

 SILVERGEAR

# SMART SCALE PRO

**BODY COMPOSITION & HEART RATE**



**User Manual**

Thanks for choosing the Silvergear Smart Scale. This full body composition scale is your personal health assistant. It can help you conveniently measure body weight, heart rate, heart index, BMI, body fat rate, visceral fat, body water, skeletal muscle rate, muscle mass, bone mass, protein, BMR and body age.

**IMPORTANT:** Please read the 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 the ones mentioned in this manual, may result in self-injury or damage to the scale.

## RECORDED PARAMETERS

- Weight
- BMI
- Body fat rate
- Visceral fat
- Body water
- Skeletal muscle rate
- Muscle mass
- Bone mass
- Fat-free weight
- Subcutaneous fat
- Protein
- BMR
- Body age
- Heart rate
- Heart index
- Height record (<16 years old)
- Body balance tracking

Scan the corresponding QR Code  
to download APP



## INDICATION SYMBOLS

Lo	Low battery – please change the batteries
Err	Overload
C	An error has occurred during measurement. Step off the scale and step on it again to repeat the measuring process.

## WHAT'S IN THE PACKAGE

- 1 x smart scale
- 1 x user manual

## WARNING

- Should NOT be used to diagnose or treat any medical conditions.
- 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 / 400lb).
- 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.

## NOTE

- 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.
- Connect the batteries in accordance with the correct polarities indicated.
- Remove batteries if the scale is not used for a long period of time.
- For the user under 6 years old, there's only a weight function, no BMI and body fat, etc. data.
- For the user under 10 years old, there's only a weight & BMI function, no body fat, etc. data.
- Check the device before each use, do not use when damaged.
- To ensure weighing accuracy, gently step on the scale to wake it up and wait at least 10 seconds before weighing. Also wake up the scale if it has been moved. Take your measurements at the same time each day to ensure the most accurate results.
- When not in use, please remove the batteries and place the device in a dry room and protect it against extreme moisture, heat, lint, dust and direct sunlight. Never place heavy objects on the equipment.

## SPECIFICATIONS

- LCD display
- Weight unit: kg/lb. (switch the units on the bottom of the scale)
- Weight limit: 6kg – 180kg (13.2lb – 400lb)
- Account number: no limitation (each account can add 24 persons)
- Baby mode: allows you to weigh a baby
- Size: 11,8x11,8x0,98 inch/ 29,97x29,97x2,49 cm
- Batteries: 4 x 1.5 V AAA

#### SUPPORT DEVICES:

- IOS 8.0 or higher
- Android 6.0 or higher

#### INSTALL FITDAYS

Search "Fitdays" in the Apple Store app or Google Play app. Or scan the QR code below:



Download and install the app on your device.

The app icon will appear on your phone or tablet after the installation is completed.

#### HOW TO USE THE APP

Before using the scale, make sure you have entered all your personal data through the Fitdays app.

Install the batteries from the package or pull out the insulator if the batteries are inside already.

Install the original battery set. Please note that the batteries offered are a trial version. We recommend replacing them within 3 months and removing the batteries when not used for a long time. Place the scale on a hard and flat ground.

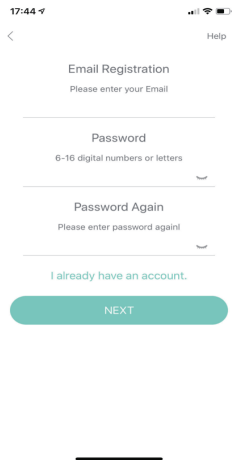
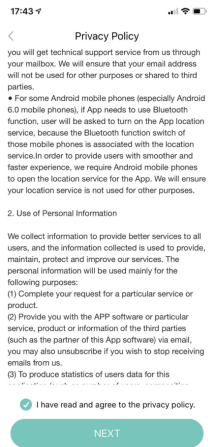
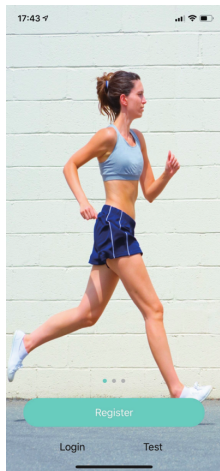
Flat and hard surface



