Scale Instruction Manual



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## THANK YOU FOR YOUR PURCHASE:

The Scale uses bio-electrical impedance analysis (BIA) technology to help you conveniently measure body weight, body fat rate, visceral fat, body water, skeletal muscle rate, muscle rate, muscle mass, bone mass, protein, BMR, body age and more

## WARNING:

- DO NOT use the scale if you have implanted medical devices such as pacemakers.
- DO NOT stand on the edge of the scale or jump on it.
- DO NOT overload the scale (Max 396lb/180kg/28st).
- DO NOT drop the scale or drop objects on it as this may damage the sensors.
- DO NOT immerse the scale in water or use chemical cleaning agents. Clean the scale with a slightly damp cloth.
- Any measurement obtained using this device is for reference only and should not be considered as a medical opinion.
- DO NOT use to diagnose or treat any medical condition. You should consult your primary care physician before making changes to your diet, exercise plan or physical activities.
- Always place the scale on a hard, dry and "at surface before measurement.
- Make sure your feet are dry before stepping on the scale.
- DO NOT use the device if damaged. The continuous use of a damaged unit may cause injury or improper results.
- Please check the device before each use.
- Be careful when using on the wet and slippery surface.
- For people under 16 years old, the scale can only measure body weight.

## PRODUCT SPECIFICATIONS:

Product Size	300x300x26mm
LED Screen Display	68x109mm
Weight Unit	b/kg/st
Weight Limit	11lb-396lb/5kg-180kg
Weight Division	0.2lb/0.1kg
Power Supply	300mAH lithium battery
Operating Temperature	10-40°C
Operation Humidity	40%-80% RH

## DISPLAY SCREEN:



**Note:** The pictures shown in this manual are only for illustration. Please refer to the actual product for details

## BMI TABLE:

BMI (Suitable for Men and Women)					
Age	Underweight	Healthy weight	Overweight	Obesity	Severe obesity
18-100	<18.5	18.5-23.9	24-27.9	28-34.9	≥35

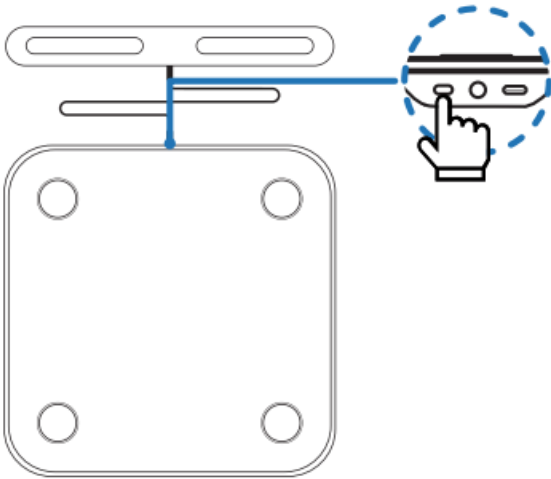
Body Mass Index (BMI) = Weight (kg) ÷ Height<sup>2</sup> (m)

For example: BMI = 70kg ÷ (1.75m \* 1.75m) = 22.86 In the range of healthy weight.

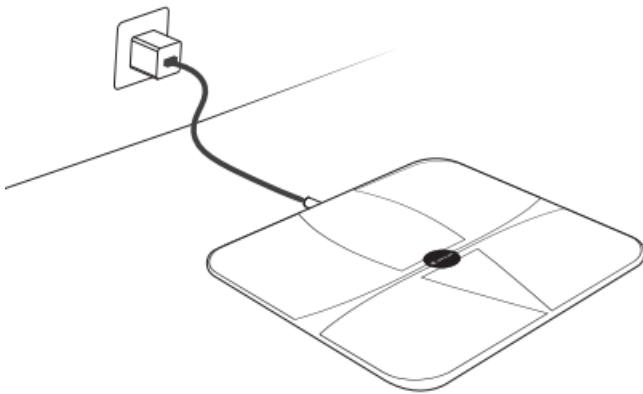
**Note:** The BMI index is a commonly used standard to measure body weight an health status

