



# Scale XS Pro

SMART BODY COMPOSITION SCALE



Model Number: JPD-HA121  
Version: V21  
Revision 2021.2

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## 1. Welcome

### Thank you for choosing the Oxiline Scale XS Pro.

With proprietary BodyEcho™ Technology, it harnesses advanced bio-electrical impedance analysis and high-precision electrodes to deliver a comprehensive 360° snapshot of your body composition. Connect to the Oxiline App to monitor trends, stay motivated, and share your progress effortlessly.

## 2. Safety & Precautionary Information

- Medical Devices: Do not use if you have an implanted medical device such as a pacemaker, ICD, or nerve stimulator.
- Pregnancy: Body-composition results may be unreliable during pregnancy; consult your physician.
- Age Restriction: For users under 16, the scale only provides weight.
- Surface: Always place the scale on a hard, flat, dry surface.
- Maximum Capacity: 396 lb / 180 kg / 28 st. Exceeding this limit may damage the sensors.
- Slipping Hazard: Do not use with wet feet or on slippery floors.
- Environment: Operate between 10 – 40°C (50 – 104°F) and 40 – 80% RH.
- Cleaning: Wipe with a soft, slightly damp cloth; never immerse in water or use chemical cleaners.
- Inspection: Do not use the device if damaged. Inspect before each use.

## 3. Package Contents

Item	Qty.
Scale XS Pro	1
AAA Alkaline Batteries (1.5 V)	4
Quick-Start Guide	1
User Manual (this booklet)	1
Warranty Card	1

## 4. Technical Specifications

Parameter	Value
Dimensions	278 × 278 × 27 mm
Display	2.8-inch TFT color screen
Weight Range	11 – 396 lb / 5 – 180 kg
Graduation	0.02 lb / 0.01 kg
Sensors	BodyEcho™ BIA array + high-precision strain gauges
Connectivity	Bluetooth® 5.0, iOS 12 / Android 8 or later
Power	4 × AAA batteries (typical life ≈ 6 months)
Operating Temp	10 – 40°C
Operating Humidity	40 – 80% RH

## 5. Product Overview

**Figure 1 – Top View**

A TFT Color Display  
B Electrode Pads (×4)



**Figure 2 – Bottom View**

C Sensor Feet (x4)

D Battery Compartment



**Figure 3 – Display Screen**



Note: The pictures shown in this manual are only for illustration. Please refer to the actual product for details.

## 6. Getting Started

### 6.1 Installing Batteries

1. Turn the scale over and open the battery door.
2. Remove the Insulating Plastic Strip and Insert four AAA batteries, matching the polarity symbols (+/-).
3. Replace the door and place the scale upright.

### 6.2 Downloading the Oxiline App

1. Scan the QR code on the Product Box or search "Oxiline" in the App Store/Google Play.
2. Install and launch the Oxiline app.

### 6.3 Creating Your Profile

Enter your email address, name, birth date, height, and sex then tap Save.

### 6.4 Pairing via Bluetooth

1. Enable Bluetooth on your phone.
2. In the app, tap the plus (+) sign → Scale XS Pro
3. Step lightly on the scale to power it on.
4. Tap Next on the app display when it appears, Scale XS Pro will automatically pair.  
When the scale is successfully connected to the app the Bluetooth symbol will appear next to the battery

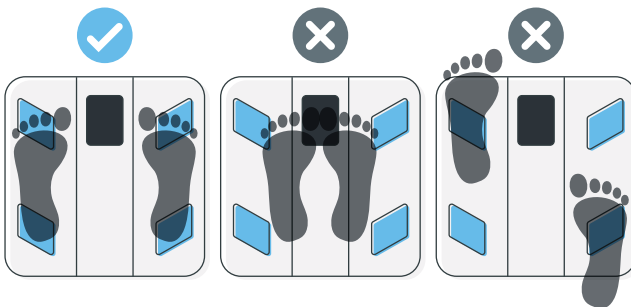


### 6.5 Calibration

After pairing, step off the scale and wait for "0.00" to show—calibration complete.  
Re-calibrate if you move the scale.

