

BRIEF INTRODUCTION

This scale adopts 8 electrodes, multi-frequency BIA and other technologies, which can accurately measure and analyse a full range of body data. Used in conjunction with the APP, it can display and record comprehensive body data, as well as analyse and draw the change trajectory, and check the body changes at any time. It's the first step to control your weight and keep your body shape.

STATEMENT

The pictures, colours, accessories, user interface and other illustrations in the manual are for illustration only. Due to product upgrades, there may be slight differences between the actual product and the illustrations. Please refer to the actual product.

IMPORTANCE INSTRUCTIONS

Accurate body data may not be available for the following groups of people:

- Minors, seniors over 80 years old.
- Professional athletes.
- Pregnant women, artificial dialysis patients, people in a swollen state.

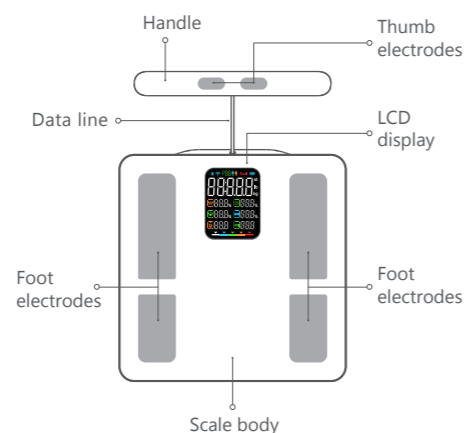
It's prohibited for people with pacemakers or other transplanted medical devices in their bodies from using it.

MODE INSTRUCTIONS

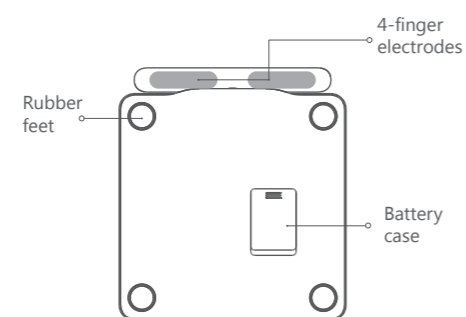
- Weight measurement mode: No need to pull up the handle. Step on the scale to complete the measurement.
- Accurate body fat measurement mode: You need to pull up the handle according to the correct operation requirements. (For the first time, you need to bind the APP and establish a user.)
- Offline Mode: After the first binding, no need to connect the mobile phone. You can save each measurement data, and it will be automatically uploaded and saved to the APP when your mobile phone is connected next time.
- Visitor mode: create a visitor mode through APP, and fill in the information accordingly. Please note that the data in visitor mode will not be saved.

- Small object weighing mode: The scale can directly weigh objects over 0.1kg. For small objects under 10kg, you need to step on the scale surface first to wake up the scale (apply a force greater than 5kg and press the scale surface) and wait until the scale has returned to zero before weighing.

GENERAL VIEW OF THE PRODUCT - FRONT SIDE



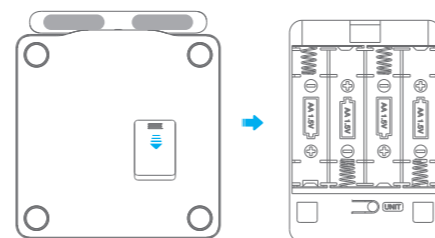
GENERAL VIEW OF THE PRODUCT - BACK SIDE



BATTERY INSTALLATION

4*1.5V AA batteries are used for this scale. Please replace them as per the instructions below:

Change battery: Open the battery cover, take out the used batteries, then install the new ones properly as shown below.

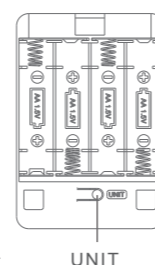


Note: Please use the right battery. Remove battery if the scale leaves unused for more than 3 months. The battery and related pictures are for reference only, please refer to the actual product.

Usage Tip: After installing the battery or moving the scale, it will result in showing a residual value (no weighing but there is a weight shown on the display). Please wait about 6 seconds for the scale to switch off and then step lightly on the scale to wake it up. Use it only after it displays 0.00kg again.

ABOUT THE UNIT

- It is suggested to set the unit on App.
- The scale has a unit conversion button. Open the battery cover at the bottom of the scale, in the position as shown below, and press this button to select the unit you need.
- The factory unit setting differs from different sales destination. Please refer to the actual product.



HOW-TO-USE

Step 1: Place the scale properly and download the APP.



Place the scale on hard and flat floor.

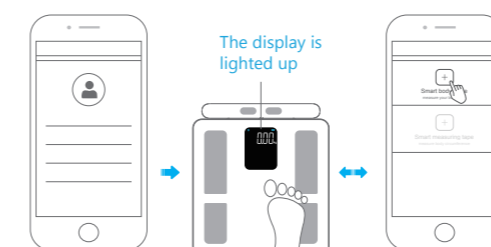


App: MovingLife

Search "MovingLife" in "App Store" or "Google Play" to download the Application. Or in another most convenient way by scanning the QR code above.

