

## ⚠ ADVISE FOR USE & CARE

1. The platform will be slippery when it is wet. Keep it dry!
2. Keep standing still during the course of weighing.
3. DO NOT strike, shock or drop the scale.
4. Treat the scale with care as it is a precise instrument.
5. Clean the scale with a damp cloth and avoid water getting inside the scale.  
DO NOT use chemical/abrasive cleaning agents.
6. Keep the scale in cool place with dry air.
7. Always keep your scale in horizontal position.
8. If failed to turn on the scale, check whether battery is installed, or battery power is low. Insert or replace new battery.
9. If there is error on display or can not turn off the scale for a long time, please take off the battery for about 3 seconds, then install it again to remove soft-fault. If you can not resolve the problem, please contact your dealer for consultation.
10. Do not use it for commercial purpose.

**Caution:** The user is cautioned that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

**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.

### FCC Radiation Exposure Statement:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20cm between the radiator and your body.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Manufacturer: Zhongshan Camry Electronic Co., Ltd.  
Address: Baishawan Industrial Park, Qiwan Road (N),  
East District, Zhongshan City, Guangdong Province  
Postal Code: 528403  
Tel: 0760-88235618  
Fax: 0760-88235600  
Email: sales@camry.com.cn  
Website: www.ifitliving.com



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

13iF-004C R0



Free iFit Scale Apk



## Android Device Accessory

— iFit Bluetooth Body Fat Scale



Made for Android



iF281BA Instructions for Use

## ■ Dear Customer:

Welcome to use CAMRY iFit Bluetooth Body Fat Scale.

This product is specially designed to test body fat/hydration/muscle/bone, help keep a close eye on the daily change of your body fat, hydration, muscle, bone and weight, providing information for your reference. Based on the analysis of your height, weight and age etc., it tells your daily energy requirement, and helps control your weight. Please read this instruction carefully before use.

## ■ About iFit

iF281BA is a Bluetooth scale which helps you to store and keep track of your weight on Android device phones. This scale can transmit your weight data to your Android device phones via Bluetooth technology, as well as make graph of your weight results, from which you are able to keep track of the trend anytime. Download iFit Scales software to use Bluetooth scale, you will start your first step of weight control.

## ■ User-friendly Tips

### 1. During Measuring

- A. The device is designed to allow auto step on. Please always ignore the first reading and only start taking effective record from the second time weighing.
- B. Always remove your shoes and socks, wipe clean your feet before using.
- C. Step on the weighing platform gently.
- D. It is advisable to take measurement at the same time of the day.
- E. Measured result could be misleading after intensive exercise, excessive dieting or under extreme dehydration condition.
- F. Always weigh/use the scale on a hard and flat surface. When you are measuring, please keep still.
- G. The measured data of the following people may have deviation:
  - Children under 10 or adult over 100 (can only use the device under normal weighing mode)
  - Adult over 70
  - Body building athletes or other occupational athletes.
- H. People with the following conditions should not use the device:
  - Pregnant women
  - Those with symptom of edema
  - Those on dialysis treatment
  - Those who use heart pacemaker or with other implanted medical device.

### 2. Safety Warning

- A. The Fat% Hydration% content evaluated by the Fat Monitor Scale is only for reference (not for medical purpose). If your Fat% Hydration% content is over/below normal level, please consult your doctor for more advice.
- B. Keep away from strong electro-magnetic field when using the scale.
- C. It could be slippery if you weigh on a wet surface. Moreover, if the weighing platform surface is glazed, never step on the edge of the scale and do keep balance during your weighing.

## ■ Features/Specifications

### 1. Scale Body

1. Using high precision strain gauge sensor
2. Multifunction: test body fat %, body hydration %, body muscle%, body bone% and suggest calorie intake requirement.
3. Built-in memory for 12 different users
4. Optional normal weighing mode (bypassing parameter setting): Auto step on weighing and consecutive add-on weighings
5. Low battery and overload indication

### 2. Bluetooth

- Directly check personal weight, body fat%, body hydration%, body muscle%, and body bone% information through graphs.
- Set password to protect personal information and store multi-user data;
- Simple and clear graphs current weight trends, from which you are able to keep track of the change;
- Bluetooth wireless technology;
- Connect with different Android device phones respectively;
- For more information, please visit: [www.ifitliving.com](http://www.ifitliving.com)

## ■ Performance Index

Item	Weighing Capacity	Fat%	Hydration%	Muscle%	Bone%	Calorie
Index Range		4.0% ~60.0%	27.5% ~66.0%	20.0% ~56.0%	2.0% ~20.0%	
Division	0.1 kg 0.2 lb	0.1 %	0.1 %	0.1 %	0.1 %	1KCAL

