

POWEROLOGY



Smart WiFi **BODY SCALE**

Balance intelligente WiFi

User Manual

SAFETY & WARNINGS

- **The following symbols appear in this user guide:**

Instructions indicating a risk of injury, damage to health or damage to the scale.
General notes.

- **Read the instructions in this user guide and store it for future use.**

Warning

- This scale must not be used by persons with medical implants (e.g. heart pacemakers). It may impact the functioning of the unit.
- Do not use during pregnancy.
- Do not stand on one side of the scale, you may slip.
- Keep children away from packaging materials (risk of suffocation).
- **Caution:** Do not step on the scale with wet feet or when the scale's surface is damp. You may get hurt

Handling Batteries

- Do not swallow batteries Keep batteries and the scale away from children. If batteries are swallowed, get medical help immediately.
- Replace batteries before they discharge completely.
- Always replace all batteries at the same time and use batteries of the same type.
- Batteries must not be recharged, opened, or thrown into an open fire.
- Leaking batteries may damage the scale. If you do not intend to use the scale for longer periods, remove the batteries from the battery compartment
- If there is any leakage, ensure to put on protective gloves to clean the battery compartment. Use a dry cloth to clean. See the Cleaning and Care section of this user guide.
- Batteries can contain toxins that are harmful to health and the environment. Always dispose of batteries as per legal regulations. Do not dispose batteries with normal household waste.

Important

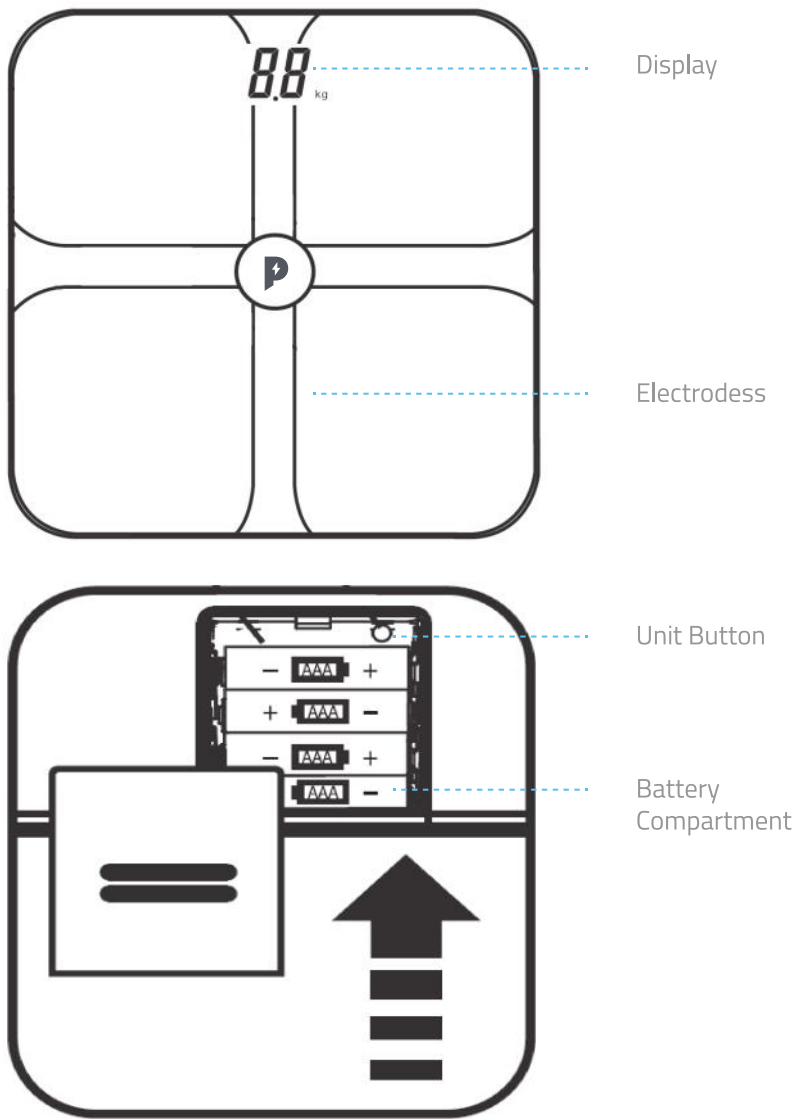
- The scale should be cleaned occasionally. Do not use abrasive detergents and never immerse the unit in water.
- ensure that no liquid on the scale. Never dip the scale into water. Never wash it under running water.
- Do not place any objects on the scale when it is not being used.
- Protect the scale against hard knocks moisture, dust chemicals. major temperature fluctuations and from heat sources (stoves, heating radiators).
- Do not press the buttons using excessive force or with pointed objects.
- Do not expose the scale to high temperatures or strong electromagnetic fields.

