

TW-TZ270

# TENSWALL

## Smart Body Fat Scale

User Manual

www.tenswall.com

### Warning

It is strictly forbidden to disassemble, squeeze, puncture, or short-circuit this product. Or put this product in water, fire or exposed to the environment with a temperature higher than 60 °C (140 °F).

Thank you for choosing TENSWALL smart body fat scale products. Please read this manual carefully before use.

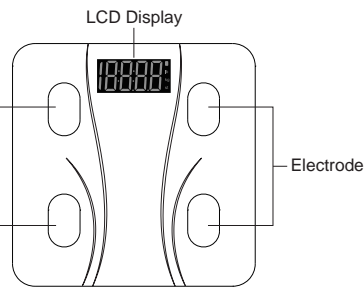
**Important:** Measurements should only be used for references. Not for medical purposes.

**Note:** Not intended for use by these people:  
• Minors  
• Professional athletes  
• Pregnant women  
• Patients with pacemakers

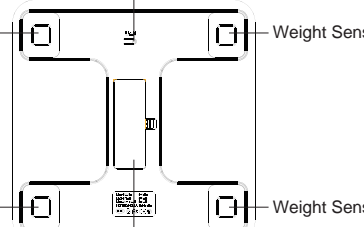
**Measuring:**  
• It is easy to slip when using the body fat scale in wet conditions.  
• After moving the scale, please stand still for 5 seconds, after the sensor is calibrated with the ground, and then use the scale to obtain accurate data.

**Maintenance:**  
• When cleaning, please wipe the surface of the scale with a clean damp cloth.  
• Do not use any cleaning agent for surface cleaning.

### Product Information:



### Weight Unit Switching Button



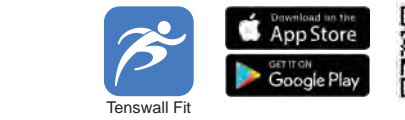
### Battery Compartment (4 AAA Batteries)

### Notes:

1. Please place the Body Fat Scale on the hard and flat ground. When the weight induction exceeds 5KG, it will automatically turn on.
2. Four batteries are included, please install the batteries according to the positive and negative poles, and then close the battery cover.

### 1.Install TENSWALL FIT APP

**Method 1:** Search for "Tenswall Fit" on Google Play or Apple App Store to download and install the application.



**Method 2:** Enter the URL on the mobile browser, or scan the QR code to jump directly to the Google Play or Apple APP Store download page.

URL: <https://www.tenswall.com/app/fit/>

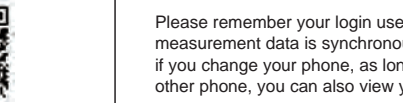
### 2.Turn on the phone's Bluetooth

After installing the TENSWALL FIT App. Turn on the phone's Bluetooth, open the TENSWALL FIT App to automatically connect with the device.



### 3.Register User

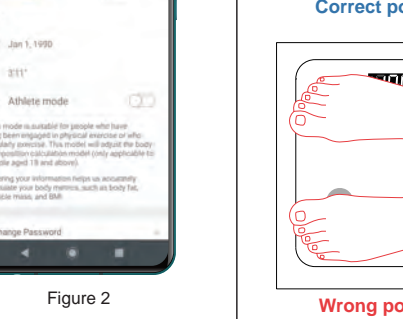
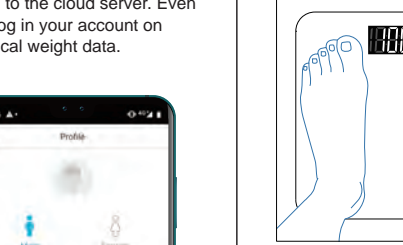
This product automatically calculates the BMI index. In order to get the exact of the data, please truthfully write your age, gender, and height. This data is only used for measuring, not for other purposes.



Please remember your login username and password. Your measurement data is synchronously saved to the cloud server. Even if you change your phone, as long as you log in your account on other phone, you can also view your historical weight data.

