

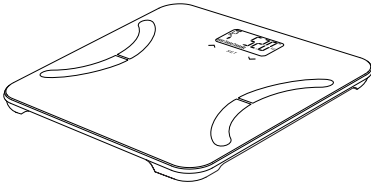
Smart Body Composition Scale

User Manual

Read this manual thoroughly before using
and save for future references

Item Number: 58013

Contents

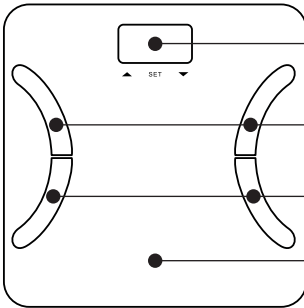


1x Scale



3x AAA Battery

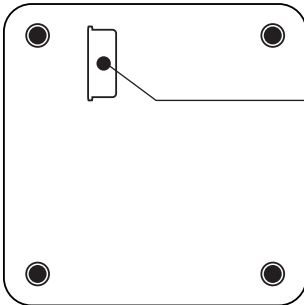
At a Glance



LCD display

Bioelectrical Impedance Sensors

Weighing platform



Battery compartment

Preparation

Scale Setup

- 1) Insert 3 AAA batteries into the battery compartment.
- 2) Place your scale on a hard, level surface.

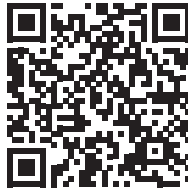
App Setup

- 1) Download The App
 1. Go to iOS App Store or Google Play, search the keyword "Tenergy Body", or scan the following QR Code with your phone to find the App.
 2. Download and install the "Tenergy Body" to your phone.

Tenergy Body



For iPhones:

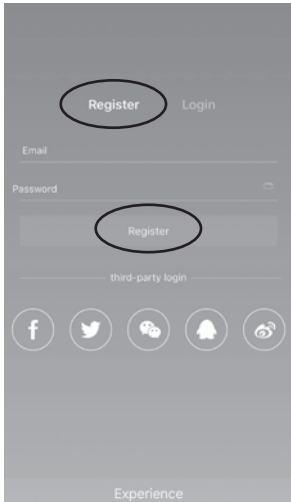


For Android:

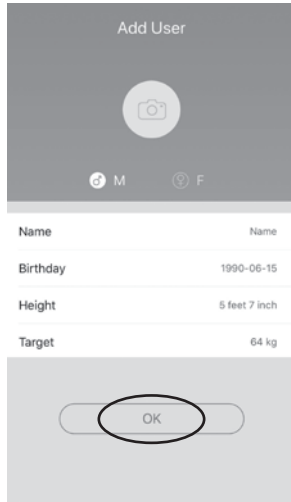


- 2) Enable Bluetooth on your smart phone.
- 3) Open the App on your phone, register your account using either your email address or your social media account.
- 4) Add your user profile by entering your Gender, Name, Birthday, Height and Target Weight.
- 5) Pair / connect the smart scale to the app:
 1. Click the "Me" icon on the app.
 2. Click "My device".
 3. Click the "+" icon on the upper right corner
 4. Connect to the device name Tenergy Smart Scale.

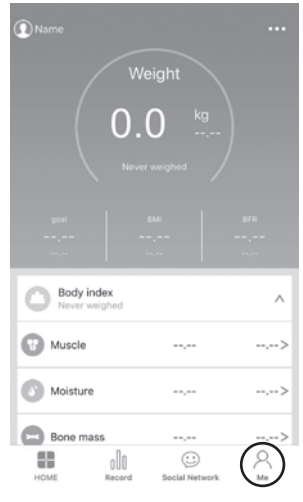
Screen Shots



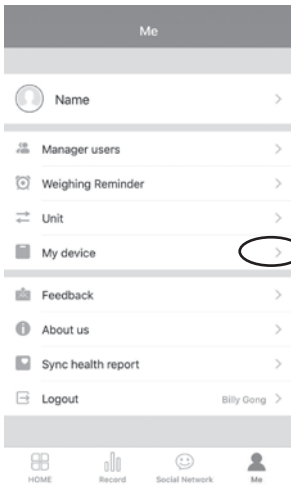
Register



Enter User Profile



Click "Me"



Click "My device"



Click "+"



Connect

Using the Scale

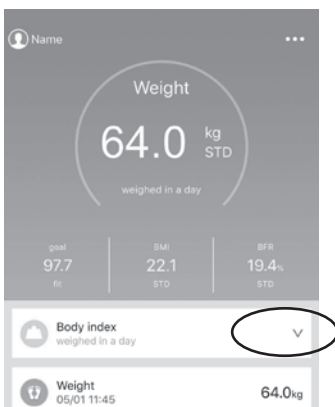
Normal Body Weighing (Without Body Composition)

- 1) Place your scale on a hard, level surface.
- 2) Step on the weighing platform with both feet and evenly distribute your weight.
- 3) Once a steady reading is taken, the weight will lock and flash to indicate the final weight reading.