## 7. Taking Measurements

- Once you have set up your Oxiline account, open the Oxiline App:
  - Tap Scale XS Pro
  - Go to Live Reading page
- Place the scale on a hard, level floor (no carpets).
- Step on with bare, dry feet so each foot fully contacts two electrodes. Keep legs slightly apart.



**Your feet should not touch each other.**

**Your feet should be in full contact with the electrodes.**

- Remain still until the progress bar completes.
- Your weight and 6 key metrics appear on the scale display (image below); full data and metrics sync to the Oxiline app.

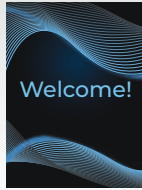
### Note:

The first measurement must be taken with the app open and Bluetooth on. Subsequent weigh-ins can be performed offline; data will sync the next time the app connects to the scale.

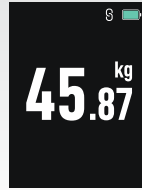




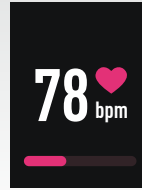
Start Page



Welcome Page



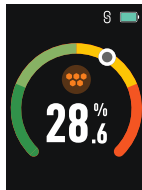
Weight Measurement



Heart Rate Testing



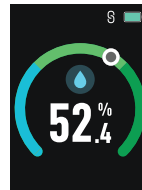
Weight Change



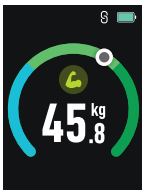
Body Fat Rate



BMI



Body Water



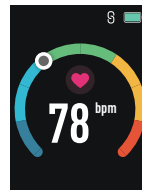
Muscle Mass



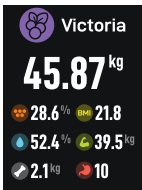
Bone Mass



Visceral Fat



Heart Rate



All Body Composition Data



Halfway to the Goal



Achieve the Goal

## 8. Understanding Your 22 Body Metrics

Metric	Description	Healthy Range*	Displayed
Weight	Total body mass.	Varies based on height, age, sex, and body composition	Scale XS Pro and Oxiline App
Weight Change	Difference in your body weight as measured by a weighing scale over a period of time.	<p><b>Green Change (↑):</b> You have gained weight.</p> <ul style="list-style-type: none"> <li>• Could be from fat, muscle, water, or a combination.</li> </ul> <p><b>Red Change (↓):</b> You have lost weight.</p> <ul style="list-style-type: none"> <li>• Could be from fat loss, muscle loss, dehydration, or other factors.</li> </ul>	Scale XS Pro
Body Fat Rate	Percentage of body weight that is fat tissue.	<ul style="list-style-type: none"> <li>• Men: 6–24%</li> <li>• Women: 14–31%</li> </ul>	Scale XS Pro and Oxiline App
BMI	Body Mass Index – weight relative to height.	<ul style="list-style-type: none"> <li>• Underweight: &lt;18.5</li> <li>• Normal weight: 18.5–24.9</li> <li>• Overweight: 25.0–29.9</li> <li>• Obesity: ≥30.0</li> </ul>	Scale XS Pro and Oxiline App
Body water	Percentage of body weight that is water.	Varies based on height, age, sex, and body composition	Scale XS Pro and Oxiline App
Muscle Mass	Total weight of skeletal muscles.	Varies based on height, age, sex, and body composition	Scale XS Pro and Oxiline App