## ■ Battery Installation

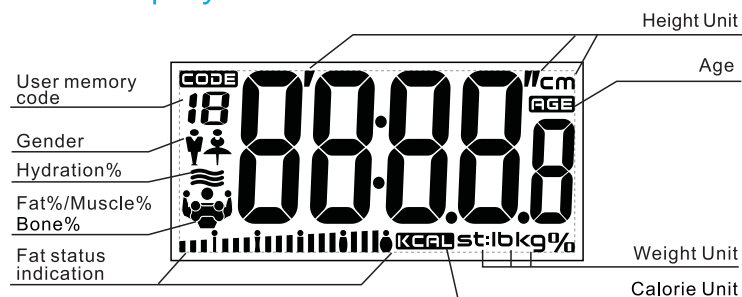
Name	Illustration	Installation
2x1.5V AAA Battery		AAA battery installation Please install battery according to polarity.

Note: Please use corresponding battery. Please remove battery if it is not in use in a long time (more than three months).

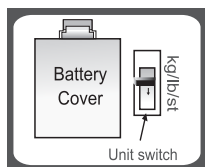
## ■ Key Illustration

- SET : Turn on the scale and prompt to next parameter.  
(Please refer to the Setting Personal Parameter overleaf)
- ▲ : Advance the value by one interval each press. Continuous pressing will speed up the advance of value.
- ▼ : Decrease the value by one interval each press. Continuous pressing will speed up the decrease of value.

## LCD Display



## TO CONVERT WEIGHT UNIT



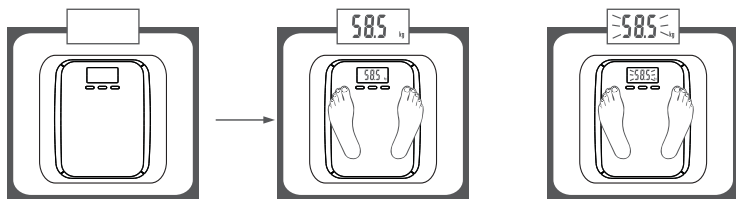
If the scale is with both measuring system of Metric(kilograms) and Imperial (pounds, stones), you can convert weight unit as follow:

- Find unit switch on the back of scale.
- Pull up and down the unit switch to convert scale unit between kg-lb-st.

## Optional Normal Weighing Mode (bypassing parameter setting)

### 1. Auto step on weighing

After installing battery, place the scale on flat floor. Keep stand still on scale when testing. Then wait for seconds, display shows the same weight reading for approximate a few seconds.



Install battery and place the scale on flat floor. To make sure accuracy, place the scale on a hard, flat floor and avoid carpet and soft surface.

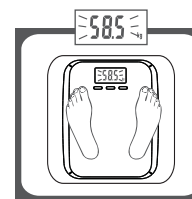
Step on scale slightly (Auto-on) for a while, wait for weight reading display (as shown on graph).

Reading results will flash after weight stabilizing. It shows and lock the result.

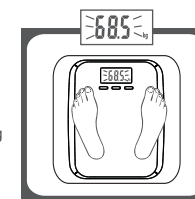
## 2. Consecutive add-on weighing

After digits stabilize, more additional loadings can be conducted. Ensure each add-on loading has to exceed 2kg to get a new reading.

Example: If you want to get a weighing value of your baby, you can weigh yourself first, and then hold your baby together, without stepping off the scale. Then you will get the total weight reading. Subtracting the previous reading of yourself from the new reading, you will get the difference as your baby's weighing value.



Digits flash, stabilized and locked



Display total weight.

Hold your baby without stepping off the scale.

## Fat/Hydration/Muscle/Bone/Calorie Measuring Mode

### (1) Setting personal parameters

- ① At the first time when you install battery and switch on, all default parameter are set as follow:

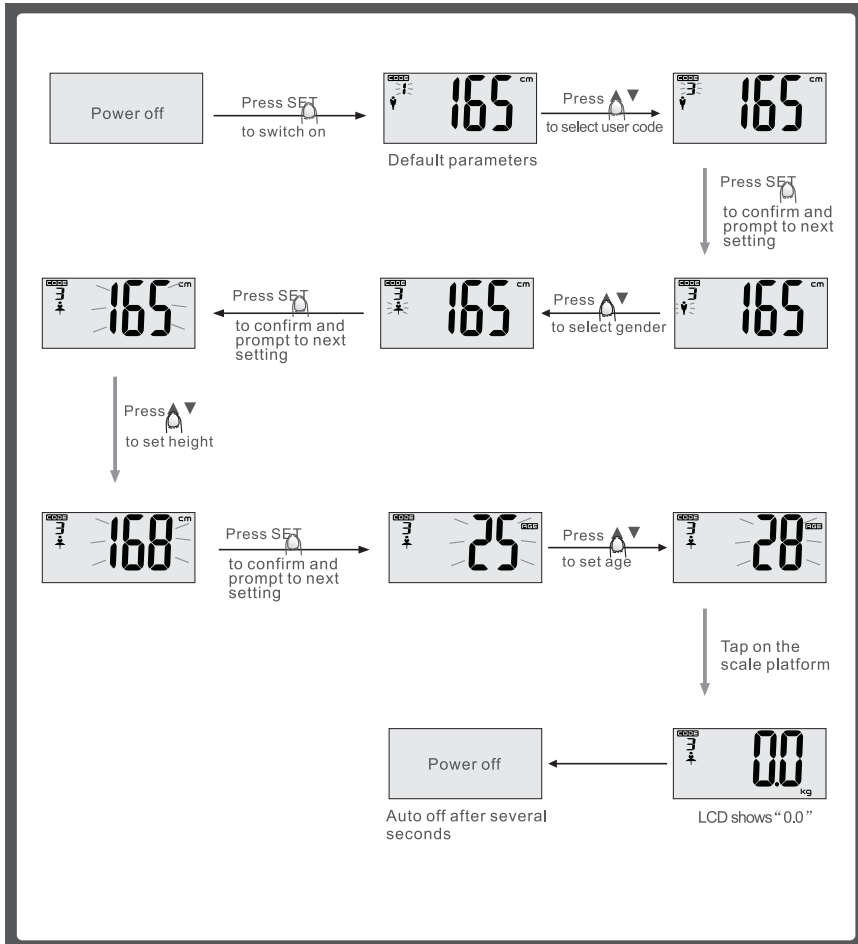
Memory	Gender	Height	Age
1	Male	165cm/5'05.0"	25

- ② Parameters can be set in the following range:

Memory	Gender	Height	Age
1~12	male/female	100~250cm 3'03.5"~8'02.5"	10~100

③ Parameter setting

Example: the 3rd user, female, 168cm, 28 years old, can set her parameters as follow:



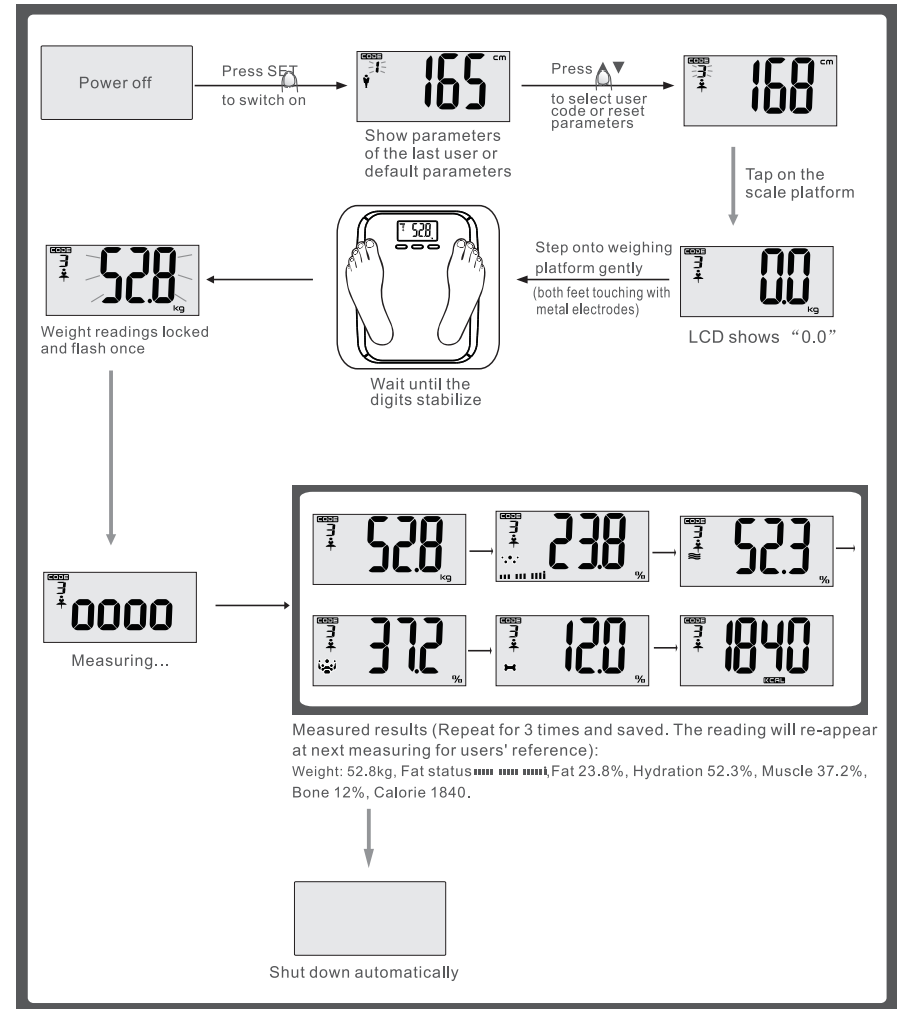
NOTE:

