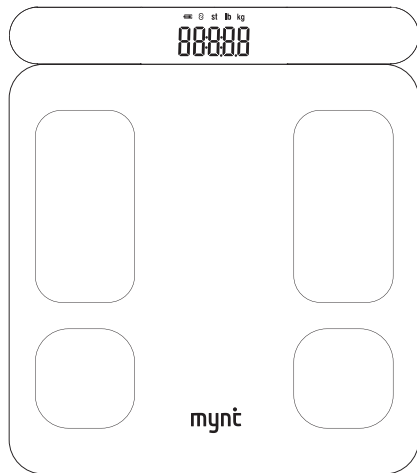




User Manual

# MYNT SCALEASE SMART BODY SCALE



MN-HB03.

Please read and keep this manual carefully before using the product.



Scan the QR Code to Download APP

Thanks for choosing Scalease Smart Body Scale. This full body composition scale can help you conveniently measure body weight, partial body fat & skeletal muscle, BMI, body fat rate, visceral fat, body water, skeletal muscle rate, muscle mass, bone mass, protein, bmr, body age and etc.

**IMPORTANT:** Please read these instructions in this manual carefully before using the device. Failure to comply with the instructions given in the manual or using this scale in ways other than those mentioned in this manual may result in injury to yourself or damage to the scale.

## Fitdays APP Functions

- ◆ Weight
- ◆ Muscle
- ◆ Bone mass
- ◆ Partial body fat
- ◆ Standard weight
- ◆ Body fat
- ◆ BMI
- ◆ Water weight
- ◆ Protein mass
- ◆ Subcutaneous fat
- ◆ Visceral fat
- ◆ BMR
- ◆ Without fat
- ◆ Muscle weight
- ◆ Height record (<16 years old)
- ◆ Body age
- ◆ BFR
- ◆ Protein rate
- ◆ Degree of obesity
- ◆ Partial muscle rate

## INDICATION SYMBOLS

LO	Low Battery - Please recharge with a Type C USB cable
Err	Overload (Scale will show Err, but app cannot show this icon)
C	An error has occurred during measurement. Step off the scale and step onto it again to repeat the measuring process

## WHAT'S IN THE PACKAGE

1 X Smart Body Scale

1 X User Manual

## PRODUCT STRUCTURE



## ⚠ WARNING

- ♦ DO NOT use with medical implants such as pacemakers.
- ♦ DO NOT stand on the edge of the scale or jump on it;
- ♦ DO NOT overload the scale (Max.180kg)
- ♦ DO NOT drop the scale or drop objects on it as this may damage the sensors.
- ♦ DO NOT immerse the scale in water or use chemical cleaning agents. Clean the scale with a slightly damp cloth.
- ♦ Not recommended for pregnant women.

- ◆ Not recommended for infants, toddlers, and children under 10 years of age.
- ◆ Any measurement obtained using this device is for reference only and should not be considered as a medical opinion.
- ◆ Consult your primary care doctor or physician before making changes to your diet, exercise plan or physical activities.
- ◆ Always place the scale on a hard, dry and flat surface before measurement.
- ◆ Make sure your feet are dry before stepping on the scale.

## **SPECIFICATION**

**Weight Unit:** kg/lb/st (Switch the units via APP settings)

**Weight Limit:** 6-180kg

**Battery Capacity:** 3.7V/300mAh, 5V/1A

**Number of Account:** No limitation (each account can add up to 24 persons)

**Height Record:** Allows you to record the height info for users under 16 years old

**Operating Temperature:** 10-40°C

**Operation Humidity:** 20%-90%

## **SUPPORT DEVICES:**

iOS 8.0 or higher

Android 6.0 or higher

## **INSTALL FITDAYS APP**



1. Search “Fitdays” in App Store or Google Play or scan the QR Code below:
2. Download and install the App on your device.
3. The App icon will appear on your phone or tablet after the installation is completed.

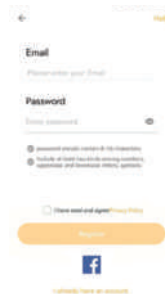
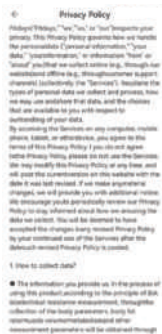
## **Special Selling Points:**

1. This model features a colorful LED display and offers offline functionality. Setting up the scale and connecting it with the app is crucial for the initial use to analyze body fat and other parameters. However, after the initial setup, you can conveniently measure body fat, BMI, and body types without needing to connect with the app every time. The LED display on the scale allows you to view these measurements. It's important to note that offline measurement will not be activated if there is a weight difference greater than 2kg compared to the last measurement.

