

Bluetooth body fat scale FG830LB

User manual

Explanation of Symbols

Safety instructions:



Please read these carefully and comply with them in order to prevent personal injury and damage to Property.



Supplementary information

Dear Customer,

We are delighted that you have chosen these body analysis scales. Before using the device for the first time, please read the instructions through carefully and store them in a safe place. If the device is given to someone else, it should always be accompanied by these instructions. The manufacturer and importer do not accept any liability if the information in these instructions is not complied with! We reserve the right to modify the device, packaging or enclosed documentation at any time in conjunction with our policy of continuous development.

Please note: To be able to utilize all the functions of the scales, you require the app "AlFit". You can download this free of charge from your App Store, also can scan the QR code to download the app; Please note the system requirements. Without the app you can only use the normal weighing function (in kg)!

QR CODE:



Intended Use

* This device is intended to be used for determining body weight and analyzing the proportion of water and body fat as well as the proportion of muscle and bone mass in the body, and for calculating the body mass index (BMI).

* The analysis of the body is not suitable for people under the age of 10 or over the age of 70. We recommend that these people of 10 or over the age of 70. We recommend that these people only use the conventional weighing mode.

* The BMI function is only suitable for calculating the ideal weight for adults aged 18 and above. The app is unable to display this function for those who are under 18 years of age.

* Please note that for technical reasons measurement tolerances are possible or medical use. The results which are calculated are only reference values and act as a guideline. Moreover, different values may occur in the case of performance athletes or people who are being treated with medicines. You are explicitly advised against using the results as the basis for any form of medical treatment or diet! You must consult your doctor if you have any questions about your weight, a medical treatment or a diet.

* The device is for personal use only and is not intended for commercial applications.

* Use the device only as described in the instructions. Any other use is deemed to be improper.

■ The set of body analysis scales is not suitable for the following people:

– People with a pacemaker or another medical implant with electronic components. The correct functioning of the implant could be impaired or endangered.

– People with symptoms of fever, oedema or osteoporosis

– People undergoing dialysis treatment

– People who are taking cardio-vascular medication

– Pregnant women

■ The device can withstand a maximum body weight of 180 kg! A higher weight may damage the device!

The following are excluded from the warranty: all defects caused by improper handling, damage or unauthorised attempts at repair. This also applies to normal wear and tear.

Safety Instructions



Dangers of Injury

■ Danger of suffocation! Keep the packaging material away from children and animals.

■ This is not a toy! Do not leave children and animals unsupervised with the device.

■ Do not stand on the scales with wet feet and make sure that the measuring surface and the surface underneath is dry. You could slip!

■ Do not stand on the edge of the scales. You could slip off!

■ Batteries can be deadly if swallowed. Therefore keep the batteries and the device out of reach of children and animals. If a battery is swallowed, seek medical assistance immediately.

■ Should a battery have leaked, do not allow your skin, eyes and mucous membranes to come into contact with the battery acid.

If you touch battery acid, rinse the affected sites with abundant fresh water immediately and contact a doctor as soon as possible



The Proper Handling of Batteries

■ Before inserting the batteries, check whether the contacts in the device and on the batteries are clean; clean them if necessary.

■ Use only the battery type specified in the technical data.

■ Always replace all the batteries at the same time. Do not use batteries of different types or brands, or batteries with different capacities. When replacing batteries, note the correct polarity (+/-).

■ Take the batteries out of the device when they are discharged or if the device is not going to be used for a prolonged period.

This will prevent any damage that might occur if a battery leaks.

Remove dead batteries from the device immediately. Clean the contacts before you insert a new battery.

■ The batteries must not be recharged or reactivated by other means, dismantled, thrown into a fire, immersed in fluids, or short-circuited.



Avoiding Damage to Material, Property and the Device

■ Always check the device for damage before each use. Do not use it if it has visible signs of damage.

■ If the device is broken, do not attempt to make repairs yourself. Repairs may only be carried out by specialists. In the event of any damage, you should therefore contact our customer service department.