- During parameter setting, if idle for 6 seconds, the parameters already set will be memorized automatically and LCD shows "0", meaning body fat measuring will be started.
- If LCD prompt to show "0" during parameter setting, press SET for 3 seconds to return setting mode, then you can set user code, gender, height and age

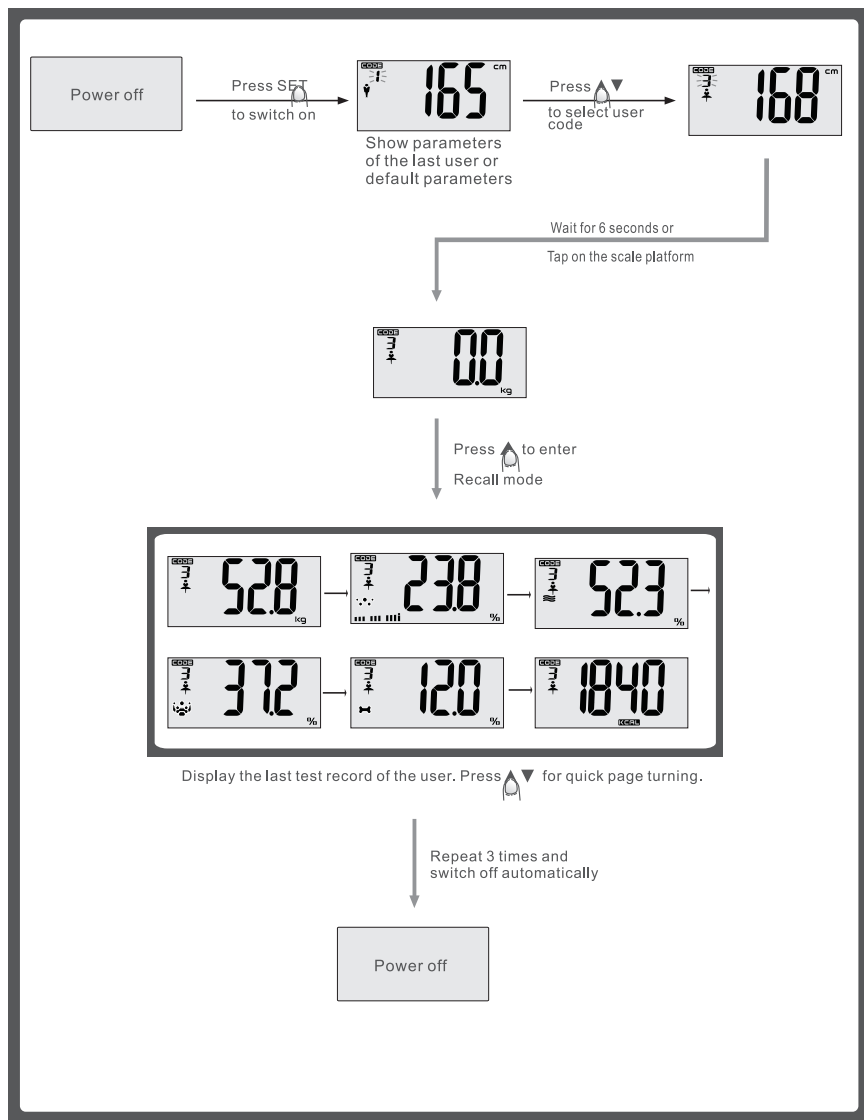
(2) To Start Measuring (Make sure your feet are touching with metal electrodes on the scale platform, or body fat can not be measured.)

