

USER MANUAL

Balenz

BY

▲ Rulinz

SCAN THE CORRESPONDING QR CODE TO DOWNLOAD APP



THANKS FOR CHOOSING THE BALĚNZ BY RULINZ. THIS FULLY BODY COMPOSITION SCALE 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 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 THE ONES MENTIONED IN THIS MANUAL MAY RESULT IN INJURY TO YOURSELF OR DAMAGE TO THE SCALE.

RECORDED PARAMETERS:

- WEIGHT ● BMI ● BODY FAT RATE ● VISCERAL FAT ● FAT-FREE BODY WEIGHT ● SUBCUTANEOUS FAT
- BODY WATER ● SKELETAL MUSCLE RATE ● MUSCLE MASS ● BONE MASS ● PROTEIN ● BMR
- BODY AGE ● HEART RATE ● HEART INDEX ● HEIGHT RECORD (< 16 YEARS OLD)

INDICATION SYMBOLS:

LO - LOW BATTERY – PLEASE CHANGE THE BATTERIES

ERR - OVERLOAD

C - AN ERROR HAS OCCURRED DURING MEASUREMENT. STEP OFF THE SCALES AND STEP ON THEM AGAIN TO REPEAT THE MEASURING PROCESS.

WHAT IS IN THE PACKAGE

1 X BALĚNZ

1 X USER MANUAL

! 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 /400LB/28ST).

DO NOT DROP SCALE OR DROOP AND 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 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.

CONNECT THE BATTERIES IN ACCORDANCE WITH THE CORRECT POLARITIES INDICATED.

REMOVE BATTERIES IF THE SCALE IS NOT BE USED FOR A PROLONGED PERIOD OF TIME.

THE USER UNDER 6 YEARS OLD, ONLY WEIGHT FUNCTION, NO BMI AND BODY FAT, ETC. DATA.

THE USER UNDER 10 YEARS OLD, ONLY WEIGHT & BMI FUNCTION, NO BODY FAT, ETC. DATA.

SPECIFICATION:

LCD DISPLAY

WEIGHT UNIT: KG/LB/ST (SWITCH THE UNITS IN THE BOTTOM OF THE SCALE BODY)

WEIGHT LIMIT: 6KG – 180KG (13.2LB – 396LB)

ACCOUNT NUMBER: NO LIMITATION (EACH ACCOUNT CAN ADD 24 PERSONS)

BABY MODE: ALLOW YOU TO SCALE THE WEIGHT OF BABY

SUPPORT DEVICES:

IOS 8.0 OR HIGHER

ANDROID 5.0 OR HIGHER

INSTALL FITDAYS:

SEARCH "FITDAYS" IN APPLE STORE OR GOOGLE PLAY 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 APP

INSTALL THE BATTERIES FROM THE PACKAGE OR PULL OUT THE INSULATOR IF BATTERIES HAVE BEEN INSIDE ALREADY.

PLACE THE SCALE ON THE HARD AND FLAT GROUND.