## POWER ON:

1. Press the reset/power button to turn on the scale



2. Charge the scale with a 5V/1A charger for about 2 hours



## GETTING STARTED:

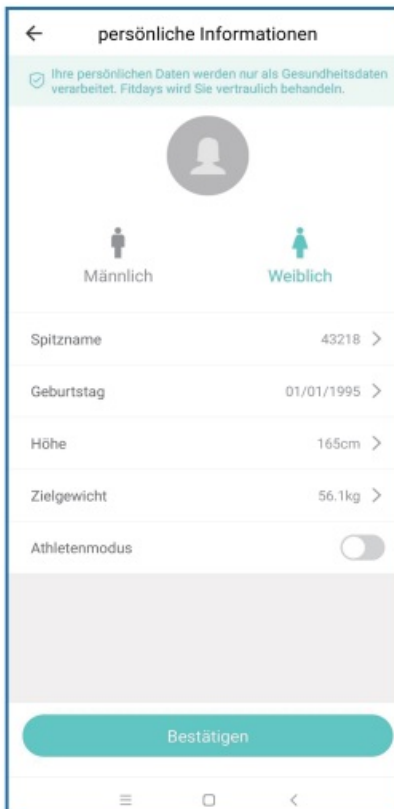
1. Scan the QR Code or search "Fitdays" in the App Store or Google Play to download and install the App



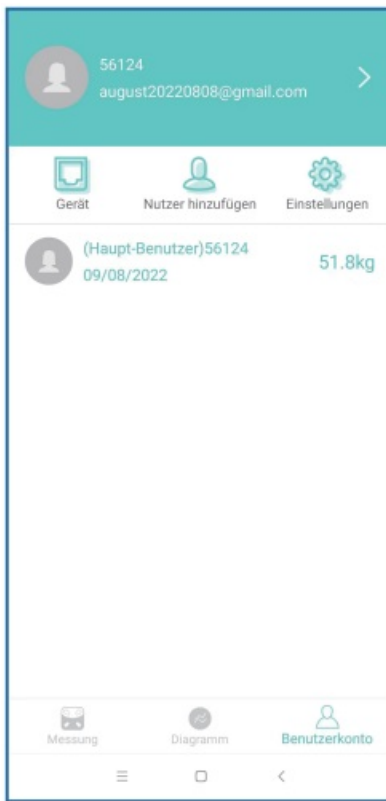
2. Turn on Bluetooth and open the Fitdays App on your phone



3. Register your account by email and enter the user information.



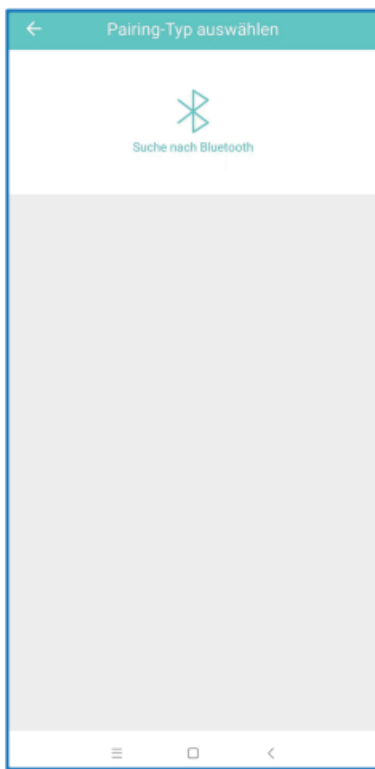
4. Enter [Account.page and tap [Device].