General Notes

- The scale is for personal use only and is not intended for medical or commercial applications. The scale results may vary because the scale is not calibrated for professional medical use
- The scale can support up to 180 kilograms (396 pounds, 28 stones). For weight measurement and bone mass measurement the results are shown in 100-gram increments (0.2 pounds).
- The measuring results of the body fat body water and muscle percentage are shown in 0.1% increment.
- The caloric requirements are specified in steps of 1 kilocalorie.
- The scale is set to weigh and measure in "kg" and "cm". You can change the scale settings during initial use of the app.
- Place the scale on a firm-level floor. A firm floor covering is required for correct measurement

OVERVIEW

Device Components



Display



WiFi Connection

st

Stone

kg

Kilogram

lb

Pound

NOTE: The electrodes are made of Indium Tin Oxide (ITO) coating that helps in body fat measurement.

This scale is intended for weighing and providing a diagnosis of your fitness data. It is for self-use.

The scale has the following diagnostic functions:

- Bodyweight measurement.
- Measurement of body fat percentage.
- Body water percentage.
- Muscle percentage.
- Bone mass.
- Basic and active metabolic rate.

This scale also has the following functions:

- Switch between kilograms (kg), pounds (lb), and stones (st)
- Automatic turn off function
- Battery change indicator
- Automatic user recognition
- Data transfer function
- Wi-Fi

Measuring Principle

This scale operates according to the Bioelectric Impedance Analysis (B.IA) principle. It displays data within seconds of touching the scale using an undetectable, completely harmless electric current.

The body fat percentage and other parameters of the body can be determined by the following:

- Measuring the electrical resistance (impedance).
- Calculating constants and individual parameters such as age, height, and gender.

Muscle tissue and water have good electrical conductivity and therefore lower resistance. Bones and fatty tissue have low electrical conductivity and therefore high resistance.

The values obtained from this scale represent only an approximation of actual analytical medical data. Only a specialist physician can accurately determine body fat, body water, muscle percentage and bone structure using medical procedures (e.g. computed tomography).

Below are a few recommendations for weighing:

- If possible, always weigh yourself at the same time of day. To achieve comparable results, we recommend weighing in the morning on an empty stomach and

- Measure body fat in barefoot and ensure your soles are slightly moist Dry soles can result in unsatisfactory measurements due to inadequate conductivity.
- Stand still and upright during the measurement.
- Wait a few hours to weigh yourself after any physical activity.
- Wait approximately 15 minutes after waking up in the morning to allow the water in the body to distribute.
- Only long-term trends are important. Short-term changes in weight within a few Limitations

When measuring body fat and other parameters, you may see deviating and implausible results for the following person.

- Children below 10 years.
- Competitive athletes and bodybuilders.
- Pregnant women.
- Persons with fever, undergoing dialysis treatment or with symptoms of oedema or osteoporosis.
- Persons taking cardiovascular medication (affecting the heart and vascular system). Persons taking vascular dilating or vascular constricting medication.
- Persons with considerable anatomic deviations of the legs (Length of the Legs considerably shortened or lengthened).

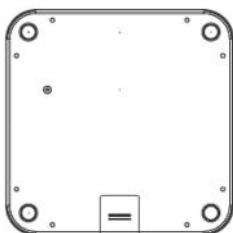
SETUP

Insert Batteries

1. Remove the batteries from the protective packaging
2. Insert the batteries into the scale ensuring that the battery polarity(+/-) is correct.
3. If the scale does not function, remove the batteries completely and re-insert them.

Place the scale on the floor

1. Place the scale on a firm-level floor. A firm floor covering is required for correct measurements.



CONNECT TO POWEROLOGY APP

Download the “Powerology” app from the Play Store (Android) or App Store (iOS).