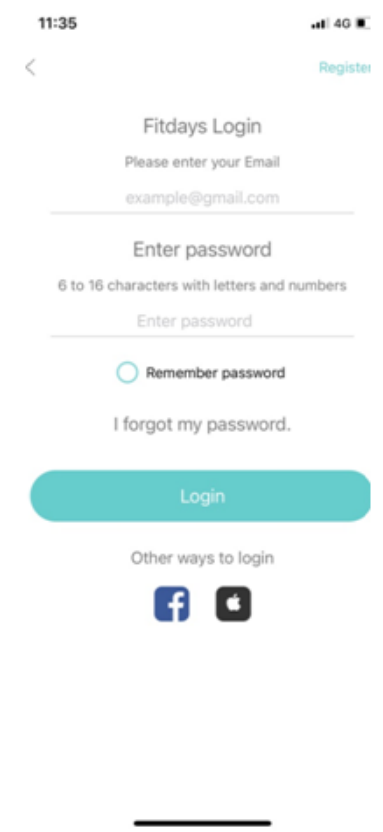
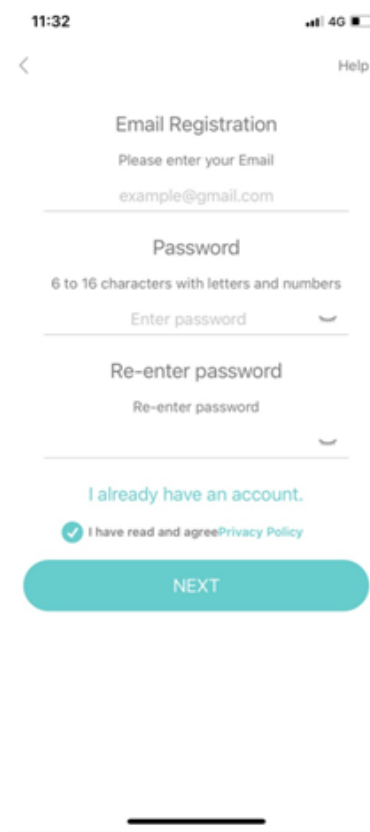
Flat and hard surface



Carpet or uneven surface

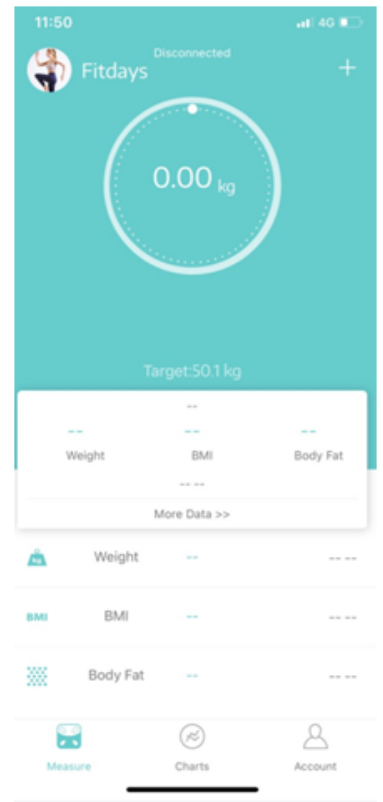
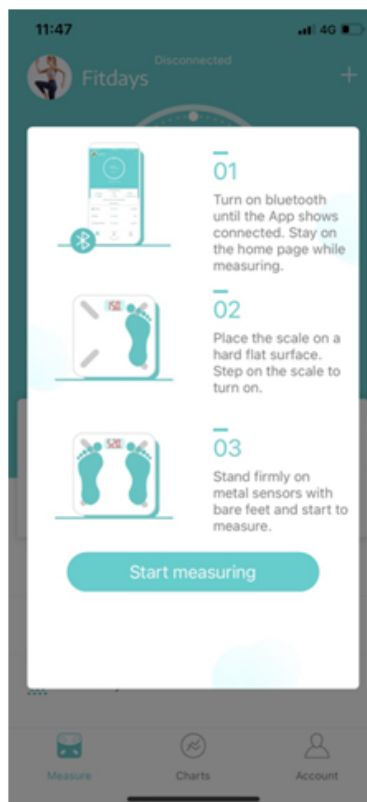
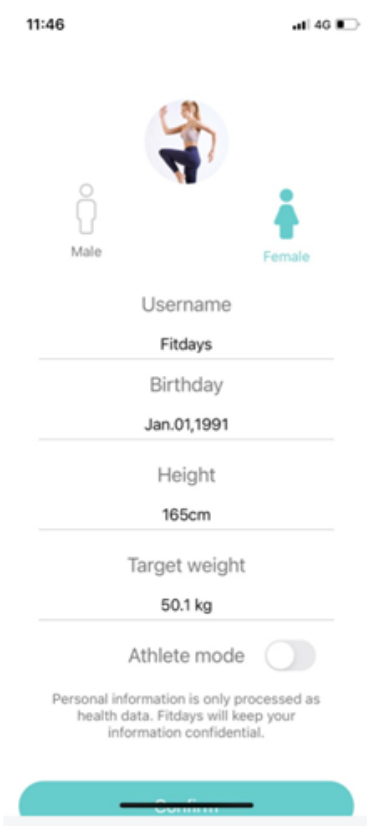