### 4.Start Using It

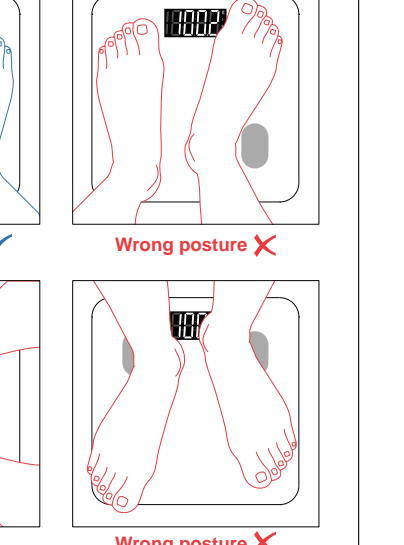
Start measuring and recording your weight and body data immediately! Place the scale on a hard, flat surface. When measuring on the scale, stand facing the display. The two feet step on the electrode pads naturally. The forefoot is stepped on the front electrode pad, and the heel is stepped on the rear electrode pad. (As the pictures show)



**Note:** 1. It must be measured with bare feet, and the skin of the feet touches the "metal electrode pads"  
2. Body Fat Scale must be placed on a hard flat surface for measure. Do not put soft materials on the bottom of the scale.  
3. The plastic bag of the product packaging must be removed, and the skin of foot touches the metal electrode pads.  
4. Please leave the body fat scale after the APP prompts the end of measurement.

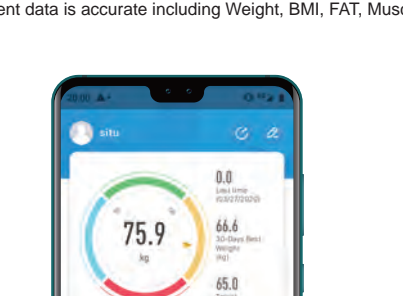
### TENSWALL FIT APP

With the use of TENSWALL FIT, not only can record basic information such as your weight change, but also comprehensively detect multiple physical data through the TENSWALL FIT APP. Accurately measure up to 18 data of your body. Using 4 sensitive electrodes design, the measurement data is accurate including Weight, BMI, FAT, Muscle, Water etc.



### Screen Display

After installing the battery, when the weight induction exceeds 5KG, the Smart body fat scale will start automatically. Show as below:



Note: After measuring weight, the body fat scale will displays 0 0 0 0 in turn, which means that body fat and other parameters are being measured, please do not leave the body fat scale.

### BMI index parameter form

BMI	Weight Status
Below 18.5	Underweight
18.5 – 24.9	Normal or Healthy Weight
25.0 – 29.9	Overweight
30.0 and Above	Obese

BMI is a person's weight in kilograms divided by the square of height in meters.  
Example: Weight = 68 kg, Height = 165 cm (1.65 m)  
Calculation:  $68 \div (1.65)^2 = 24.98$

### Basic Information

Product name	TENSWALL Smart Body Fat Scale
Measurement data	lb kg st
Measuring range	Max: 180.0kg d ± 0.1kg
	Max: 401.2lb d ± 0.2lb
	Max: 28st: 9.2st d ± 0.2st
Connection method	Bluetooth 4.0
Working temperature	-10 °C (14 °F) -60 °C (140 °F)
Shell material	ABS Glass
Power supply	4 AAA-Batteries (1.5V * 4 = 6V)

### WARRANTY POLICY

- 30 DAYS: Full refund for any reason
- 1 YEAR: Replace warranty
- 2 YEARS: Maintenance warranty

### JOIN TENSWALL VIP CLUB

- 2+1 YEAR: EXTEND 1 YEAR Specially for vip
- GIFT: Every month gift event

We cherish every customer's feedback very much. Your suggestion is our motivation. Please feel free to contact our service team at email if you have any further questions.  
We will be always right here!  
support@tenswall.com