2. During offline mode, any successful measurement results will be automatically synchronized with your app during the next connection between the scale and the app. This ensures that your data is seamlessly updated and accessible for further analysis and tracking.

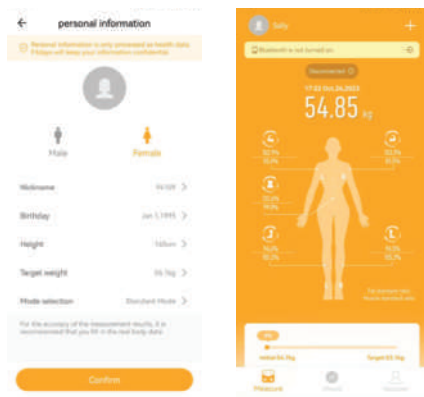
## HOW TO USE FITDAYS APP

1. Press the button beside the USB recharging port to switch the scale on.
2. Place the scale on the hard, flat surface.  
*Turn on Bluetooth on your smartphone or tablet.*
3. Register your own ID by email or social media account for the Fitdays App.



4. Add personal data and confirm OK;

**Note:** Entering incorrect gender, age or height information may result in inaccurate measurements.



5. Pair the scale through Bluetooth. Click Account → Device → + → Searching Bluetooth for pairing to find the scale (Keep scale on) You should find "MYNT Smart Scale". Press connect and confirm to connect with the scale.

After connection, Connected will be indicated on main page, top position.  
If Disconnected shown, it means pairing failed. Please repeat the above steps.

6. Tap your foot on the scale to activate the display. Wait until the display shows "0.0" (kg/lb/st).

- ♦ Keep the Fitdays App on the main page;
- ♦ The Bluetooth connection icon will be shown on the LED display.
- ♦ Connected indication will be shown on the main page at the same time.

7. Step on the scale with bare feet;

At the same time, make sure your fingers are full touch with four electrodes on handlebar (Pay attention left & right direction). Stand on each two electrodes metal plate with bare feet as shown in the indication photos.



Please pay attention for the handlebar posture, especially the thumb and four finger position. Make sure both are in full contact with the metal electrodes and with the correct side.





**Note:**

If stepping on the scale with socks or incorrect posture only weight and BMI will be measured and displayed on the main page. To get complete data, please step on the scale with bare feet and grip the handlebar with correct posture.

8. The number on the display with flash when the scale is weighing and analyzing.
- ◆ Please stand still and keep the same posture for about 30S;
  - ◆ The App will show the measurement schedule and play music during body fat measurement.

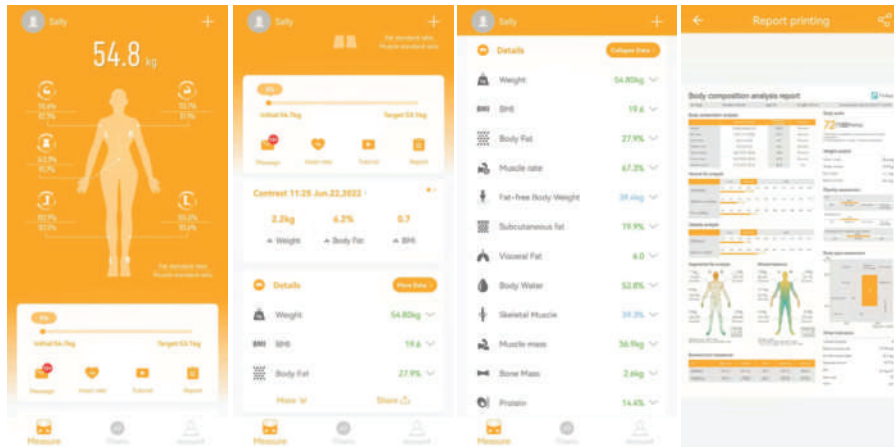
After measurement is finished, you can check more data from the App.