TURN ON THE BLUETOOTH ON YOUR SMART PHONE OR TABLET. REGISTER YOUR OWN ID BY EMAIL OR LOGIN WITH SOCIAL MEDIA ACCOUNT.



ADD PERSONAL DATA AND CONFIRM OK

NOTE: ENTER THE WRONG GENDER, AGE, HEIGHT, OR CORPOREITY LEVEL MAY RESULT IN MEASUREMENTS BEING INACCURATE.



**TAP YOUR FOOT ON THE SCALE TO ACTIVATE THE DISPLAY. WAIT UNTIL THE DISPLAY SHOWS "0.0"(KG/LB/ST)
STEP ON THE SCALE WITH BARE FEET TO TURN THE SCALE ON.SCALE WILL AUTO-CONNECTED WITH THE CELLPHONE. ONLY WHEN IT IS
CONNECTED THAT THE HOME PAGE WILL SHOW "CONNECTED".OTHERWISE,PLS CLICK "ACCOUNT"- "DEVICE"-- "+"-- "SEARCHING
BLUETOOTH FOR PAIRING",CLICK THE DEVICE TO CONNECT AND BACK TO HOME PAGE TO MEASURE.**

Clean and Bare feet



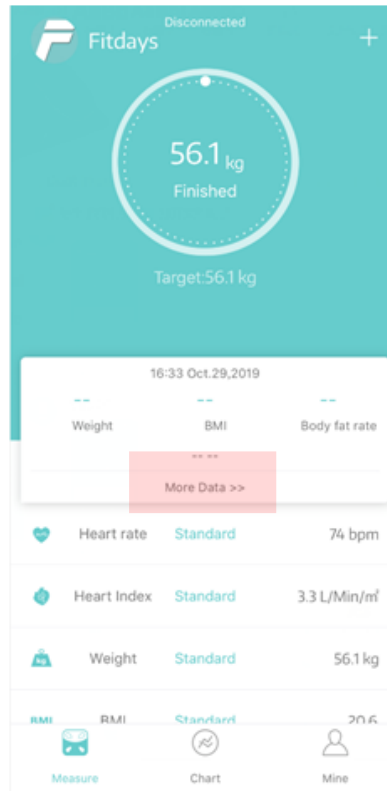
With socks or shoes



NOTE:

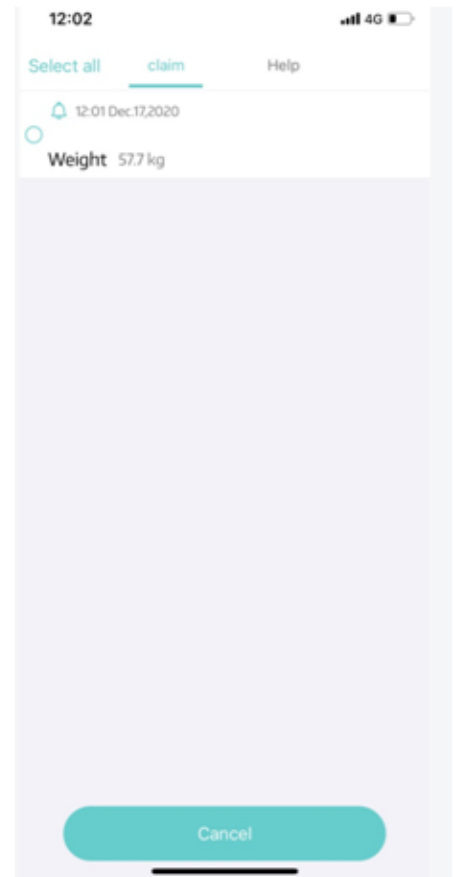
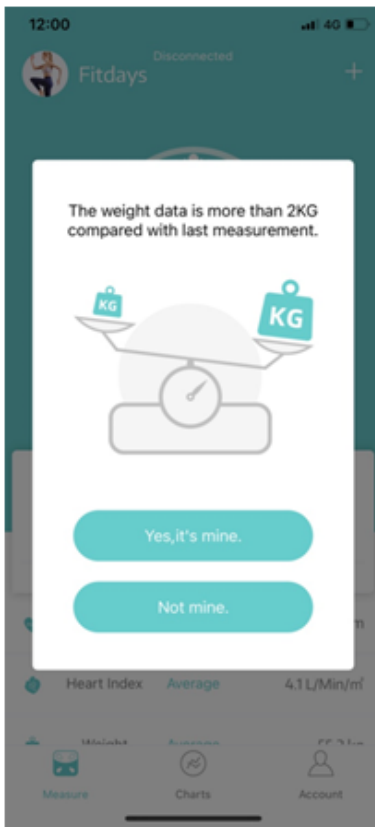
IF STEPPING ON THE SCALE WITH SOCKS, ONLY WEIGHT AND BMI WILL BE MEASURED AND DISPLAYED ON THE MAIN PAGE. TO GET COMPLETE DATA, PLEASE STEP ON THE SCALE WITH BARE FEET.

THE ICON OF HEART AS BELOW IS FLASHING WHEN THE SCALE IS WEIGHING AND ANALYZING. CONTINUE TO STAND ON THE SCALE UNTIL THE MEASUREMENT IS FINISHED, YOUR PHONE HAS RECEIVED ALL THE DATA FROM THE SCALE.

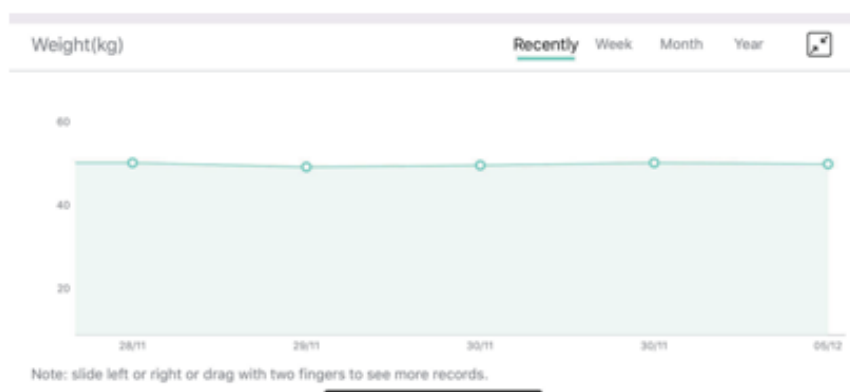
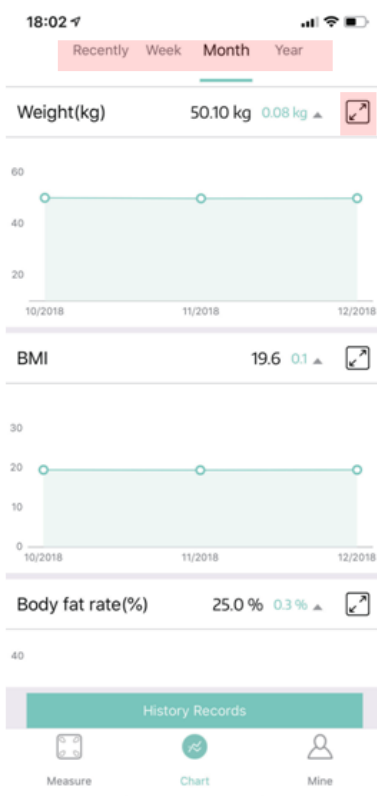