To ensure accuracy, please remove your shoes & socks before stepping on.

Example: the 3rd user, female, 168cm, 28 years old can measure as follow:

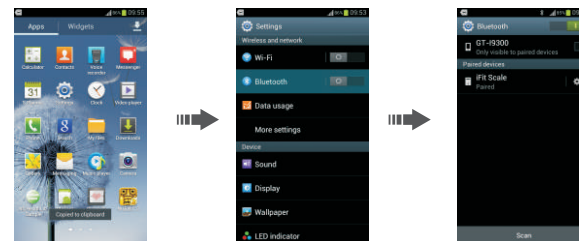


## ■ To recall test record



## ■ Bluetooth Connection Pairing

Firstly, please scan the QR code on the top right corner of the manual cover to download the iFit scale software into your phone device (Or free iFit scale Apk is available in Google Play), then step gently onto the Bluetooth scale platform to switch on the device. Connect your Android device phone through bluetooth with your Bluetooth scale. Set up connection as below:



- Click "Settings" on your phone, and select "General"—"Bluetooth" to search for matching device. If Bluetooth is switch off, please press Bluetooth icon to switch on Bluetooth device.
- Click "Device"—"iFit Scale" to set up Bluetooth connection.
- After successful pairing, please start weighing according to user manual.
- The Bluetooth scale can be connected within 5-10 meters covering area after pairing.
- Remove pairing with the Bluetooth scale from the Android device phone: Select "Settings"—"Bluetooth" to disconnect the "iFit Scale" device.
- The above reference photos are indicative only. Please follow your actual Android device phone to operate Bluetooth connection with the Bluetooth scale.

## Warning Indications



**Low Battery Indication**  
The battery power is running low, please replace with a new battery.



**Over-load Indication**  
The weighing subject on the platform exceeds the maximum capability of scale. Please step off to avoid damage.



**Low Fat% Indication**  
The Fat% is too low. Please lead a more nutritional diet and take good care of yourself.



**High Fat% Indication**  
The Fat% is too high. Please watch your diet and do more exercise.



**Re-test**  
Error exists, please re-test to get the correct result.

## About Fat

### 1. About Fat%

- Fat% is an index % of fat content in human body.
- The fat content in human body is of a certain level, overabundance of fat will bring bad effects on metabolism, thereby, various illnesses may invade. Here goes an old saying, "Obesity is hotbed of illness".

### 2. Working Principles

As electrical signal of certain frequency transmits through human body, the impedance of fat is stronger than that of muscle or other human tissues. Through the use of biological resistance analysis, this product will pass a safe frequency of low voltage electrical current through human body, thus, the Fat% will be reflected according to the resistance differences when the electrical signal transmitting through human body.

## 3. Fat/Hydration Content Fitness Assessment Chart

After your weighing, you can use the following Assessment Chart for reference:

Age	Fat(F)	Hydration(F)	Fat(M)	Hydration(M)	Status	Key Line Indication
≤30	4.0-16.0%	66.0-57.8%	4.0-11.0%	66.0-61.2%	Too lean	
	16.1-20.5%	57.7-54.7%	11.1-15.5%	61.1-58.1%	Lean	
	20.6-25.0%	54.6-51.6%	15.6-20.0%	58.0-55.0%	Normal	
	25.1-30.5%	51.5-47.8%	20.1-24.5%	54.9-51.9%	Fat	
	30.6-60.0%	47.7-27.5%	24.6-60.0%	51.8-27.5%	Too fat	
>30	4.0-20.0%	66.0-55.0%	4.0-15.0%	66.0-58.4%	Too lean	
	20.1-25.0%	54.9-51.6%	15.1-19.5%	58.3-55.3%	Lean	
	25.1-30.0%	51.5-48.1%	19.6-24.0%	55.2-52.3%	Normal	
	30.1-35.0%	48.0-44.7%	24.1-28.5%	52.2-49.2%	Fat	
	35.1-60.0%	44.6-27.5%	28.6-60.0%	49.1-27.5%	Too fat	

- The above information is only for reference

## About Calorie

### 1. Calorie & Energy Consumption

Calorie: Energy Unit

The data reading indicates the energy you need to sustain the daily metabolism and ordinary activities required for your weight, height, age and sex.

### 2. Calorie & Losing Weight

Control the calorie intake combined with proper exercise is an effective way to lose weight. This is a very simple theory. As the daily energy intake can not support the energy consumption of the human body, the saccharide and fat stored inside will decompose and provide energy to human body. That leads to weight loss.