Step 2: Register and bind the device

Turn on the Bluetooth on your phone, open the APP, and follow the guidelines to register and bind the device:



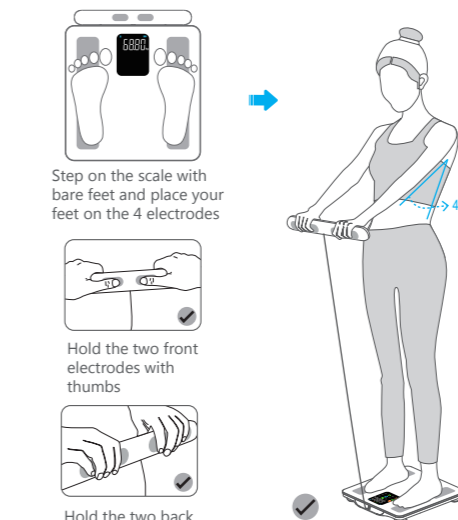
Registration and input personal data → Step gently to turn on the scale → Connect the scale with App

Warm reminder: Personal body information is only used for body composition analysis, not for other purposes. To ensure the accuracy of the results, please enter accurate personal information.

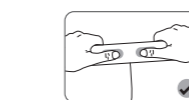
Step 3: Measure

• Body Composition Analysis Measurements

1. Place the scale on a hard, flat surface and open the App.
2. Gently step on the scale with bare feet and place your feet on the 4 electrodes on the left and right side of the scale, then lift up the handle. Please hold the handle with both hands as shown in the picture, adjust the height of both hands and straighten your arms (it is best if your arms don't touch your waist).



Step on the scale with bare feet and place your feet on the 4 electrodes

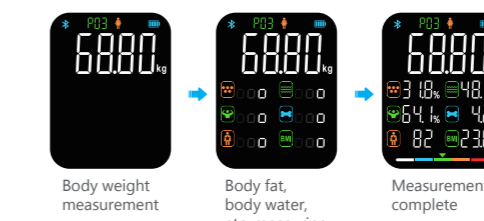


Hold the two front electrodes with thumbs



Hold the two back electrodes with the rest of the fingers

3. After the weight value displayed in the window has stabilised and is blinking, the body composition analysis measurement begins.



Body weight measurement

Body fat, body water, etc. measuring

Measurement complete

4. Check the measurement reports with the APP



View the measurement reports in the APP and save the historical data.

- Tips:**
- The whole process will take about 20 seconds.
 - If the APP is not connected for the first time of measuring, only weight can be measured, but no body fat. Please connect the APP before using.
 - App is kept updating, so it may differ from showed on manual. For the final and accurate information, please check on App.

• Wrong Measuring Postures



Thumbs in touch



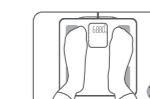
The ten fingers are away from the electrodes



The two arms are not straight or stretched



The knees are bent or not straightened



Measuring with socks



The two feet fail to step on the 4 electrodes evenly



Squatting down to measure

DISPLAY ICONS



(Note: Display differs from one to another, so below picture is for indicative only.)

	Fat		Hydration
	Muscle		Bone
	Body score		Body Mass Index
	Bluetooth		Wifi
	User codes		Battery level
	Gender (male)		Gender (female)
	Weight Unit		Weight Unit
	Weight Unit		Calorie unit
	%		

	Thin
	Slim
	Normal
	Heavy
	Overweight

	Measuring
	Wrong Measurement Indication
	Low Battery Indication
	Over-load Indication
	Too low body fat rate
	Too high body fat rate

MULTIPLE USERS SUPPORTED

Multiple users binding in one scale is supportable. A maximum of 15 groups of historical data for each user can be stored. Data will be automatically synchronized to the smart device when the APP is running.

Note: Final user amount depends on the product.

ADVICE FOR USE & CARE

- To ensure the accuracy of the data, it is recommended that each measurement be made at the same time of the day. Please do not make measurements in strong electromagnetic interference environments or places with high vibration.
- When weighing after not using the scale for a long time or after moving it, please step on the scale surface first, and wait for it to return to zero. Let it switch off automatically before switching on and weighing.
- To ensure the accuracy of the fat measurement, please take off your shoes and socks, try to remove the influence of other weights outside your body, wash and wipe your hands and feet, and then step on the scale with your bare feet and hold the handle with both hands to take the measurement.
- The scale surface is smooth. Please do not use this product on slippery ground or step on the edge of the scale. When weighing on the scale, first stand in the middle of the scale surface. Adjust your feet after standing steadily and step evenly on the 4 electrodes. Please keep your body stable and balanced to prevent the side from tipping or slipping.
- After strenuous exercise, excessive diet, or extreme dehydration, the measurement may have errors.
- The product should be kept away from high temperatures. Please do not use the product in a humid, too hot, or too cold environments (using temperature range 5°C~35°C).
- If the product does not work properly, please check the batteries. Replace them with new ones if necessary.
- The product is a precision instrument, and can not be disassembled. Please do not drop or knock.
- Please keep the product clean. Do not use acidic detergent to clean it.

FAQ

The software can't obtain weighing results from scale.

- Please confirm the connection sign on the App interface to know the connection status.
- Confirm the Bluetooth is on in your device and the scale is on within the valid range of signal coverage.
- Check whether the battery power is running low, please replace with a new battery.
- Relaunch the application.
- Turn off the Bluetooth and on again, then bridge the Bluetooth connection between scale and smart phone again.

Fail to connect to your device

- Please make sure only one device is setting up connection with the scale.
- Please make sure your device is equipped with Bluetooth 4.0 or above.

The screen has no response

- Please first check the batteries and replace them if necessary.
- Repairs may only be carried out by our authorized customer service or dealers.

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 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 equipment and receiver.
- Connect the equipment 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.

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.

The product picture is indicative only. Appearance specifications please in kind prevail.

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23iF-025E R0



Smart Body Fat Scale

Instructions for Use

iF-25 SERIES