Details	
Weight	56.1 kg
BMI	20.6
Body fat rate	28.7 %
Fat-free Body Weight	40.0 kg
Subcutaneous fat	20.5 %
Heart rate	74 bpm
Heart Index	3.3L/Min/m ²
Visceral fat	3.0
Body water	48.4 %
Skeletal muscle rate	32.1 %
Muscle mass	36.0 kg
Bone mass	4.0 kg

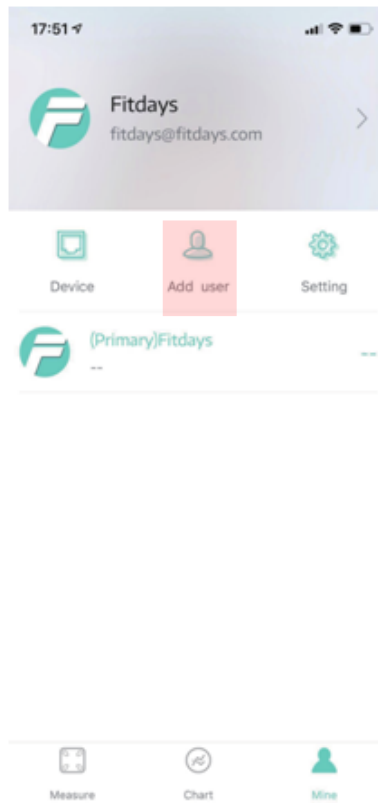
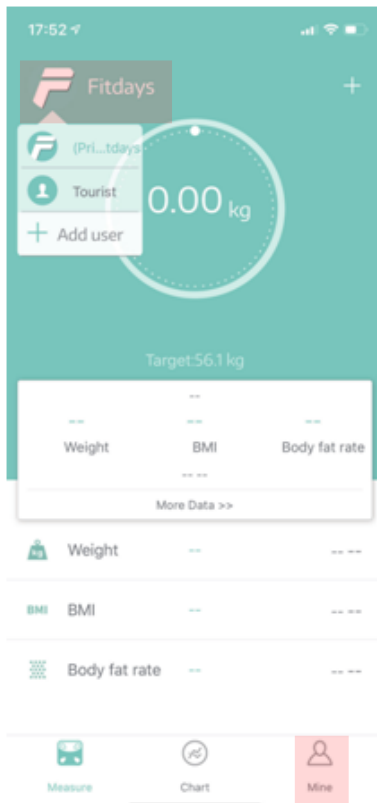
NOTE: IF THE WEIGHT IS MORE THAN 2KG COMPARED WITH LAST MEASUREMENT,IT WILL POP UP A PICTURE FOR YOUR CHOICE.IF CLICK“NOT MINE” ,IT WILL APPEAR A EMAIL ON THE LEFT ,PLS CLICK TO CLAIM.



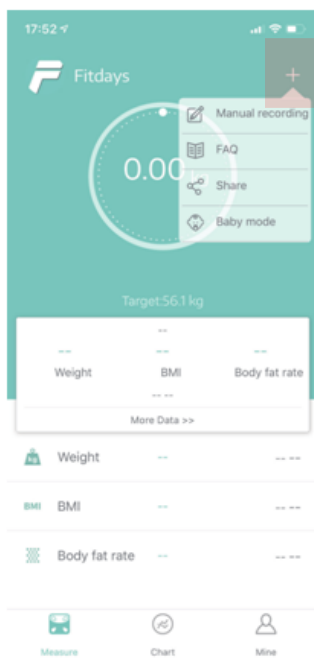
YOU CAN FIND THE ANALYZING REPORT ON BODY WEIGHT, BMI, BMR, MUSCLE, BONE MASS ETC. (SEE FULL DETAILS ON MORE DATA >>). WHEN YOU CLICK RECORD, YOU CAN SEE YOUR LONG-TERM TRACK CHAT FORM. FITDAYS SUPPORTS YOU TO ZOOM + THE RECORD FOR EVERY FUNCTIONS VIA THE RIGHT ICON; FITDAYS ALSO SUPPORTS RECORD FOR RECENTLY, WEEK, MONTH AND YEAR;



