OXILINE

Scale X Pro

User Manual

Made in China

Scale X Pro User Manual

Thank you for choosing the Scale X Pro, this device works with a unique bio-electrical impedance analysis sensor that sends signals and scans your body to provide 16 unique measurements. This guide will help you get the most out of your Scale X Pro so that you can learn about your body and track your progress like never before.

Caution

Safety precautions:

When using the smart scale, certain basic safety precautions must be followed, including the following:

1. The smart scale should not be used to diagnose or treat any medical condition. You should consult a doctor when undertaking any diet or exercise program.

2. If you are pregnant or have a pacemaker or other internal device,you should not over rely on the data provided by this smart scale. All data is for reference and is not a substitute for advise from a licensed health care professional.

3. If the smart scale malfunctions, first check the batteries and replace if needed.

4. Check the smart scale before each use. Do not use the device if damaged. The continuous use of a damaged device may cause injury or improper results.

Key Tips

1. The smart scale is a high-precision measuring device. Never jump on the scale or attempt to disassemble it.

2. Place the smart scale on a hard, flat surface during use. Using the smart scale on a soft surface like carpet or linoleum may affect the accuracy of the scale readings.

3. To ensure weighing accuracy, please gently step on the smart scale to wake it up and wait at least 10 seconds before weighing on the

scale. You must also wake up the smart scale if it has been moved. Take your measurements at the same time each day to ensure the most accurate results.

4. To store for long periods of time, 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 any heavy objects on top of the smart scale.

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

6. Use the scale while barefoot. The scale cannot measure body fat percentage if you're wearing shoes or socks.

7. Make sure your feet are dry before weighing yourself.

8. This scale is not waterproof; never immerse the scale in water. To clean the surface, use a damp cloth or glass cleaner. Do not use soap or other chemicals.

Specifications

Size: 27.8x27.8x23 CM

Weight: 3.95 lb / 1.54kg

Batteries: 4*1.5 V AAA

Capacity: 11-396 lb / 5-180 kg

Division: 0.1 lb / 0.05 kg

Unit: lb / kg / st

Accuracy Range

50kg:±0.3kg	100kg:±0.4kg	180kg:±0.5kg
110lb:±0.66lb	220lb:±0.88lb	396lb:±1.1lb

Trouble shooting

1.Battery Status
2.Connection Status
3.Weight unit
4.Body fat percentage
5.Body water percentage
6.Body heart rate
7.Body type assessment
8.Body weight
9.BMI
10.Muscle weight
11.Bone mass