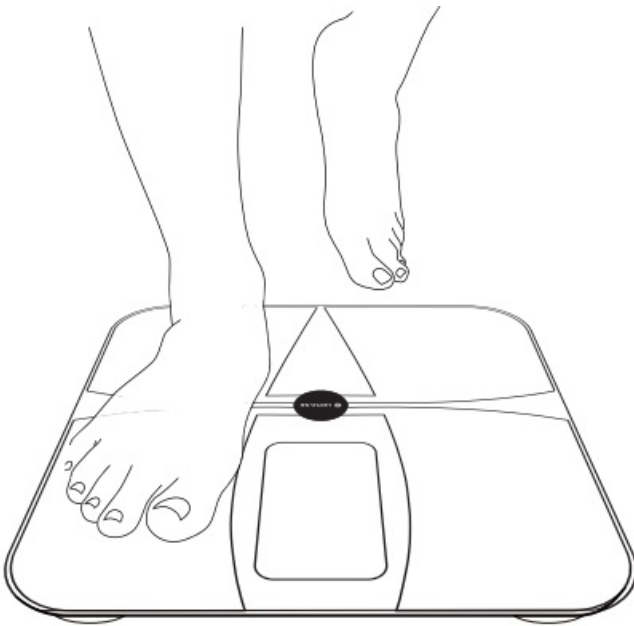
5. Tap [+] in the upper right corner



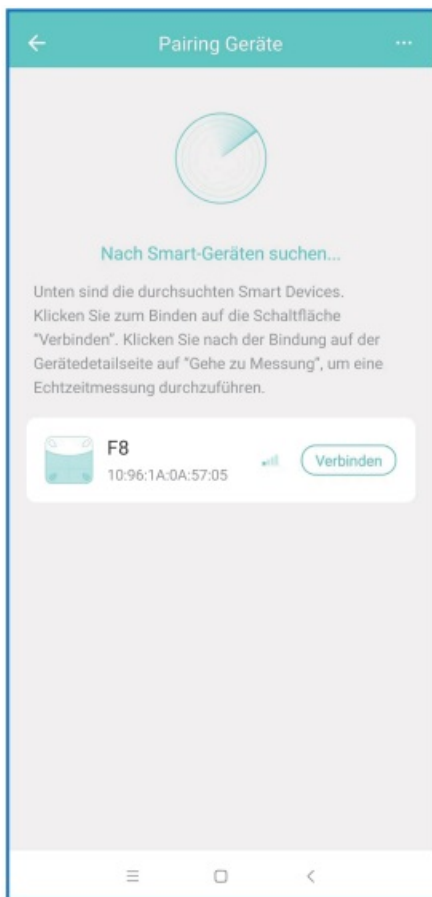
6. Select "Searching Bluetooth for pairing"



7. Step on the scale to wake it up



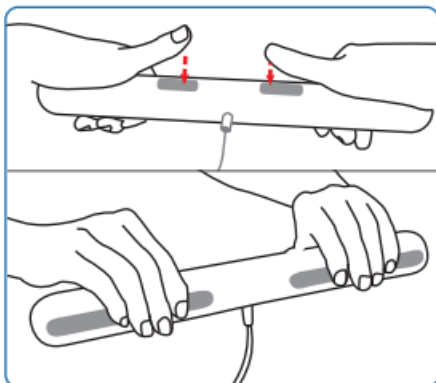
8. Tap the scale icon, then the scale is successfully bounded



**Note:** Each user needs to tap [Account] – [Add user] to complete a personal profile, because the data you enter (gender, date of birth, height) is necessary to provide you with the most accurate information.

## MEASURING STEPS:

1. Remove the label on the glass surface of the scale and place the scale on a solid flat surface. Press gently on the scale to wake it up. When the scale reads "0.00." stand on the scale with correct posture. Correct posture can help you obtain more accurate data.
  - The fingers should cover the electrodes evenly and the hands should not touch



Your fingers should be in full contact with the electrodes.



The hands should not touch each other.



- Step onto the scale with your bare feet. Make sure that your feet make full contact with the electrodes.



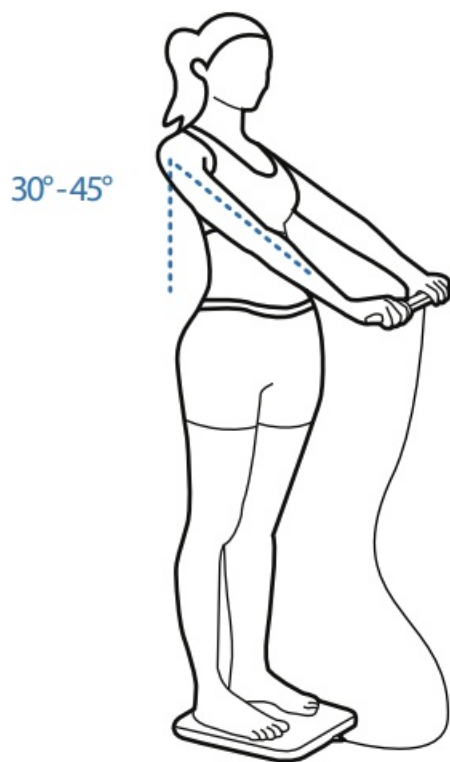
Your feet should not touch each other



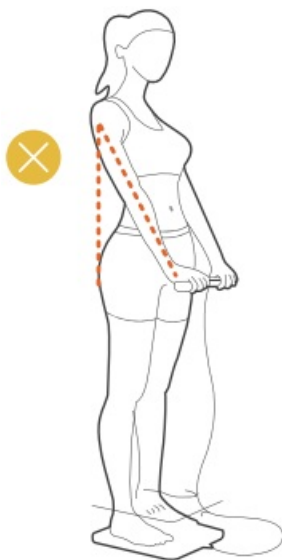
Your feet should be in full contact with the electrodes.