ADD, SWITCH USER BY CLICK PHOTO UPPER THE LEFT, OR CLICK "ACCOUNT" -- > MANAGE USERS, THEN ADD PERSONAL DATA. THE SMART SCALE BALENZ CAN RECOGNIZE WHICH USER IS STEP ON IT AND REMIND USER TO SWITCH THE CORRECT USER. EACH ACCOUNT CAN SUPPORT 24 USERS.



WEIGHING BABY: CLICK + --> BABY MODE. STEP ON THE SCALE BY YOUR OWN, AFTER SCALE GETS YOUR WEIGHT, AND THEN HOLD THE BABY TO GET THE WEIGHT OF BABY.



TROUBLESHOOTING GUIDE

BLUETOOTH NOT CONNECTED

THE SCALE AND SMART PHONE MUST BE BOTH HAVE BLUETOOTH ON.

CHECK THE IOS VERSION OF YOUR SMART PHONE; IT MUST BE IOS 8.0 OR HIGHER / ANDORID 5.0 OR HIGHER.

CLICK ACCOUNT -- > DEVICE FIND THE SCALE

NO BODY FAT DATA MEASURED WHEN WEIGHING

USER MUST BE BAREFOOT TO MEASURE THE BODY FAT.

MAKE SURE YOUR FEET AND THE SCALE ARE BOTH DRY.

SCALE NOT FINISHING WEIGHING WHEN THE NUMBER DISPLAY IS FLASHING (KEEP STANDING ON THE SCALE AROUND 10 SECOND UNTIL THE NUMBER ON THE DISPLAY STOPS FLASHING).

BLUETOOTH IS NOT TURNED ON.

BLUETOOTH IS PAIRED WITH 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 OF IT.

REMOVE THE BATTERIES TO RESTART THE SCALE.

THE APP IS DISPLAY 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 RECALIBRATE THE SCALE AFTER MOVING IT OR CHANGE THE BATTERIES?

STEP ON THE SCALE TO TURN IT ON. LET IS AUTOMATICALLY DROP TO 0.0KG/LB TO CALIBRATE.

THE SCALE DOES NOT TURN ON.

REMOVE THE BATTERIES AND PUT IT BACK. MAKE SURE TO INSERT THE BATTERIES IN THE CORRECT DIRECTION.

HOW TO CHANGE UNIT?

YOU NEED TO CHANGE THE SCALE UNIT BY THE BACKSIDE BUTTON. THEN APP WILL SHOW THE SAME UNIT WITH THE SCALE.

BATTERY ADVICE



- * IF THE SCALE IS NOT TO BE USED FOR LONG PERIODS, 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 OF DIFFERENT BRANDS IN ORDER TO PREVENT POSSIBLE LEAKAGE, EXPLOSION.
- * DO NOT HEAT OR DEFORM THE BATTERIES OR EXPOSE TO FIRE.



- * WASTE BATTERIES SHOULD NOT BE DISPOSED OF WITH HOUSEHOLD WASTE.
- * PLEASE CHECK WITH YOUR LOCAL AUTHORITY FOR BATTERY RECYCLING ADVICE.
- * WASTE ELECTRICAL PRODUCTS SHOULD NOT BE DISPOSED OF WITH HOUSEHOLD WASTE. PLEASE RECYCLE WHERE FACILITIES EXIST. CHECK WITH YOUR LOCAL AUTHORITY OR RETAILER FOR RECYCLING ADVICE.

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.