Register

If you do not have a “Powerology” account, register or sign in with a verification code sent by SMS.

To register:

2. Tap to enter registration page.
3. The system automatically recognizes your country/area. You can also select your country code manually. Enter your email address and tap 'Next'.
4. Alternatively, you can select 'Register by mobile number' and enter the verification code send to you by SMS.
5. Create a profile on the next page to define your location and room



10:54

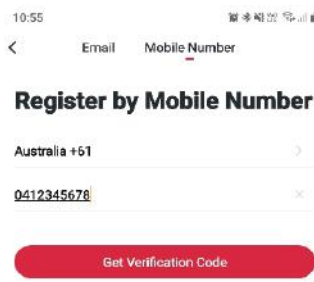
< Email Mobile Number

Register by Email

Australia +61 >

YourEmailAddress@gmail.com X

Get Verification Code



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Register by Mobile Number

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Get Verification Code

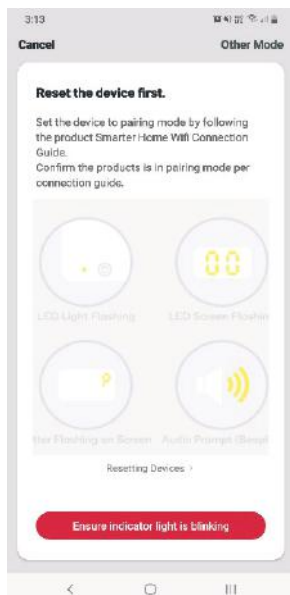
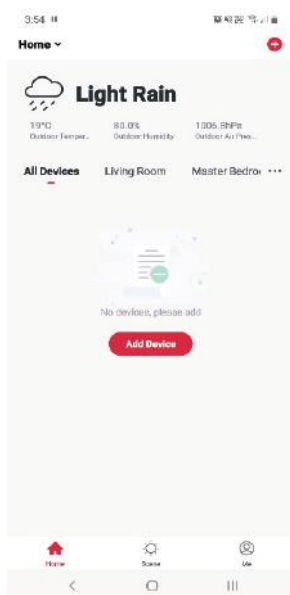
Set the Seale in Pairing Mode

When the device is first turned on, it may automatically enter pairing mode. This is indicated by the Wi-Fi icon blinking rapidly.

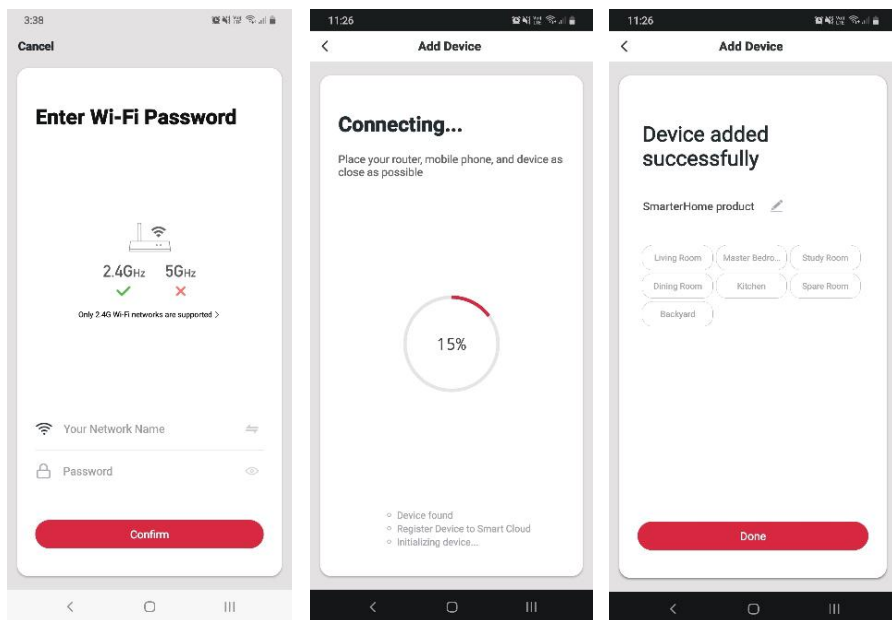
If not automatically in pairing mode when powered on, you can manually set the device in pairing mode by pressing the Unit button for 4 seconds until the W-Fi icon blinks rapidly.

