

- The appliance is not to be used by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction.
- Children being supervised not to play with the appliance.
- Non-rechargeable batteries are not to be recharged.
- Different types of batteries or new and used batteries are not to be mixed.
- Batteries are to be inserted with the correct polarity.
- Exhausted batteries are to be removed from the appliance and safely disposed of.
- The supply terminals are not to be short-circuited.

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.

IMPORTANCE INSTRUCTIONS

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

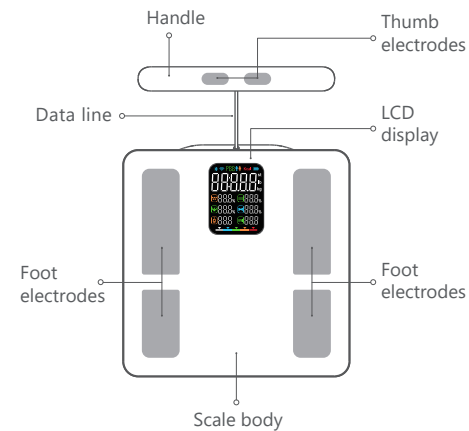
- Minors, seniors over 80 years old.
- Professional athletes.
- Pregnant women, artificial dialysis patients, people in a swollen state.

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

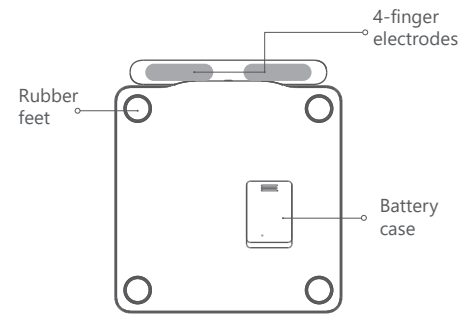
MODE INSTRUCTIONS

- **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



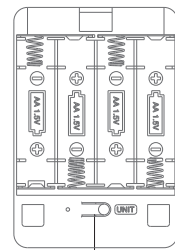
GENERAL VIEW OF THE PRODUCT - BACK SIDE



ABOUT THE UNIT

- It is suggested to set the unit on App.
- The scale has a unit conversion button. Press this button to select the unit you need.

Battery compartment

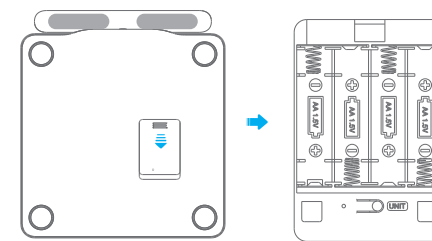
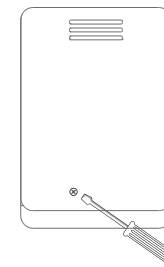


Unit button

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.

BATTERY INSTALLATION

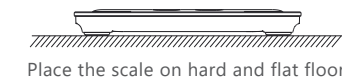
- Step 1:** Select a suitable screwdriver to remove the screw on the battery cover located at the back of the scale, then slide the cover off.
- Step 2:** Insert four AA batteries, ensuring the positive and negative terminals are aligned correctly.
- Step 3:** Reattach the battery cover and tighten the screw securely.



Note:
After battery installation, please close the battery cover. Please use corresponding battery. Remove battery if it is not used for a long time (more than three months).

HOW-TO-USE

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



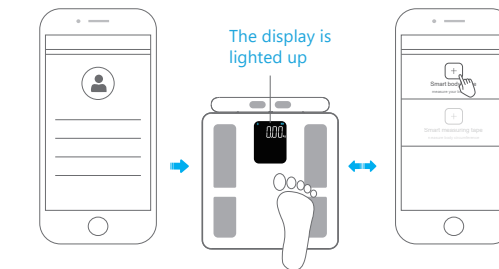
Place the scale on hard and flat floor.



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

The display is lighted up
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.

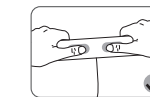
Step 3: Measure

• **Body Composition Analysis Measurements**

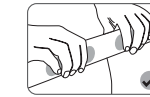
1. Place the scale on a hard, flat surface and open the App.
2. Gently step on the scale with bare feet and place your feet on the 4 electrodes on the left and right side of the scale, then lift up the handle. Please hold the handle with both hands as shown in the picture, adjust the height of both hands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



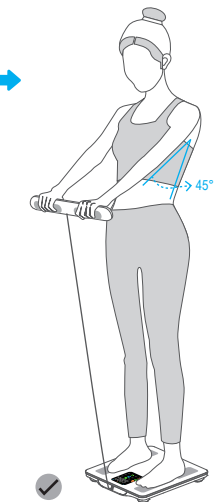
Step on the scale with bare feet and place your feet on the 4 electrodes



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

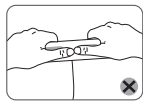


View the measurement reports in the APP and save the historical data.

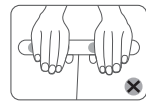
Tips:

- 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.

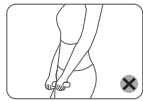
• Wrong Measuring Postures



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



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

	Thin
	Slim
	Normal
	Heavy
	Overweight

	Measuring
	Wrong Measurement Indication
	Low Battery Indication
	Over-load Indication

MULTIPLE USERS SUPPORTED

The scale supports multiple users and connections to multiple phones, but can only be connected to one phone at a time. While connected, ensure that the APP on other phones is closed. It supports storing up to 15 sets of measurement data from different users locally while in offline mode. When the APP is reopened and connected to the scale, the data will be automatically synchronized and identified for the corresponding user.

ADVICE FOR USE & CARE

1. To ensure the accuracy of the data, it is recommended that each measurement be carried out at the same time of day. Do not shake the scale as this will result in incorrect readings.
2. Step on the scale steadily and touch the electrodes on the platform with your bare feet. Tip over will lead to a fall when you step on the edge of one side of the scale. Keep standing firmly on scale when in use.
3. Do not use the scale in humid, extremely hot environment. Most suitable Temperature range from 5°C to 35°C.
4. Replace the battery when it runs out and remove when the scale is not in use for a period of time.
5. If the product cannot work properly, then please check whether battery is installed, or battery power is low. Insert or replace new batteries.
6. Do not drop, shock or strike the scale as it is a precise instrument.
7. Keep the scale clean. Do not use acidic cleaning product.
8. Do not dispose of a battery into fire or a hot oven, or mechanically crush or cut a battery. This can result in an explosion.
9. Do not leave a battery in an extremely high temperature environment that can result in an explosion or the leakage of flammable liquid or gas.
10. Do not expose the battery to extremely low air pressure that may result in an explosion or the leakage of flammable liquid or gas.

TROUBLESHOOTING

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.
- 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.

LCD has no response

- Please check the batteries and replace if necessary.
- Repairs should not be carried out by unauthorized people.

anko

BLUETOOTH BODY SCANNING SCALE

INSTRUCTION FOR USE



App: MovingLife

Max weight capacity: 180kg

Division:

10g (100g ≤ Capacity < 10kg)
50g (10kg ≤ Capacity ≤ 180kg)