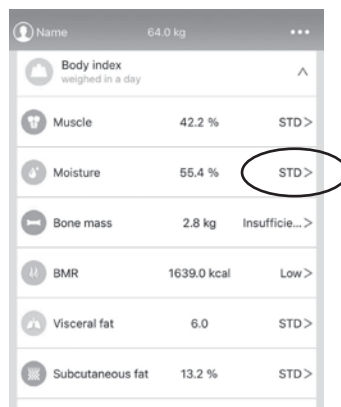
Note: The scale has an auto-off feature that will automatically shut off in approximately 10 seconds without operation.

Body Composition Analyzing (With App)

- 1) Place your scale on a hard, level surface.
- 2) Make sure the app has been properly setup and the Bluetooth option is enabled on your phone.
- 3) Open the app and leave the App on at its home screen. It will automatically connect to the scale.
- 4) Step on the scale with bare feet, make sure both feet are in contact with all 4 bioelectrical impedance sensors (the metal plates).
- 5) Stand still on the scale for approx. 8 seconds or until finished analyzing.
- 6) The analyzed data will be displayed and stored in your phone app.



Click "Body index" for detail composition data



Click on the arrows to get more explanations

Body Composition Analyzing (Without App)






Setup Your User Profiles On Scale

- 1) Place your scale on a hard, level surface.
- 2) Click “SET” under the LCD screen to select a user profile.
Press “^” or “v” to select a profile number, “SET” to confirm.
- 3) Input simplified user information using the ^, v, and SET button.
- 4) Once data entry is finished for a user, the scale is ready to use (or you can enter more user profiles for different users)

Note: The scale can save up to 10 user profiles. However, if it connects to an app that has a different set of user profiles, the information on the app will overwrite the memory on the scale.

Body Composition Analyzing

- 1) Place your scale on a hard, level surface.
- 2) Press “SET” to select a user profile.
- 3) Step on the scale with bare feet, make sure both feet are in contact with all 4 bioelectrical impedance sensors (the metal plates).
- 4) Stand still on the scale for approx. 8 seconds or until analyzing finish.
- 5) The analyzed data of your body composition will be displayed on LCD screen in the following sequence:

Icon	Information
N/A	Body weight
	Body fat
	Body hydration
	Body muscle mass
	Body bone mass
	Visceral fat
kcal	Calorie intake recommendation
BMI	Body mass index

Unit Switch

You can choose between imperial or metric units for weight and height measurement for both the scale and the app. To do that, simply open the app, go to the “Me” tap and click on “Unit” to make choose your preferred unit system.

Note: Unit switch can only be done on the app.
The unit switch will be reflexed on both the app and the scale.

Cautions / Warnings

- To avoid tipping, please be careful so as to not step on the edge of the scale.
- Do not hop on scale.
- Protect scale from blunt force, temperature fluctuations, and potential heat sources (e.g. stoves, heating units).
- Do not drop the scale or other objects onto it as it may damage the internal sensors.
- Do not use the scale when your feet or body is wet.
- Do not use scale if it is wet.
- Scale has a max capacity of 400 lbs, please do not place anything on it that weighs more than 400 lbs.
- Place the scale on level flooring-otherwise, it may fall over.
- Clean the scale with a slightly damp cloth. DO NOT immerse the scale in water or use chemical/abrasive cleaning agents.

Battery Handling



- If the scale will be stored for a long period, it is recommended to remove the batteries to avoid leakage.
- Keep the batteries out of reach of children.



- Do NOT mix old with new batteries nor mix batteries of different compositions/brands.



- Do not heat or use deformed batteries.

- Do not dispose of batteries in normal waste.

- Check with your local authority for battery recycling advice.

LCD Error Codes



Low battery:
Replace the batteries
before using again.



Overload error:
Do not weigh any
object heavier than
400 lb.



Calculating error:
Step off and try again.

Frequently Asked Question:

The scale is showing a weight 4-5 lbs heavier than normal.
Why is that? How do I fix it?

Answer:

This can happen if you store your scale on its side for prolonged periods. Due to the placement of our sensors, this can cause a fluctuation on weighing hence the possible added or negative weight. To fix this, simply step off the scale and wait for it to automatically turn off (zero out). The scale will auto-recalibrate itself and when you step on again it will display the correct weight.

Alternatively, to manually calibrate each time, wake up the scale by applying pressure on the scale. Allow the display to zero out and automatically shut off. Step on the scale again for normal readings.

Thank You

Scan for more
product information



www.TenergyLife.com



Electrical waste should not be disposed with household waste.
Check with your local authority or retailer for recycling advice.