Add the Scale through Network

1. Once registered, tap "+" corner of the app's home page. to add a new device through the network.
2. Select the product type from the list of options in the app (Other > Body Fat Scale).
3. Ensure that the device is in pairing mode, with the Wi-Fi icon blinking rapidly, and tap "Ensure indicator rapidly blinking".



4. Upon successfully confirming pairing mode, enter your Wi-Fi details. It is important that your "Powerology" device and the app are connected to the same WiFi network during setup.
5. The device will commence the oohing process and connect to the app. Ensure your Wi-Fi router, mobile phone, and the "Powerology" device are kept close until connection is complete.
6. After successfully being added, you will have the option to rename the device and assign it to a location. It will now be listed on the app's home page. Tap the device listing to enter its control page.



NOTE:

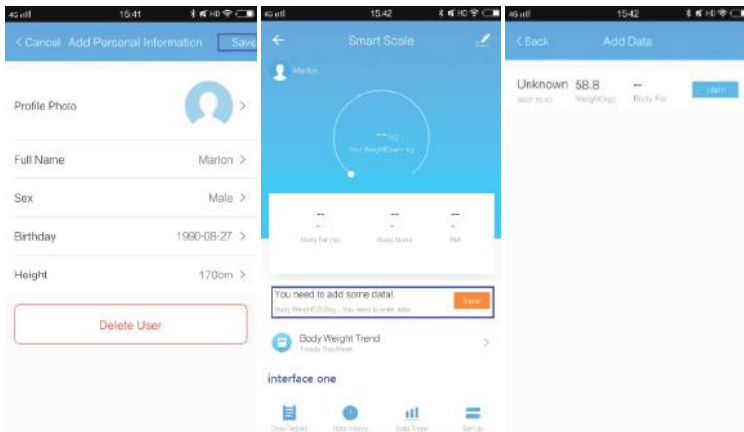
The device and the app must use the same WiFi Network.
The device is only compatible with 2.4Ghz networks.

7. Once successfully connected, the Wi-Fi icon will remain lit.

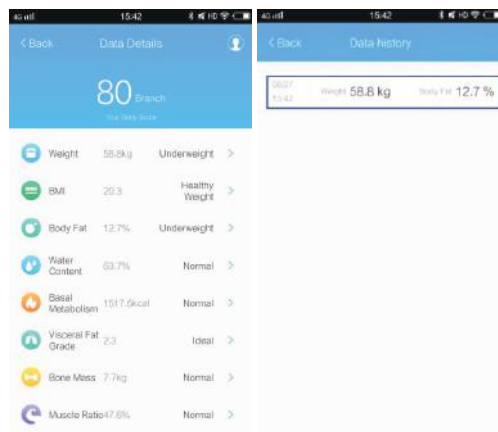
OPERATION

Creating user profile

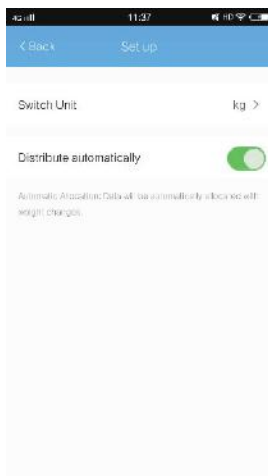
1. For automatic personal recognition. assign the data values measured for the first time to your user profile.
2. To create a user profile, select Personal Information on the app and odd user details such as age. height, and gender.



3. Take measurements. See the instructions under the Taking Measurements section for more details
4. Tap View view the measurements data. Then tap Claim to add the data to the user profile.
5. Top Data Detoits to view the claimed data. To see the saved data, top Data History.



- Data distribution can be set to upload automatically. Tap Set Up, Then tap the Distribute Automatically icon to turn it on. Now when you open the app, any changes in measurements will be automatically uploaded to your user profile.



Taking Measurements

1. Set the measuring unit either by pressing the Unit button or selecting from the app.
2. Place the scale on a flat, hard surface. A firm floor covering is required for correct measurement
3. Step on the scale with bare feet Ensure that you are standing still with equal
4. Place your feet firmly on the electrodes to take measurements.