Functioning normally

No display

Change battery

Lo

Change battery

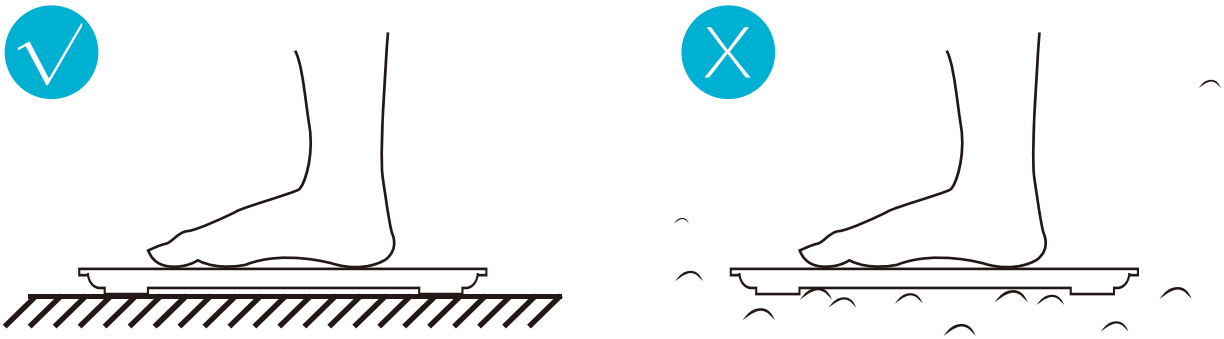
Err

Overload

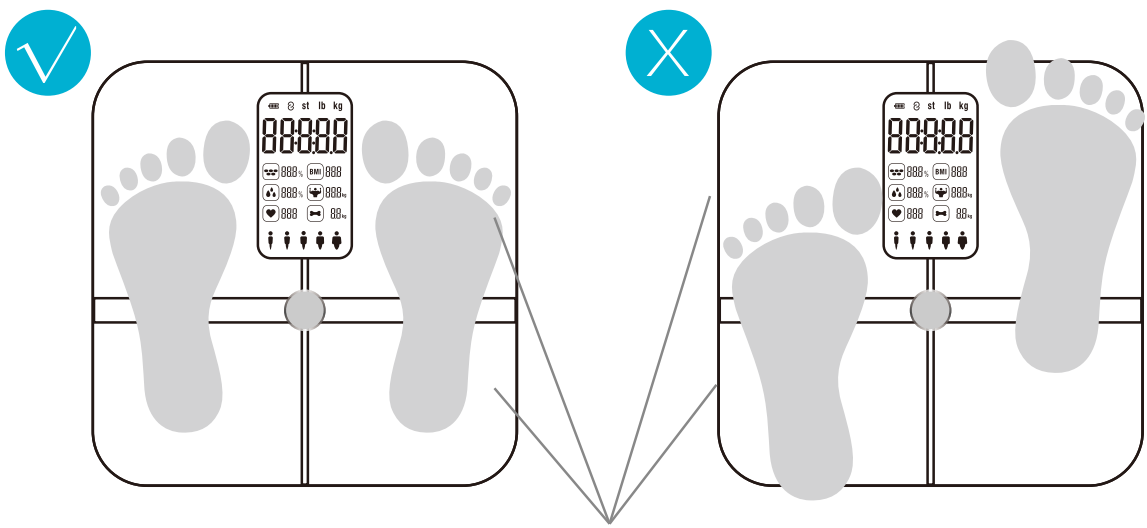
C

Calibrating

To get started, place the smart scale on an even surface. Then step on it with one foot to wake it up. Once the weight reading shows 0.00 lb / kg you may stand on it with both feet.



For body fat and other body composition analysis: Stand straight on the smart scale with both bare feet as shown below.

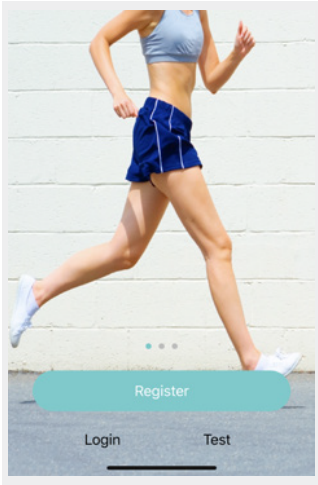


Operating instructions

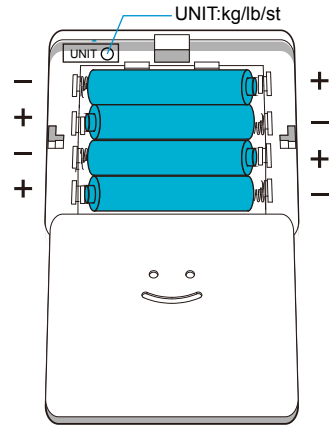
The smart scale can connect with your mobile phone (Android 6.0+ & IOS 8.0+) or iPad via Bluetooth 4.0. To get started download the ‘Fitdays’ app from the App Store or Google Play Store.

Download App and install the batteries

Download " Fitdays " via App Store or Google Play.



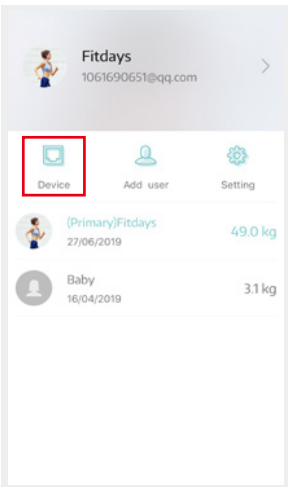
Register your own ID and add personal information.



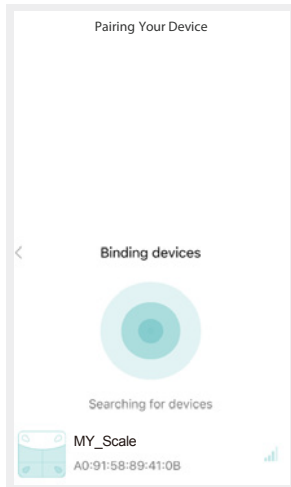
Insert the batteries as shown above.

Pairing the scale with your smartphone

Turn on Bluetooth on your smartphone. Location also needs to be turned on for Android 6.0 or higher.



Press the “Account” icon, then the “Device” icon and finally the “+” symbol found at the top right corner of the screen.