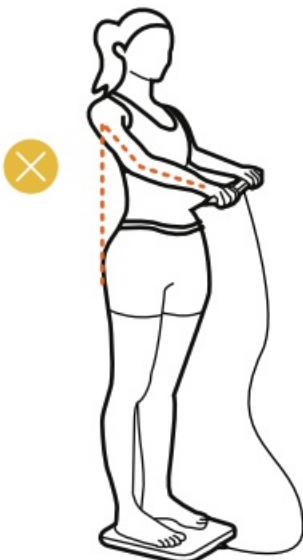
- Keep your arms straight at a 30- to 45-degree angle



Arms should not be too close to your body.



Your feet should not touch each other



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

- Stand still while measuring. The weight value will “ash three times and lock. Then, the body fat is measured.  
**Note:** If the display screen does not show any readings, please try to wet the soles of your feet and measure again.
- Wait till all types of data are displayed on the scale, the measurement is complete  
**Note:** Do not step of the scale until the measurement is complete.



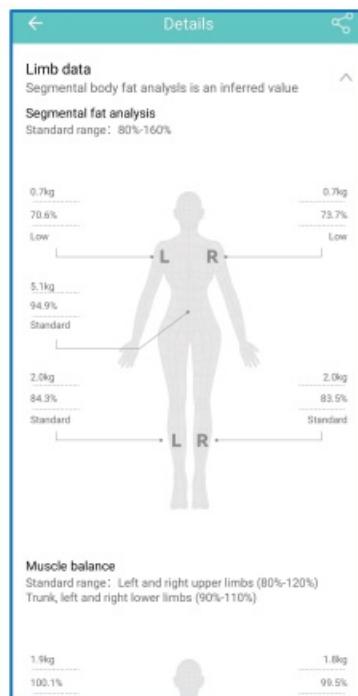
- The scale will automatically shut down after displaying for about 15 seconds.

## DATA VIEWING:

- Enter [Measure] page, you can view the current measurement results. Tap to view and share body composition analysis report. Tap [More data] to view multiple types of body data, such as BMI, Body fat, etc.

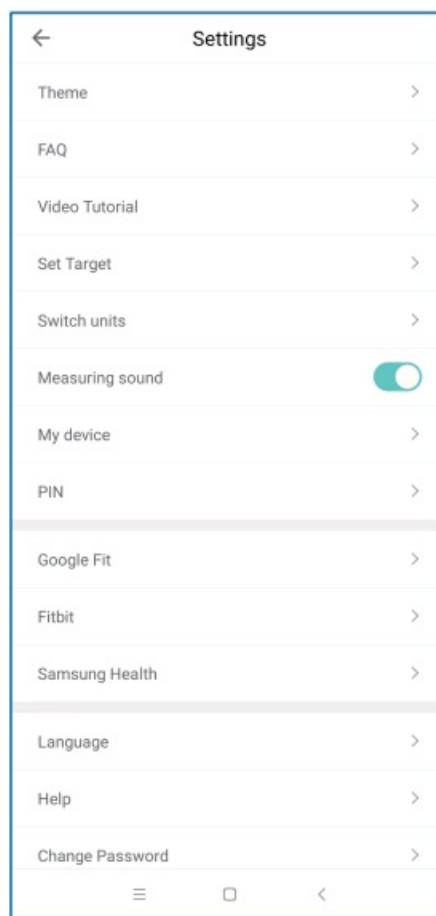
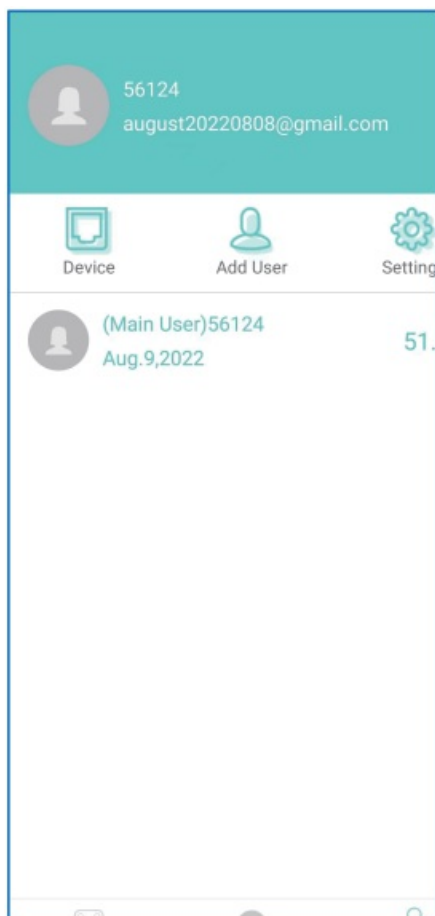


