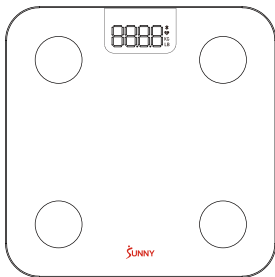




BODY COMPOSITION BMI SMART SCALE

SF-WS022063

USER MANUAL



IMPORTANT! Please retain owner's manual for maintenance and adjustment instructions. Your satisfaction is very important to us, **PLEASE DO NOT RETURN UNTIL YOU HAVE CONTACTED US:**
support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



WWW.SUNNYHEALTHFITNESS.COM



We thank you for choosing our Body Composition BMI Smart Scale. Our Body Composition BMI Smart Scale is developed for fitness users. We use a more intelligent high-precision lipid-measuring chip, coupled with E-type sensor to capture more detailed body indicators, to give you a more scientific fitness reference. The surface of the scale is tempered glass which makes the weight bearing of the scale higher and safer.

We hope that the Body Composition BMI Smart Scale will bring you a good body management experience. We will continue to develop more intelligent products to provide you with better user experiences.

Your feedback enables us to improve on our products and services. We would love to hear from you! You can reach us at: support@sunnyhealthfitness.com.



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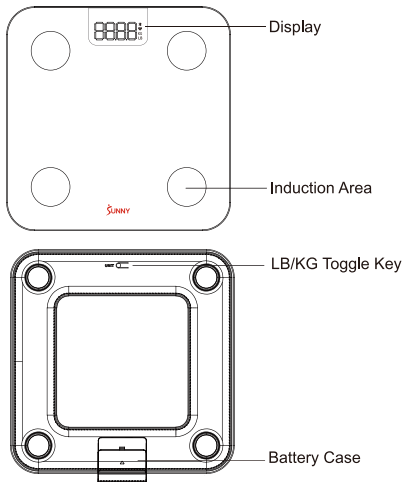


IMPORTANT SAFETY INFORMATION

It is important to read the entire manual before using the scale. It is your responsibility to ensure that as a user of this product you are informed of all warnings and precautions.

1. Do not disassemble, hit or puncture the scale and the batteries. If the scale is not in use for a long time, please remove the batteries.
2. People with pacemakers or other medical devices, and pregnant woman are not recommended to use the scale.
3. This data is a rough guide which cannot be used in medical treatment. The following groups may result in inaccurate access to body data: minors and professional athlete.
4. Use the equipment on a solid, flat level floor, do not use it on carpet or other soft surface.
5. Always use the equipment as indicated. If you find any defective components while using the scale, or if you hear any unusual noises coming from the scale during use, discontinue use of the scale immediately and do not use until the problem has been rectified.
6. The maximum weight capacity of this unit is 400 LBS (180 KG).
7. The scale is not waterproof. Do not rinse it with water to avoid damage.
8. The elderly, sick, children and other special groups must be guided or assisted by guardians.
9. Keep the product out of reach of children to avoid harm to children.
10. The operating temperature of this scale ranges from 32°F to 104°F. Do not place this scale in the space exceeding the temperature range.
11. After use, please place the scale on a horizontal table, and store it in a cool and dry place. Please handle with care to avoid damage to internal components due to strong impact of colliding goods.
12. Do not jump on the scale to avoid falling.
13. The glass surface is slippery when wet. Always keep the glass surface your feet dry when standing on the scale.
14. Do not weigh after strenuous exercise.

PRODUCT INFORMATION



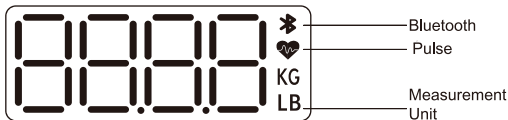
Display Area: Displays the weight, Bluetooth and battery information.

Induction Area: Users should stand on the induction area with bare feet when using scale.

LB/KG Toggle Key: Press once to switch the measurement units, LB or KG.

Battery Case: Remove the battery cover by a downward flick. It uses 3PCS of AAA batteries.


DISPLAY



Bluetooth: ✱ Flashes when Bluetooth is not connected.

✱ Keeps on when Bluetooth is connected.

Pulse:  Flashes when pulse is measuring.

 Keeps on when pulse measurement is finished.

Measurement Unit: LB and KG could be switched.

TROUBLESHOOTING

The image shows a close-up of the digital display showing the characters 'Lo' in a large, bold, black font.

When display shows “Lo”, then battery is low. The scale will shutdown automatically after 3 seconds. Please change to 3PCS new AAA batteries.

The image shows a close-up of the digital display showing the characters 'Err' in a large, bold, black font.

The max. capacity is 400 LBS (180 KG). When the weight is exceed 403 LBS (183 KG), then display will show “Err”, then the scale will shutdown automatically after 3 seconds.