Metric	Description	Healthy Range*	Displayed												
Bone Mass	Estimated mineral content of bone tissue.	Varies based on height, age, sex, and body composition	Scale XS Pro and Oxiline App												
Visceral Fat	Fat surrounding internal organs	Healthy level is between 1 and 12.	Scale XS Pro and Oxiline App												
Heart Rate	Beats per minute measured via foot sensors.	<ul style="list-style-type: none"> <li>Resting: 60–100 bpm</li> <li>Athletes: 40–60 bpm</li> </ul>	Scale XS Pro and Oxiline App												
Fat Mass	Total weight of fat tissue (lb/kg).	<table border="1"> <thead> <tr> <th>Age Group</th> <th>Healthy Body Fat % (Men)</th> <th>Healthy Body Fat % (Women)</th> </tr> </thead> <tbody> <tr> <td>20–39</td> <td>8%–20%</td> <td>21%–33%</td> </tr> <tr> <td>40–59</td> <td>11%–22%</td> <td>23%–34%</td> </tr> <tr> <td>60–79</td> <td>13%–25%</td> <td>24%–36%</td> </tr> </tbody> </table>	Age Group	Healthy Body Fat % (Men)	Healthy Body Fat % (Women)	20–39	8%–20%	21%–33%	40–59	11%–22%	23%–34%	60–79	13%–25%	24%–36%	Oxiline App
Age Group	Healthy Body Fat % (Men)	Healthy Body Fat % (Women)													
20–39	8%–20%	21%–33%													
40–59	11%–22%	23%–34%													
60–79	13%–25%	24%–36%													
Fat-Free Body Weight	Weight excluding all fat tissue.	Varies based on age, sex, and body composition.	Oxiline App												
Muscle Rate	Muscle mass as a percentage of body weight.	Not standardized; higher percentages are generally better.	Oxiline App												
Skeletal Muscle	Mass of muscles attached to the skeleton.	Comprises about 30–40% of total body mass.	Oxiline App												
Protein Mass	Total protein weight in the body.	Should constitute at least 17% of body mass.	Oxiline App												
Protein %	Protein weight as a percentage of body weight.	Daily intake should be 12–20% of total calories.	Oxiline App												

Metric	Description	Healthy Range*	Displayed
Water Weight	Weight attributable to body water.	<ul style="list-style-type: none"> <li>Men: 50–65%</li> <li>Women: 45–60%</li> </ul>	Oxiline App
Subcutaneous Fat	Fat located beneath the skin.		Oxiline App
BMR	Basal Metabolic Rate – calories burned at rest.	Varies based on age, sex, and body composition.	Oxiline App
Body Age	Physiological age based on body composition.	Should be equal to or less than your chronological age.	Oxiline App
Ideal Body Weight	Target weight range for your height.	Varies based on age, sex, and body composition.	Oxiline App
Obesity Level	Classification based on BMI to assess obesity.	BMI of 18.5–24.9 is considered normal.	Oxiline App
Body Type	Descriptive category based on composition.	Varies based on age, sex, and body composition.	Oxiline App
Cardiac Index	A measure of the cardiac output of a person divided by their body surface area.	2.5–4.0 L/min/m <sup>2</sup> .	Oxiline App

\*Healthy range classifications are general guidelines and may not reflect individual health conditions. Always consult a healthcare professional for personalized assessment.





## 9. Viewing & Managing Your Data

- **On-Device:** Tap Live, Logs and Charts to navigate between screens.
  - Live Reading: Displays real-time data as the user takes a live measurement.
  - Logs: View, edit or add a single reading
  - Charts: Daily, weekly, monthly, biannually and annually average chart trends
- **Export Data:** Export PDF or CSV reports for a selected date range, with the option to include a single reading or multiple readings with calculated averages.
- **Integrations:** Syncs with Apple Health, and Health Connect.

## 10. Care & Maintenance

- Keep dry; wipe with a soft damp cloth.
- Remove batteries for long-term storage (> 3 months).
- Store between -10°C and 60°C (14 – 140°F).
- Avoid dropping or striking the scale.

## 11. Troubleshooting & Error Codes

	Code	Meaning	Solution
	<b>LO</b>	Low battery	Replace all four AAA batteries.
	<b>Err</b>	Overload (>396 lb)	Step off immediately; use within limit.
	<b>C</b>	Measurement error	Re-calibrate on a flat surface and retry.
		No Bluetooth connection	Ensure phone Bluetooth is on; re-pair in app.

## 12. Viewing & Managing Your Data

- **Email:** support@oxiline.shop
- **Phone:** +1-833-694-5463
- **Hours:** Mon–Fri, 9 AM – 6 PM (EST)

For full terms, visit <https://oxiline.shop/return-policy/>

## 13. Regulatory & Disposal Information

This device complies with **FCC Part 15** and **CE / UKCA / RoHS** directives. 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.

Dispose of used batteries and electronic equipment in accordance with local regulations. Do not treat electronic waste as household garbage.