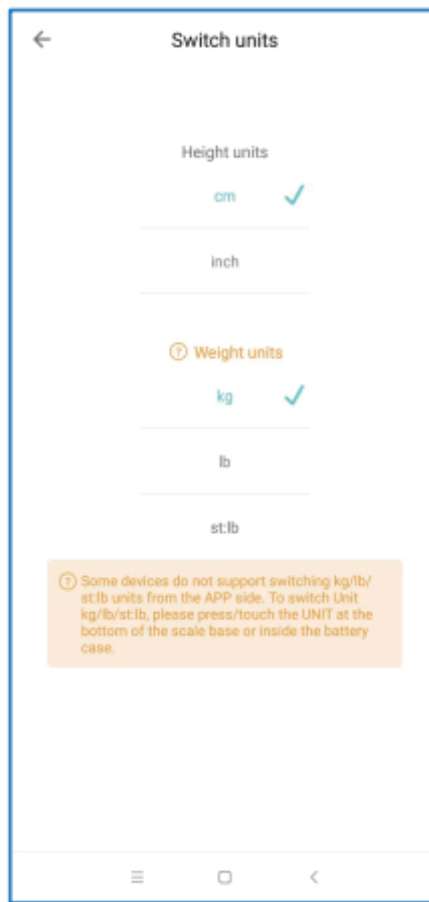
- Enter [Charts] page to view the historical data trend. Tap [User data] to view the specific measurement data by date\



## BASIC SETTINGS:

1. Enter [Account] page. Tap [Settings] to set themes, target, units, measuring sound, language, password, etc.





## TROUBLESHOOTING:

Lo

**Battery is low.** Please connect USB to recharging.

Err

The scale is overloaded. There is more than 180 kg on the scale.

[

An error occurred while processing of the data. Step off the scale, wait 5 seconds and then step on it again.

Problem	Possible Cause	Possible Solution
Inaccurate meting	The scale is not placed on a hard, flat surface.	Place the scale on a hard, flat surface.
	The scale is not calibrated before use.	Step on the scale to turn it on, and step on again when it reads "0.00" indicates.
	You are uneven on the scale.	Stand in the center of the scale and distribute your weight evenly on both feet.
The app does not connect to the scale	The phone's GPS is not enabled.	Turn on the GPS
	The scale is not on	Step on the scale Stand on the scale to activate it
The fat percentage is not tooasted.	The feet are not fully in contact with the electrodes.	Place your feet squarely on the scale.
	You still have the socks or shoes still on .	Make sure you are bare feet on the scale stand.
	Getting off the stepping off the scale before the measurement completed.	Wait until all measurements are visible on the display.

## MEASURING STEPS:

### FCC Warning:

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

**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 of 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 deferent 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 importable exposure condition without restriction.


## DANK U VOOR UW AANKOOP:

De weegschaal maakt gebruik van bio-elektrische impedantie analyse (BIA) technologie om u te helpen Het lichaamsgewicht, lichaamsvetpercentage, visceraal vet, lichaam water, skeletspier percentage, spierpercentage,

spiermassa, botmassa, eiwit, BMR, lichaamsleeftijd en meer gemakkelijk te meten.



## Documents / Resources



[ROBI V3 Smart Body Composition Scale](#) [pdf] Instruction Manual  
V3 Smart Body Composition Scale, V3, Smart Body Composition Scale, Body Composition Scale, Composition Scale, Scale

## References

- [User Manual](#)

### Manuals+. [Privacy Policy](#)

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