NOTE: The screen display varies with the product model. For details, please refer to the product.

PRODUCT PARAMETER

PRODUCT SIZE: 11X11X1 INCHES

GROSS WEIGHT: 3.4 LBS

NET WEIGHT: 2.8 LBS

MEASUREMENT UNIT: LB / KG

MEASUREMENT RANGE: 6.6 LBS~400 LBS / 3 KG~180 KG

WEIGHING ACCURACY: 0.1 LB / 0.05 KG

BATTERY: 3 PCS 1.5V AAA

BF (FAT RATE) DATA

MALE

AGE	UNDERWEIGHT	NORMAL	OVERWEIGHT	OBSESITY
0~39	BF≤10.0	10.0<BF≤21.0	21.0<BF≤26.0	26.0<BF
40~59	BF≤11.0	11.0<BF≤22.0	22.0<BF≤27.0	27.0<BF
60~	BF≤13.0	13.0<BF≤24.0	24.0<BF≤29.0	29.0<BF

FEMALE

AGE	UNDERWEIGHT	NORMAL	OVERWEIGHT	OBSESITY
0~39	BF≤20.0	20.0<BF≤34.0	34.0<BF≤39.0	39.0<BF
40~59	BF≤21.0	21.0<BF≤35.0	35.0<BF≤40.0	40.0<BF
60~	BF≤22.0	22.0<BF≤36.0	36.0<BF≤41.0	41.0<BF

BMI DATA

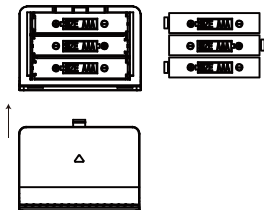
BMI					
AGE	UNDERWEIGHT	NORMAL	SLIGHTLY FAT	OVERWEIGHT	OBSESITY
18-100	<18.5	18.5-23.9	24-27.9	28-34.9	≥35

BMI=WEIGHT (KG) ÷ HEIGHT² (M)

EXAMPLE: BMI=70 KG ÷ (1.72 M X 1.72 M)=23.66, then it is normal.

GETTING STARTED

Take out 3 PCS AAA batteries from the box, then install the batteries into the battery case. Make sure Bluetooth on the phone is on. Then gently step on the scale, the scale display will turn on.



NOTE:

- 1.Measurement must be done with bare feet by touching the induction areas evenly.
- 2.The scale must be placed on hard flat floor, it can not be placed on soft material, such as: carpet.
- 3.The user must remove the product from the plastic bag so that the skin can touch the sensors on the scale.

NON-CONNECTED APP USAGE INSTRUCTIONS

When not connected to SunnyFit APP, user can still use the scale to get weight measurements.

When using the scale, distribute your feet evenly across the scale's surface and allow your feet to touch both the front and back sensors (as shown in image below).



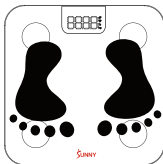
✓ **CORRECT POSITION**
Both feet are standing evenly over the 4 sensors.



✗ **WRONG POSITION**
Stepping out of the scale's edges will result in inaccurate readings.



✗ **WRONG POSITION**
Both feet are standing over the scale in the wrong angle. This causes inaccurate readings.



✗ **WRONG POSITION**
Both feet are standing over the scale in the wrong angle. This causes inaccurate readings.

NOTE:

1. Step off the scale once the measurement on the display is locked.
2. The scale will turn off in 10 seconds once the measurement has been locked.

APP CONNECTION:

Connect Smart Product to SunnyFit App:

1.Scan to download SunnyFit from the app store:



SunnyFit



- 2.Ensure that the Bluetooth function is turned on from your mobile device.
- 3.If this is your first time using the SunnyFit app, follow the in-app instructions to register for your free SunnyFit account and log in.
- 4.In the "Home" or "Workout" tab, tap on the "+" button on the top right of the screen, then follow the in-app directions to search for and set up your product.

Troubleshooting:

- If you are having trouble connecting your smart equipment, visit www.sunnyfit.com/guide or scan the QR code below:



- If you require additional support, please contact support@sunnyfit.com.

FUNCTION



WEIGHT



PROTEIN



METABOLIC AGE



IDEAL WEIGHT



BMI



BMR



VISCERAL FAT



BONE MASS



BODY FAT(BFR)



BODY WATER



MUSCLE MASS



BODY TYPE



MUSCLE CONTROL



SKELETAL MUSCLE



FAT MASS



FAT-FREE BODY WEIGHT



FAT CONTROL



SUBCUTANEOUS FAT



HEART RATE



TARGET TRACKING

CONNECT
with us

DOWNLOAD


Track your fitness progress & join
FREE workout courses!

Download  **SUNNYFIT** today!




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