NOTE:

- Ensure there is no skin contact between your feet, calves, or thighs.
- Otherwise you may not see accurate measurement.
Remove your socks before stepping onto the scale for accurate measurement

5. The weighing begins immediately. The scale will display the weight value first. While the further parameters are being measured, the '0000' message appears.
- If a user profile has been created in the app, the BMI, body fat, water, muscle percentage, bone mass and BMR are shown in the profile. The "Er. message appears on the scale's display unit.

The following details appear in the app:

- Weight in kg
- BMI in number
- Body fat in %

- Water content in%
- Basal metabolic rate in kcal
- Visceral in number
- Bone mass in Kg
- Muscle ration in %
- If the user is not recognized, only the weight value is shown on the scale's display. In this case, the "Er" message does not appear on the scale's display.

Weight Only Operation

The scale will also operate as a standard weight-reading scale.

1. Place the scale on a flat, hard surface. A firm floor covering is required for correct measurement
2. Step on to the scale wearing shoes. Ensure that you are standing still with equal weight distribution.
3. The scale immediately begins to measure your weight. The Scale will display the weight value first and then the "Er" message appears on the scale's display unit.
4. If user profile has been created in the app then the BMI, BMR and AMR are displayed.
5. If the user is not recognized, the scale will display the weight value. In this case, the "Er" message does not appear on the scale's display Unit.

NOTE:

Use the measurements displayed on the scale for further observations.

Turning Off the Scale

- After you have stepped off the scale, the scale will automatically turn off after a few seconds. The data transferring to app continues even after the scale is off.
- After the measurement, if the user does not step off, the scale will turn off in 120s. If the app sends command asking the scale turn off, it will turn off.
- When the scale stays at 0.0kg and is idle. it will turn off in 30's. If the weight on the scale is not stable, the scale will turn off in the 30's

Replacing Batteries

The scale is equipped with a "Low battery" indicator. If you operate the scale with flat batteries" will appear on the display and the scale will automatically turn off. In this case, the batteries must be replaced with the 4 x 1.5 V AAA batteries.

NOTE:

- When charging batteries, always use batteries of the same type, brand, and capacity
- Do not use rechargeable batteries.
- Use batteries that are free of heavy metals.

EVELUATION OF RESULTS

Body Fat percentage

The body fat percentage is normally in the following range:

Men				
Age	Low	Normal	High	Very High
10-14	<11%	11-16%	16,1-21%	>21,1%
15-19	<12%	12-17%	17,1-22%	>22,1 %
20-29	<13%	13-18%	18,1-23%	>23,1 %
30-39	<14%	14-19%	19,1-24%	>24,1 %
40-49	<15%	15-20%	20,1-25%	>25,1 %
50-59	<16%	16-21%	21,1-26%	>26,1 %
60-69	<17%	17-22%	22,1-27%	>27,1 %
70-100	<18%	18-23%	23,1-28%	>28,1 %
Women				
Age	Low	Normal	High	Very High
10-14	<16%	16-21%	21,1-26%	>26,1 %
15-19	<17%	17-22%	22,1-27%	>27,1 %
20-29	<18%	18-23%	23,1-28%	>28,1 %
30-39	<19%	19-24%	24,1-29%	>29,1 %
40-49	<20%	20-25%	25,1-30%	>30,1 %
50-59	<21%	21-26%	26,1-31 %	>31,1%
60-69	<22%	22-27%	27,1-32%	>32,1 %
70-100	<23%	23-28%	28,1-33%	>33,1 %

A lower value is often found in athletes Depending on the type of sports. training intensity and physical constitution, you may see lower values. In case of extremely low values, there could be potential. danger to health.

Body water percentage

The body water percentage is normally within the following ranges:

Men			
Age	Poor	Good	Very Good
10-100	<50%	50-65%	>65%

Women			
Age	Poor	Good	Very Good
10-100	<45%	45-60%	>60%

Body fat contains relatively less water. Therefore, persons with a high body fat percentage have body water percentages below the recommended values. In athletes, however, the recommended values could exceed due to low body fat percentages and high muscle percentage.

This scale is unsuitable for measuring body water to draw medical conclusions concerning age-related water retention. It is recommended to aim at a high body water percentage.