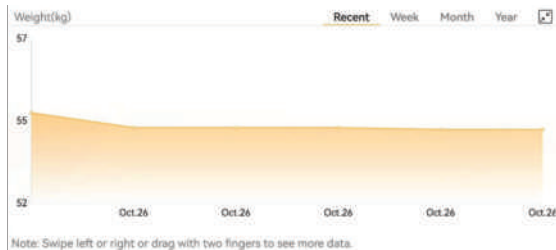
You can track 3 core data on the LED screen , including body fat rate,BMI,weight.

9. You can click More Data to read more Parameter data.

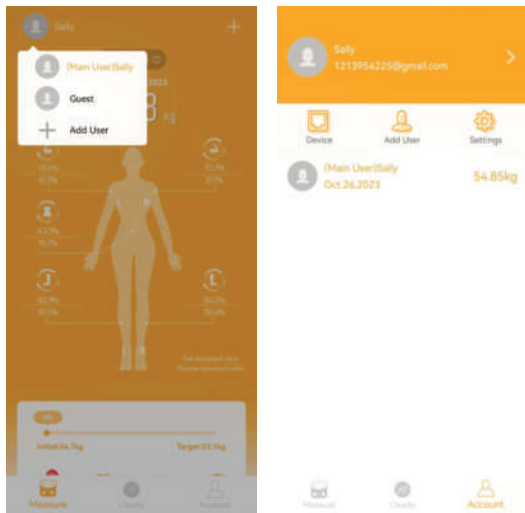
You can click the icon below to read a detailed body composition analysis report for your measurement.



10. You can find the analysis report on Body Weight, BMI, BFR, Muscle, Bone Mass etc. When you click Charts you can see your long-term track chart form.



11. Add or switch user by clicking ->Add User, or click Account-> Add User, then add personal data. The Smart Scale can recognize which user is step on it and remind the user to switch to the correct user. Each account can support 24 users.



## **TROUBLE SHOOTING GUIDE**

### **1. Bluetooth not connected**

- ◆ The scale and smartphone must both have Bluetooth on.
- ◆ Check the iOS version of your smartphone it must be iOS 8.0 or higher/Android 6.0 or higher.
- ◆ Click Account → Device + Searching Bluetooth for pairing to find the scale (Keep scale on status) and now your phone is connected with the scale.

### **2. No body fat data measured when weighing**

- ◆ User must be barefoot to measure the body fat.
- ◆ Pay attention to the correct handlebar grip posture during measurement.
- ◆ Make sure your feet and the scale are both dry.
- ◆ The scale not finishing weighing when the number display is flashing (Keep standing on the scale around 30 seconds until the number on the display stops flashing).
- ◆ Bluetooth is not turned on.
- ◆ Bluetooth is paired with a difference scale.

### **3. The scale is producing inconsistent weight.**

- ◆ Check whether the scale is on a hard, flat surface.
- ◆ Check each sensor foot on the back to make sure nothing is stuck to the bottom of it.
- ◆ Press the displaying button again;

### **4. The App is display the incorrect fat-muscle ratio**

- ◆ The body parameter setting is incorrect, check to make sure you entered the correct gender, height, and age.

### **5. How do I re-calibrate the scale after moving it?**

- ◆ Step on the scale to turn it on. Let it automatically drop to 0.0kg to calibrate.

### **6. Scale only shows weight & BMI?**

- ◆ For first time use for every user, use the online mode and connect with the App for successful measurement. Otherwise, the scale will only show weight & BMI.
- ◆ When using the scale, hold the handlebar and confirm the correct grip posture, especially the thumb & four fingers contact posture. Otherwise, the scale will only show weight & BMI.
- ◆ Keep feet apart and barefoot on the scale platform, facing the display direction. Otherwise, the scale will only show weight & BMI.

- ♦ Stand still for about 20-30 seconds to finish the whole measurement. Otherwise, the scale will only show weight & BMI.

## ADVICE



Place the scale far away from the children to prevent it from falling down or crashing.

## DISPOSAL



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



Dispose of the device in an environmentally friendly manner. Dispose of it at a recycling center 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.



SCAN ME

## REGISTER E-WARRANTY in 4 SIMPLE STEPS

Please register your warranty online



01

Scan QR Code or  
log in to  
<https://www.mynt.com.my/e-warranty.html>



03

Register Product  
Warranty



02

Attach Product  
Invoice



04

Receive Confirmation  
Email