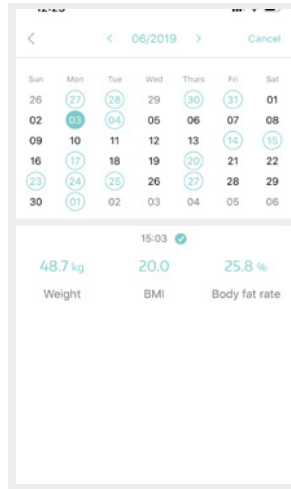


While the app is searching for the scale wake it up by steping on it and the scale will connect automatically.

Open the app home screen and stand on the scale for 5-10 seconds with bare feet. Once the measurement is complete you will see your data on the Fitdays app.

View Reports

Press on "Charts" to view your progress history and easily visualize all your body measurements in various time formats such as recent, week, month and year.



Export or Share your Data

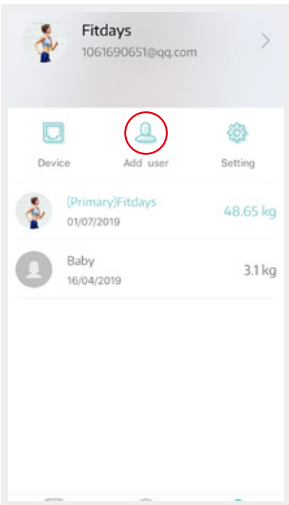
First, press on "Measure" then press on "Details" and you will view all your most recent readings on one screen. Press the icon on the top right corner and you will enter the Export/ Share mode where you will be able to send or save this overview of your data through various options.

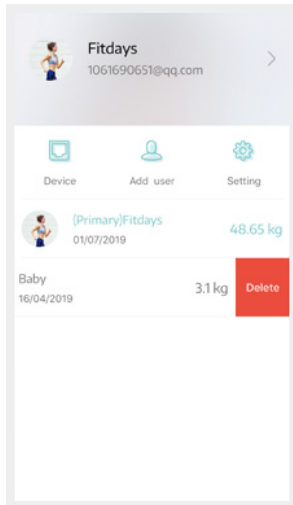
Additionally, you may also Export/Share data with various date formats by entering the "Charts" view, selecting the time format you prefer, pressing on the icon found on the top right corner to view the data overview, and once more pressing on the icon found on the top right corner to Share/Export your data.

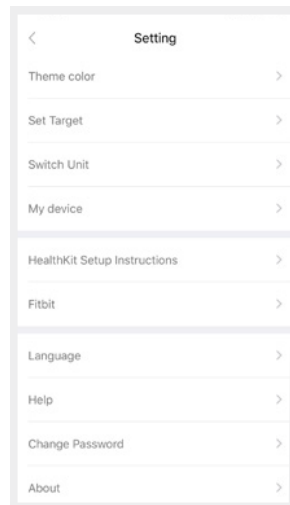
Add/Delete Users & Basic Settings

To create a new user profile first press on "Account," then "Add User," then simply enter all your personal information and press the confirm button.

To delete a user profile press on "Account," then swipe left on top of the desired user profile. You will see a "Delete" prompt surrounded with red color, simply press delete to cofirm.







Key Settings

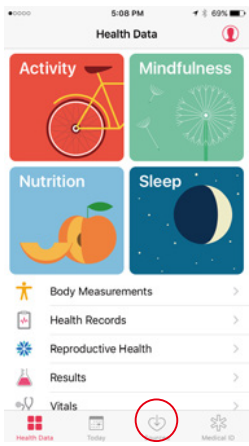
Explore the settings page by pressing on "Account," then "Settings." You may change your theme, set a target weight, switch units from lbs, kg and st, and more.

Visit the FAQ section to troubleshoot or answer most of your questions.

Sync to fitness app

Apple Health

1) Open the " Health " app on your iPhone, select 'Sharing’ '.
2) Select " Fitdays " from the sources list.
3) Turn on all categories.