## Important Tips

**Place the device  
on a hard, flat surface.**



**Do not stand  
on the edges of the device.**



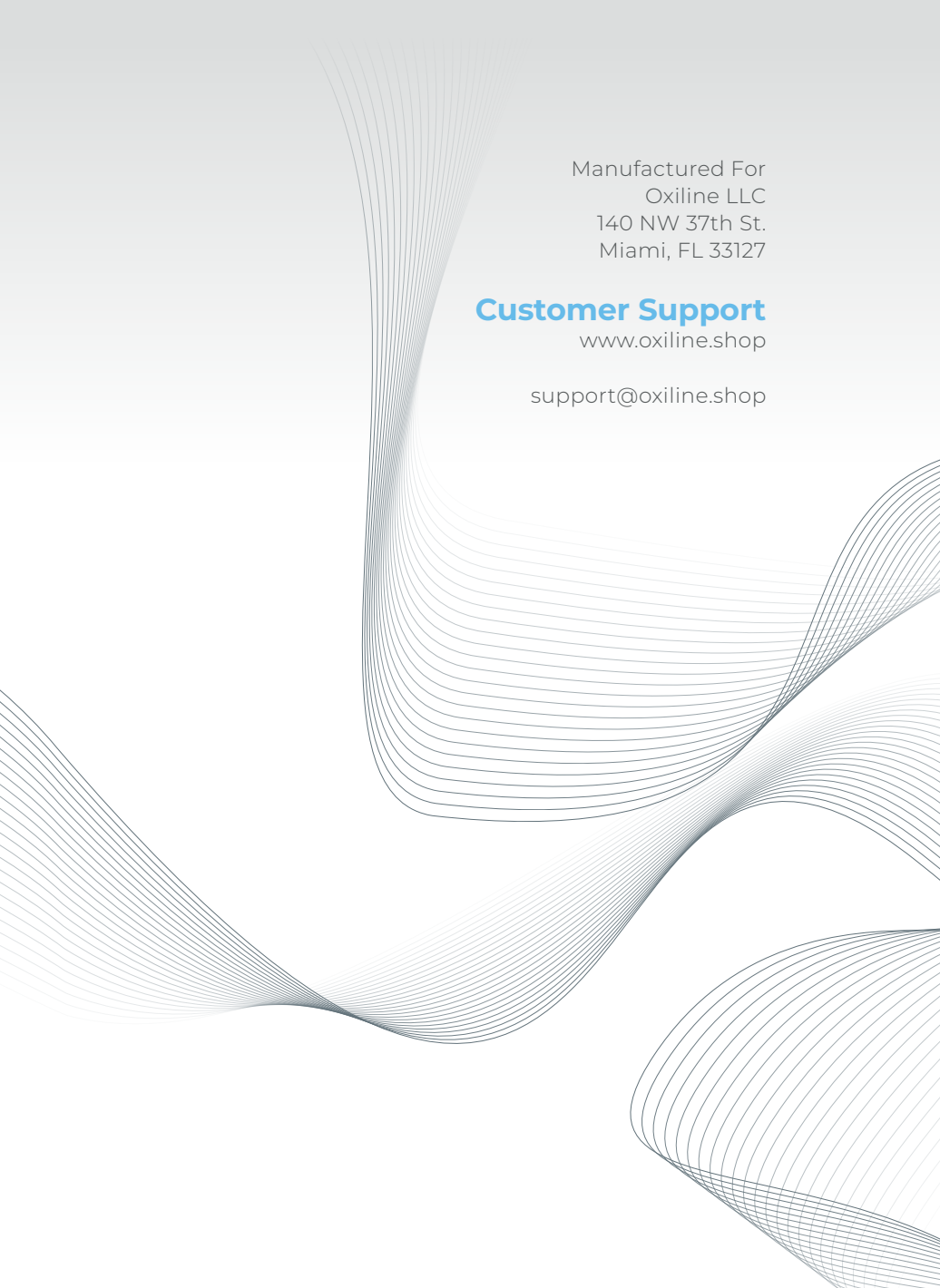
**Do not stand  
on the device  
if your feet are wet.**



**Stand on top  
of the metal plates  
without socks.**







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