Carpet or uneven surface

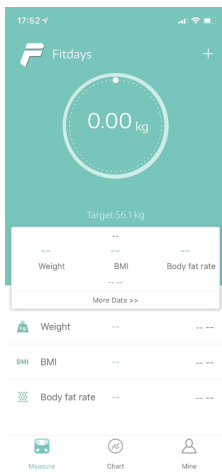
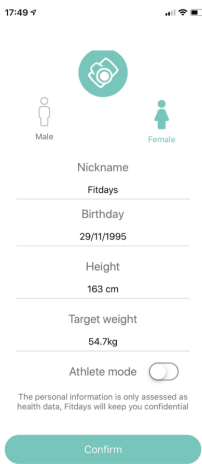
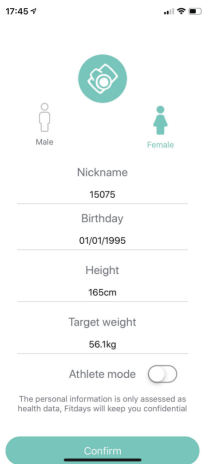


Turn on bluetooth on your smart phone or tablet.  
Register your own ID by email or social media account.



Add personal data and confirm OK.

Note: Entering the wrong gender, age, height, or corporeity level may result in measurements being inaccurate.



Tap with your foot on the scale to activate the display. Wait until the display shows "0.0" (kg/lb)  
Step on the scale with BARE feet to turn on the scale.

Clean and Bare feet



With socks or shoes



NOTE:

When stepping on the scale with socks, only weight and BMI will be measured and displayed on the main page. To get the complete data, please step on the scale with bare feet, and the weight will lock, now you can read all the body composition data in the Fitdays App by clicking "more data".



After the weight is locked, the scale will track your body balance. Stand straight and you can adjust your body to achieve equal weight during testing.

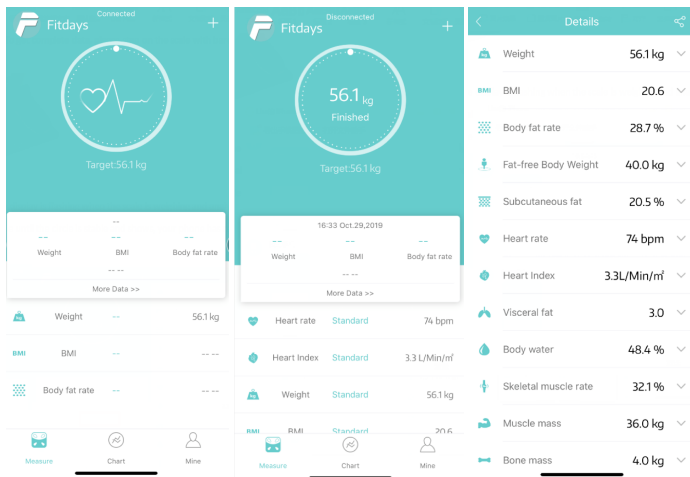
Stand still and steady when the display flashes, your final weight, as well as your left & right weight, will be displayed.

28.0<sup>L</sup> ≈ 24.6<sup>R</sup>

Note:

Weight L ≈ Weight R Health; Weight L > Weight R (or Weight L < Weight R ) You need to pay attention to your balance status.

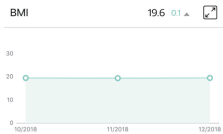
After tracking your body balance, the scale will measure the body's heart rate. The icon of a heart (photo below) will flash when the scale is weighing and analyzing. Keep standing on the scale until the measurement is finished and your phone has received all the data from the scale.



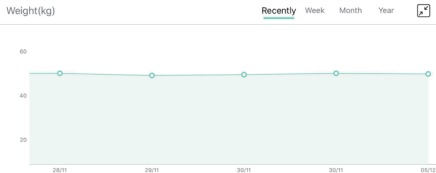
You can find your personal data report for body weight, BMI, BMR, muscle, bone mass etc. (see full details by clicking on "More data" >>). When you click Record, you can see your long-term tracking results. To delete results: click Chart to view your progress history. Use the calendar to form a list and select the data that you want to delete. Fitdays supports you in keeping a record for every function via the right icon. Fitdays can keep a track-record for recent, week, month and year. You can also share your results with friends and family through Facebook, Instagram, or SMS.



18:02 📶 🔋  
 Recently Week **Month** Year

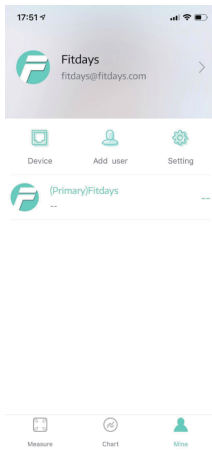
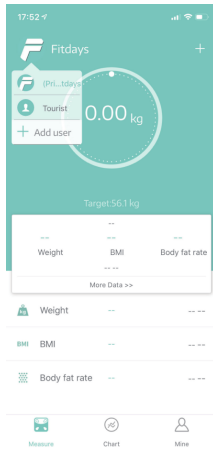