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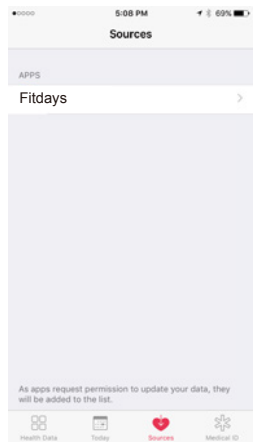

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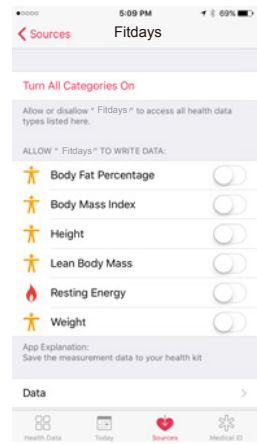
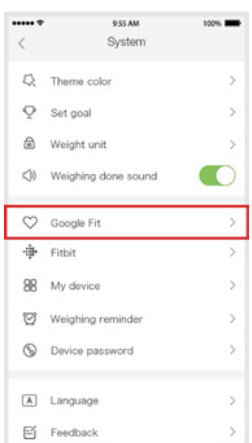


3

Google Fit

1) Enter Setting "⚙" page, select " Google Fit "
2) Turn on " Google Fit " button, login to your Google account.
3) It will now automatically redirect you to the " Google Fit " page.
4) After the connection has been established, the data " Weight " will sync to Google Fit.



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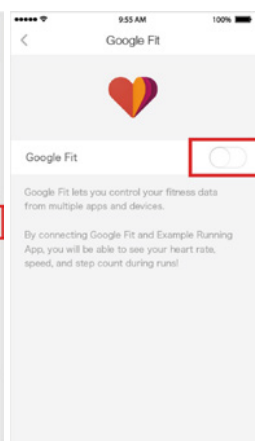

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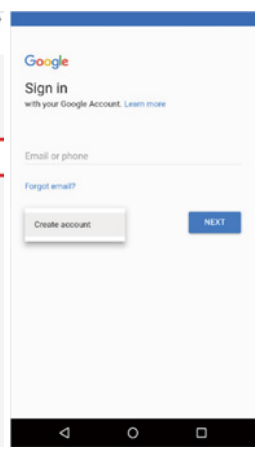

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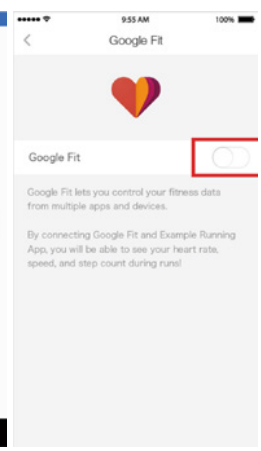

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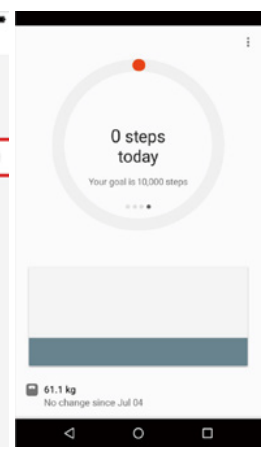


4

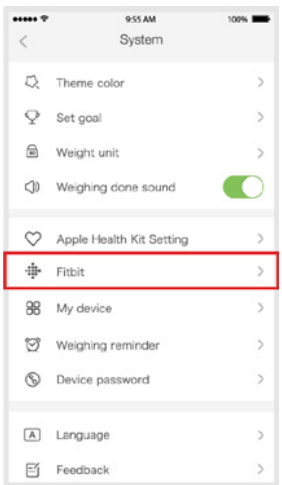
Fitbit App

1) Enter Setting "⚙" page, select Fitbit

2) Turn on Fitbit button, login to your Fitbit account.

3) Select " Allow " to access Fitbit App.

4) After connection, the data (Weight, Body Fat%, BMI) will sync to Fitbit app. You can view both on app and web.



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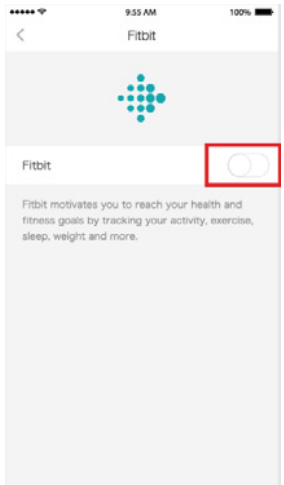

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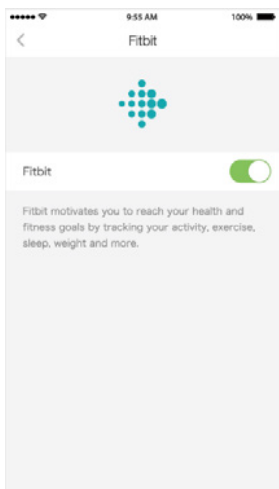