Muscle Percentage

The muscle percentage is normally within the following ranges:

Men				Women			
Age	Low	Normal	High	Age	Low	Normal	High
10-14	<44%	44-57%	>57%	10-14	<36%	36-43%	>43%
15-19	<43%	43-56%	>56%	15-19	<35%	35-41 %	>41%
20-29	<42%	42-54%	>54%	20-29	<34%	34-39%	>39%
30-39	<41%	41-52%	>52%	30-39	<33%	33-38%	>38%
40-49	<40%	40-50%	>50%	40-49	<31 %	31-36%	>36%
50-59	<39%	39-48%	>48%	50-59	<29%	29-34%	>34%
60-69	<38%	38-47%	>47%	60-69	<28%	28-33%	>33%
70-100	<37%	37-46%	>46%	70-100	<27%	27-32%	>32%

Bone Mass

The bones are subject to the natural development, degeneration, and aging processes. Bone mass increases rapidly in childhood and reaches its maximum between 30 and 40 years of age. Bone mass reduces slightly with increasing age. You can reduce this degeneration with healthy nutrition (nutrition high in calcium and vitamin D) and regular exercise.

This scale will not show you the calcium content of your bones but will measure the weight of all bone constituents (organic substances, inorganic substances, and water). These measurements can exert little influence on the bone mass; however, it may correspond due to the other influencing factors like weight, height, age, and gender. There are no recognized guidelines or recommendations to the bone mass measurement

NOTE:

- Do not confuse bone mass with bone density.
- Bone density can be determined only using medical examination (e.g. computer tomography, ultrasound). It is not possible to draw conclusions concerning changes to the bones and bone hardness (e.g. osteoporosis) using this scale.

BMR

The Basal Metabolic Rate (BMR) is the amount of energy required by the body when at complete rest to maintain its basic functions (e.g. while lying in bed for 24 hours). This value largely depends on weight, height, and age.

It is displayed on the scale in kilo calorie/day units using the scientifically recognized Harris-Benedict formula.

If you have lower BMR, it must be re-introduced into your body in the form of nutrition. If you have lower BMR for the longer term, it can be harmful to your health.

Measurement Duration

The long-term trends are important. Short-term fluctuations in weight over a few days are usually due to loss of fluid.

The interpretation of the results will depend on the following:

- Changes in your overall weight and body fat, body water, and muscle percentages
- The period during which these changes take place. Sudden changes within a few days must be distinguished from medium-term changes (over weeks) and long-term changes (months).

Short-term weight changes represent changes in water content. Whereas, medium

and long-term changes may involve the fat and muscle percentages.

- If your weight reduces over the short-term, but your body fat percentage increases or remains the same, you have only lost water.
- If your weight increases over the medium-term and the body fat percentage falls or stays the same, then you could have built up valuable muscle mass.
- If your weight and body fat percentage MU simultaneously then your diet is working, and you are losing body fat.
- Support your diet with physical activity, fitness, or power training. This will increase your muscle percentage over the medium-term.
- Do not add the body fat, body water or muscle percentage as it may not give you inaccurate measurement. A certain elements of muscle tissue also contain body water.

CLEANING & CARE

- The scale should be cleaned occasionally.
- Clean using a damp cloth with a little detergent.
- Do not use aggressive solvents or cleaning agents.
- Never immerse the unit in the water.
- Do not wash the unit in a dishwasher.




Disposal



This marking indicates that this appliance should not be disposed with other house-hold wastes. To prevent possible harm to the environment or human health from uncontrolled waste disposal- recycle it responsibly to promote the sustainable reuse of material resources.

TROUBLESHOOTING

Error Codes

Code	Description	Solution
	Unknown measurement as it is outside the user assignment limit or a unique assignment is not possible.	Create a user profile and assign unknown measurement in app or repeat user assignment. For guidelines on creating user profile, see the Operation section of this user guide.
	The body fat percentage is outside the measurable range (less than 3% or greater than 65%).	Ensure you are barefoot while measuring. If necessary, moisten the soles of your feet slightly.
	The scale's maximum load-bearing capacity of 180 kg was exceeded.	The load must not exceed 180 kg
	The batteries are empty.	Replace the batteries. For more information, see the Operation section of this user guide.