■ Keep the device away from electromagnetic fields (mobile phones, remote controls etc.). The measurement accuracy could be impaired.

■ Always place the device on a dry, even and firm surface. Soft surfaces, such as long pile carpets, may distort the measurement result.

■ Keep the device away from sources of heat such as ovens or naked flames.

■ Do not expose the device to extreme temperatures, wide temperature variations, moisture, wet conditions or direct sunlight.

■ The device should only be used in closed indoor rooms with a temperate climate. When the device is brought from a cold room into a warm room, condensation can form. Allow the device to warm back up to room temperature before you use it.

■ Do not drop the device or allow it to be knocked violently. Make sure that no objects can fall onto the scales as the glass could be damaged.

■ Never jump onto the device so that you do not damage the device.

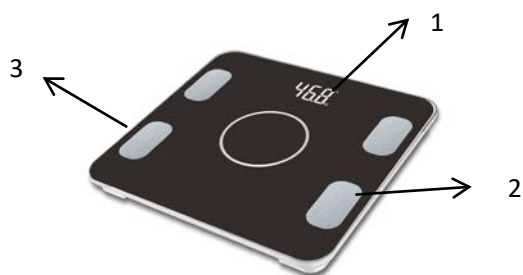
■ Never immerse the device in water or other liquids. No liquid must be allowed to enter the device during cleaning.

■ Do not use any caustic or abrasive cleaning agents to clean the device. These can damage the surface.

Items Supplied

- 1 x body analysis scales
- 3 x 1.5 volt batteries, AAA type

Device Overview



- 1 Display
- 2 Contact area for the right foot
- 3 Contact area for the left foot

Before Initial Use



CAUTION!

■ Danger of suffocation! Keep the packaging material away from children and animals.

1. Take the device out of its packaging and check it for transport damage. If you notice any damage, do not use the device (!); please contact our customer service department.

2. The battery compartment is located on the bottom of the scales. The batteries were secured with a protective strip for transportation purposes. Remove the protective strip to activate the scales.

Use



CAUTION!

■ The measurement results which are calculated are only reference values and act as a guideline. You are explicitly advised against using the results as the basis for any form of medical treatment or diet! You must consult your doctor if you have any questions about your weight, a medical treatment or a diet.

■ Do not stand on the scales with wet feet and make sure that the measuring surface is dry. You could slip!

■ The body analysis scales are designed for a maximum body weight of 180 kg! A higher weight may damage the scales!

■ Handle the scales carefully as they are a delicate measuring instrument. Do not drop the device, do not jump on the measuring surface and keep water and other liquids away from it.

- Weigh yourself without any clothing and barefoot. To make it easier to compare results, it is advisable to always weigh yourself at the same time (preferably in the evening, before eating) and under the same circumstances.

- The measured values may be distorted if you measure yourself immediately after doing sport or you have not eaten and/or drunk enough over the day. if you place yourself correctly on the contact areas.



- Measurement of the body fat and water content as well as muscle and bone mass is only possible with bare feet. Give the contact areas a wipe if necessary in order to improve the conductivity. The feet must be dry!
- The scales round up the weight to whole 100 g.
- The scales react to a minimum weight of 6 kg.

Conventional Weighing

1. Place the scales on a dry, even, and firm base (avoid carpets). Uneven floors will result in inaccurate measurement results.
2. Tap your foot on the scales to activate the display.
3. Wait until the display shows '0.0' (kg / lb / st).



Before you stand on the scales, you can choose whether the weight should be displayed in kilograms (kg), pounds (lb) or stone (st) (see the "Setting the Weight Unit" section).

4. Stand on the scales. The body weight will be calculated.
5. Once the body weight has been established, the number on the display begins to flash. You can now get off the scales.
6. The scales switch off automatically after a few moments.

Downloading App and Creating Account

Before the scales can calculate your body fat and water content and the content of bone and muscle mass as well as your BMI and daily calorie demand, the following details need to be saved in your user profile: Gender, height, age. You have the option of saving up to 8 user profiles in the app.