Body fat rate(%) 25.0 % 0.3 % ▲

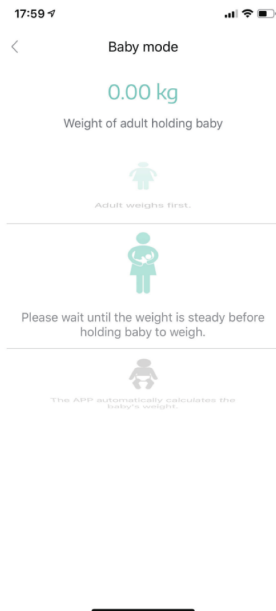
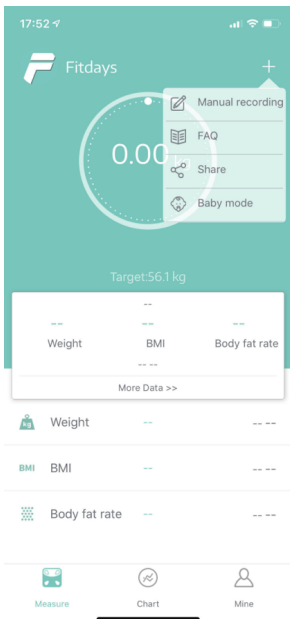


Note: slide left or right or drag with two fingers to see more records.

Add or switch user by clicking the icon on the upper-left, or Manage users, then add personal data. The Smart Scale can recognize which user is on the it and will remind him/her to switch to the correct user. Each account can support 24 users.



Weighing baby: click + --> Baby Mode. Step on the scale by your own. When the scale picks up your weight, hold the baby to receive the weight of the baby.



< Baby mode  
58.50 kg  
Weight of adult holding baby



Adult weighs first.



Please wait until the weight is steady before holding baby to weigh.



The APP automatically calculates the baby's weight.

< Baby mode  
6.80 kg  
Baby weight



Please wait until the weight is steady before holding baby to weigh.



The APP automatically calculates the baby's weight.

## TROUBLESHOOTING GUIDE

### 1. Bluetooth is not connected

- Both the scale and smart phone must have bluetooth turned on.
- Check the IOS version of your smart phone; it must be IOS 8.0 or higher / Andorid 6.0 or higher.  
Click Me -- > device -- > find the scale

### 2. The scale is not measuring body fat data when weighing

- The user must be barefoot to measure body fat.
- Make sure your feet and the scale are both dry.
- The scale is not finished with weighing when the number displayed is flashing. Keep standing on

- the scale for about 10 seconds, until the number on the display stops flashing.
- Bluetooth is not turned on.
  - Bluetooth is connected to a difference scale.
- The scale is producing inconsistent weights
    - 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.
    - Remove the batteries to restart the scale.
  - The app is displaying the incorrect flat-muscle ratio
    - The body parameter setting is incorrect, check to make sure that you enter the correct gender, height, and age.
  - How do I re-calibrate the scale after moving it or changing the batteries?
    - Step on the scale to turn it on. Let it automatically drop to 0.0kg/lb to calibrate.
  - The scale does not turn on
    - Remove the batteries and put them back. Make sure to insert the batteries in the correct direction.
  - How to change unit?
    - You need to change the scale unit by pressing the backside button. The app will then show the same unit as the scale.



Functioning normally

1. Battery volume
2. Connected
3. Weight units
4. Body balance function
5. Body fat rate
6. Body water rate
7. Body Heart rate
8. Body weight
9. BMI
10. Muscle rate
11. Bone mass

No display

Change battery

Lo

Change battery

EEr

Overload

[

Calibrating

## BATTERY ADVICE

- \* If the scale is not used for long periods of time, it's recommended to remove the battery to avoid damage to the scale due to possible battery leakage.
- \* Keep the battery out of reach of children.
  
- \* Do not mix old and new batteries, with different compositions or different brands in order to prevent possible leakage or explosion.
- \* Do not heat or deform the batteries or expose to fire.
  
- \* Batteries should not be disposed with household waste. Please recycle, when possible.
- \* Please ask your local authority for battery recycling advice.
  
- \* Waste of electrical products should not be disposed with household waste. Please recycle, when possible. Ask your local authority or retailer for recycling advice.

## DISPOSAL

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

Dispose the device in an environmentally friendly manner. Dispose 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 the disposal of the device and separately. To protect the environment, non-rechargeable and rechargeable batteries may not be disposed with normal household waste, but must be taken to suitable collection points. Please check the regulations regarding waste disposal in your country.



[www.silvergear.eu](http://www.silvergear.eu)



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