4-1

4-2

Maintenance

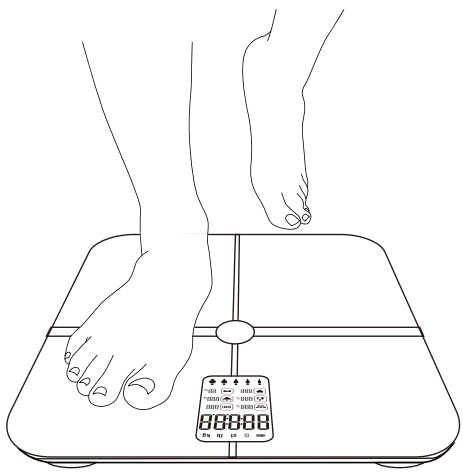
Recalibrating the scale

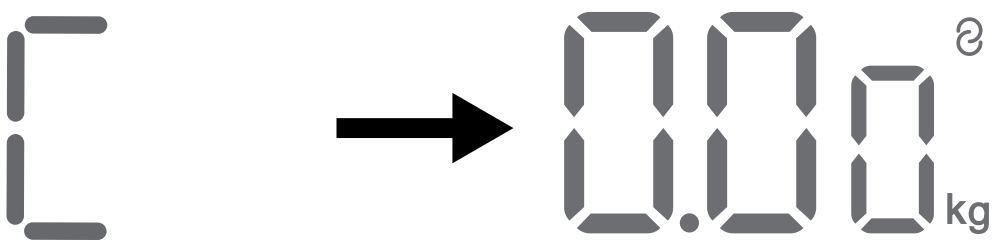
If the scale has been moved or flipped up side down,
It must be recalibrated to ensure accurate results.

1.Place the scale on a solid, flat surface.

2.Step on the scale with one foot until the digits appear on the display, then, step off.

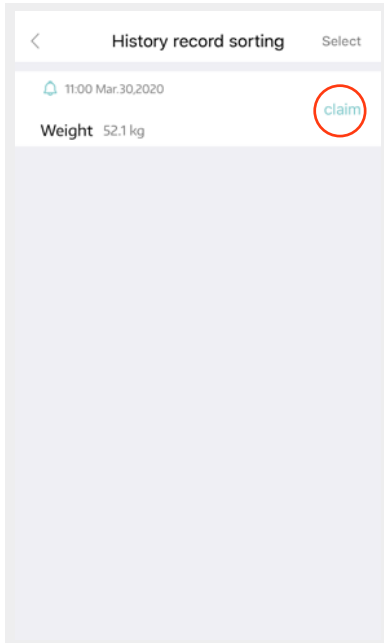
3.The scale will show “0.00”, indicating
that the calibration process is complete.

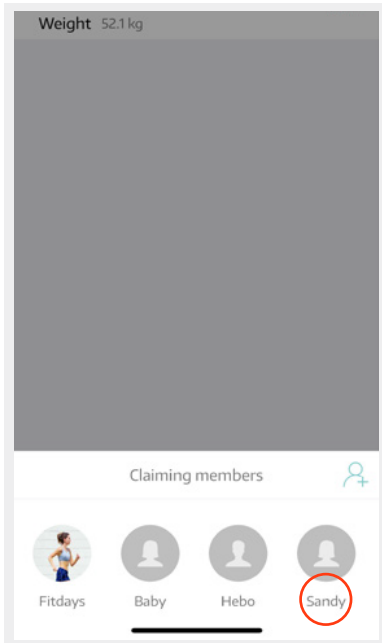




The smart scale has automatic recognition function. When the user's weight is +/- 5lb difference from the last weigh-in, the APP will remind you to choose the correct user.

If you are on the correct user profile simply press on the bell icon as shown below and then select "Claim," to confirm. If you are not on the correct user profile first change profiles then follow the steps above.





Frequently Asked Questions&Answers

1.Why doesn't the scale work? Why does the data on screen disappear in a flash?

- Please check the batteries are installed properly, replace batteries if necessary.

2. The scale cannot connect with App.

- Check that the phone's software is iOS 8.0 or higher or Android6.0 or higher.

- Download and open the newest version of the Fitdays App.

- Enable Bluetooth on your phone. For Android 6.0 or higher, location needs to be enabled

3.No body fat measured when weighing.

- Step on with dry and bare feet

- Ensure Bluetooth is enabled and working

- Ensure personal data is entered.

FCC Statement

Operation is subject to the following two conditions:

(1) This device may not cause harmful interference.
(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.