1. Download the app "AlFit" either using the QR code on the packaging or from the Google Play Store (Android) or AppStore (iOS). The app requires iOS 8.0 or higher, or Android 4.3 or higher.
2. Register with your e-mail address and a password.

Creating and Managing User Profile

You can enter your own user profile in the app directly after registering. Once you have entered all the data, select DONE. You automatically move to the main menu. Further user profiles are entered using the plus button in your profile:

1. To do this, select your profile, either by selecting your profile name at the top left or by swiping to the right on the display. The profile menu opens up.
2. Select the plus button. The profile creation mask opens up again.
3. Enter the new profile (name, gender, height, date of birth) and confirm the details entered with DONE.
4. You can now move between the profiles by selecting the profile you want on the profile menu and selecting the weighing function or the statistics function. The app switches to the chosen user profile.

Setting Weight Unit

On the settings / extras menu, you can choose whether the weight should be displayed in kilograms (kg), pounds (lb) or stone (st).

1. Make your choice either by selecting using the settings / extras symbol (top right) or by swiping to the left on the display.
2. Select UNIT.
3. You can now select the unit of weight you want.
4. Use the arrow to go back to settings / extras. The unit of weight you want is automatically Adopted.

Calculating Body Fat and Water Content, Bone and Muscle Mass and BMI and Calorie Demand



CAUTION!

■ The measurement results which are calculated are only reference values and act as a guideline. You are explicitly advised against using the results as the basis for any form of medical treatment or diet! You must consult your doctor if you have any questions about your weight, a medical treatment or a diet.

1. Place the scales on a dry, even, and firm base (avoid carpets). Uneven floors will result in inaccurate measurement results.
2. Switch on Bluetooth® on your smartphone.
3. Open the app "AlFit". The app automatically attempts to connect to the scales. Note: Only connect one smartphone to the scales at the same time.
4. Tap your foot on the scales to activate the display.
5. Wait until the display shows '0.0' (kg / lb / st).
6. Stand with bare feet on the scales. Make sure that your feet are placed correctly on the contact areas. The body weight will be calculated.
7. Once the body weight has been established, the number on the display begins to flash. The other values are calculated immediately after this.
8. Remain still on the scales until they automatically switch off or all of the data is displayed in the app.
9. The values calculated are displayed to you on the main menu in the following order:
 - WEIGHT
 - BMI (Body Mass Index)
 - BFR (Body Fat Rate)
 - MUSCLE
 - MOISTURE
 - BONE MASS
 - BMR (Basal Metabolic Rate)
 - VISCERAL FAT
 - Protein rate

– Body age

10. Alongside your value it is displayed whether your values are in the standard range (STD) or are too high (HIGH) or too low (LOW) (measured against average values).

11. Select one of the values to go to a more detailed menu.

Further Functions

Statistics

You can also view your daily, weekly, monthly and annual statistics on the main menu:

To do this, swipe on the display from the bottom upwards - the main menu goes onto the second page.

In addition, via settings/extras you can utilize the following extra functions:



From each menu item, you can select back (arrow symbol at the top left) to return to settings / extras.

BABY WEIGHT SCALE

This function allows you to weigh and save the weight of your baby. Weight statistics are also created here.

1. To do this, select BABY WEIGHT SCALE.
2. Create a new profile for your baby.
3. Once the profile has been created, you are automatically directed to the main menu, but in the baby weight scale function only the weight is displayed.
4. Stand on the scales, without the baby, and first calculate your own weight.
5. Get off the scales and wait until they have switched off.
6. Stand on the scales along with your baby. The weight of your baby will be calculated and saved.



- To view your values or measure yourself, you must select your own profile again (see the "Creating and Managing User Profile" section).
- The app automatically switches to NORMAL MODE or to the BABY WEIGHT SCALE when you switch between your profile and that of your baby.

WEIGHT ENCYCLOPEDIA

Here you will find the NEWS, a short guide on how to calculate standard weight and BMI (WT.KNOWLEDGE) and also standard values for weight, height and head circumference of male and female babies from 1 month to 1 year of age (WT.REFERENCE).

