



SILVERGEAR Smart Scale with Body Analysis App User Manual

[Home](#) » [SILVERGEAR](#) » SILVERGEAR Smart Scale with Body Analysis App User Manual 

Contents

- [1 SILVERGEAR Smart Scale with Body Analysis App](#)
- [2 SPECIFICATION](#)
- [3 FITDAYS MEASUREMENTS](#)
- [4 SET UP FITDAYS APP](#)
- [5 IMPORT DATA IN APP](#)
- [6 TROUBLE SHOOTING GUIDE](#)
- [7 WARNING](#)
- [8 BATTERY ADVICE](#)
- [9 Documents / Resources](#)
- [10 Related Posts](#)



SILVERGEAR Smart Scale with Body Analysis App



Thanks for choosing the SilverGear Smart Scale. This full body composition scale helps you conveniently measure body weight, body balance, BMI, body fat rate and more.

IMPORTANT: Please read the instructions in this manual carefully before using the device. Failure to comply with the instructions or using the scale in ways other than the ones mentioned in this manual may result in injury to yourself or damage to the scale.

SPECIFICATION

- **Product size:** 300x260x20mm
- **LCD display:** 74x28mm
- **Weight unit:** kg/lb/st
- **Weight limit:** 6kg- 180kg
- **Power supply:** 2xAM batteries (not included)
- **Account number:** each account can add 24 users
- **Baby Mode:** allows you to scale the weight of a baby
- **Height record:** allows you to record the height info under 16 years old
- **Operating temperature:** 10-40°C
- **Operation humidity:** 20%-90%

FITDAYS MEASUREMENTS

- Weight
- Weight without fat
- Muscle weight
- Body age
- Body fat
- Subcutaneous fat
- Visceral fat

- Bone mass
- Moisture level
- Temperature
- BMR
- Height record (<16 years old)
- BMI
- Degree of obesity
- BFR
- Protein (daily needs)
- Calories (daily need)

SET UP FITDAYS APP

- Insert 2xAM batteries at the back of the scale. Place the scale on a hard, flat surface.
- Turn on the Bluetooth and GPS on your smartphone or tablet.
- Register your Fit days account by email or social media account.
- Fill in your personal information and confirm. Note: Enter correct gender, age and height to get accurate measurements.
- To pair the scale with your smartphone click Account» Device» 11+11 select the scale ID.

IMPORT DATA IN APP

- Tap your foot on the scale to activate the display and shows "0.0"kg.
- Step on the scale to start weighing.
Note: when stepping on the scale with socks, only weight and BMI will be measured and displayed on the app. To get complete data, step barefoot on the scale.
- The number on the display flashes when the scale is weighing and analyzing.
- When the display shows your left and right weight you have 5-10 seconds to adjust your position, try to get equal left and right weight.
- Continue to stand on the scale until the data is imported in the app. Click Record to see your long-term tracking results.
- Manage users under Account. Add or switch users. The Smart Scale recognizes which user uses the scale and reminds user to switch to the correct user. Each account supports 24 users.
- **Baby Mode:** click "+" to open Baby Mode. Weigh yourself first then hold the baby to get the weight of the baby.

TROUBLE SHOOTING GUIDE

Bluetooth not connected

- Check the operating version of your smartphone, this must be iOS 8.0 or higher/ Android 6.0 or higher.
- Click Account, then My Device to check the scale ID.

No body fat data measured when weighing

- In order to measure body fat stand barefoot on the scale.
- Make sure your feet and the scale are both dry.
- Stand for 10 seconds on the scale. The weighing is finished until the number on the display stops flashing.
- Bluetooth is not enabled.
- Bluetooth is paired with a different scale.
- Check whether the scale is on a hard, flat surface.
- Check each sensor on the back of the scale to make sure nothing sticks to the bottom.
- Remove the batteries to restart the scale.

The app displays the incorrect fat-muscle ratio

- The body parameter setting is incorrect, check if you entered the correct gender, height, and age.

How do I re-calibrate the scale after moving it?

- Step on the scale to turn it on. Let it automatically drop to 0.0kg to calibrate.

The scale does not turn on

- Remove the batteries and put them back. Make sure to insert the batteries in the correct direction.

How to exchange the unit

- Remove the battery cover, press the unit button to exchange unit from kg to lb or st.

WARNING

- Do not use with medical implants such as pacemakers.
- Do not stand on the edge of the scale or jump on it.
- Do not overload the scale (max. 180kg).
- Do not drop or put 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 slightly damp cloth.
- Not recommended for pregnant women.
- Not recommended for children under 10 years old.
- Any measurement obtained using this device is for reference only and should not be considered as a medical opinion.
- Consult your primary care doctor or physician before making changes to your diet, exercise plan or physical activities.

BATTERY ADVICE


If the scale isn't used for long periods, it's recommended to remove the battery to avoid damage to the scale due to possible battery leakage.

Keep the battery out of reach of children.

Do not mix old and new batteries, with different compositions or of different brands in order to prevent possible leakage.



Documents / Resources

| | |
|---|---|
|  | <p>SILVERGEAR Smart Scale with Body Analysis App [pdf] User Manual Smart Scale with Body Analysis App</p> |
|---|---|

[Manuals+](#)