WEIGHING REMINDER

This function allows you to:

- enter your TARGET WEIGHT. This target is saved and the app tells you each time you weigh yourself how far you are from your target.
- set up to two WEIGHING REMINDERS.

SHARE

Share your values with family, friends and people you know via various platforms.

UNIT

Select which unit of weight should be displayed (kg / lb / st) (see the "Setting Weight Unit" section).

MY DEVICE

Under this menu item you can connect your smartphone and the scales manually if the automatic connection has failed, or disconnect the devices:

– Connect: Select HAVEN'T BINDING DEVICE. The app will search for the scales.

Select the scales from the list. The app connects the smartphone and scales to one another.

– Disconnect: Select the scales from the list of connected devices. The app disconnects the smartphone and scales from one another.

SYSTEM UPDATE

Here you can see whether there is a new update for the app, and you can download this directly.

FEEDBACK

Give us feedback!

LOGOUT

This menu item allows you to log out completely from the app.

Error Messages

The following error messages can appear on the display:

Display	Meaning
Lo	The batteries in the scales are too weak. Insert new batteries (see the "Replacing the Batteries" chapter).
Err	More than 180 kg are on the scales. The scales are overloaded.
C	An error has occurred during measurement. Step off the scales and step onto them again to repeat the measuring process.

Incorrect Specifications

Specification	Possible meaning
Non-plausible values for body fat and water content.	Body fat includes relatively little water. This means that the body's water content may be below the guideline figures in people who have a high body fat content. In the case of endurance or performance athletes, by contrast, the guideline figures may be exceeded due to the lower fat contents and the high proportion of muscle.
Incorrect weight measurement.	The scales are positioned on an uneven surface (e.g. a carpet). The measured values may be distorted if the surface underneath is uneven. Place the scales on a flat and firm surface.
No analytical values are displayed.	No values for the body fat and water content can be calculated. Correct the position of your feet. The feet must be bare and dry and be positioned correctly on the contact areas on the scales.

Replacing the Batteries



If "Lo" appears on the display, the batteries are too weak and need to be replaced.

You require 3x 1.5 V batteries, AAA type.

1. Open the battery compartment on the back of the scales.
2. Remove the used batteries from the battery compartment.

3. Insert three new 1.5 V batteries, AAA type. Pay attention to the correct polarity.
4. Close the battery compartment again. The battery compartment cover must be heard to engage in place.

Cleaning and Storage



CAUTION!

- Never immerse the device in water or other liquids. No liquid must be allowed to enter the device during cleaning.
- Do not use any caustic or abrasive cleaning agents or cleaning pads to clean the device. These can damage the surface.
- Clean the device with a slightly damp, soft cloth and, if necessary, a little mild cleaning agent.
- If you are not going to use the device for a prolonged period of time, remove the batteries (see the "Replacing the Batteries" chapter) and store the device away in a dry, clean place which is protected from direct sunlight and is out of the reach of children.

Technical Data

Model number: FG830LB
Voltage supply: 4.5 V (3 x 1.5 V battery, AAA type)
User profiles: 8/1 account
Weighing range: min. 6 kg; max. 180 kg
min. 13.2 lb; max. 396 lb
min. 0:9 st.; max. 28:5 st.
Weight divisions: 100 g
Weight units: kg, lb, st

Disposal



The packaging material is recyclable. Please dispose of it in an environmentally friendly manner and take it to a recycling centre.



Dispose of the device in an environmentally friendly manner. Dispose of it at a recycling centre for used electrical and electronic devices.

You can obtain more information from your local authorities.



The batteries should be removed prior to disposal of the device and disposed of separately from the device. To protect the environment, non-rechargeable and rechargeable batteries may not be disposed of with normal household waste, but must be taken to suitable collection points. Also note the relevant statutory regulations governing the disposal of batteries.

FCC warning:

Any 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.

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.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment .

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