

REATHLETE COUNTO



Smart Digital Scale

USER MANUAL



www.reathlete.com
support@reathlete.com

Thank you for purchasing COUNTO!

It's a great instrument to keep track of your health and physical condition as it measures a lot of parameters that you want to consider when planning your exercise regime, your diet, and your lifestyle in general:

Body weight

Body mass index

Body fat rate

Subcutaneous fat

Visceral fat

Body water

Skeletal muscle rate

Muscle mass

Bone mass

Protein

Basal metabolic rate

Body age

Please read this manual before using COUNTO and keep the manual for reference. If you have any questions about the smart digital scale or face any issues when using it, feel free to contact us directly for answers and assistance. Don't use COUNTO in any ways that are not described in this manual.

What's in the Box

- COUNTO: smart digital scale
- User manual



How to Install the App

1. Search "Fitdays" in Apple Store or Google Play or scan the QR Code below:



2. Download and install the app on your smartphone or tablet.
3. The app icon will appear on your device when the installation is completed.

COUNTO is compatible with

iOS 8.0 or higher

Android 6.0 or higher

Technical Details

Product size: 260 × 260 × 18 mm / 10 × 10 × 0.7 in

LCD display: 74 × 28 mm / 3 × 1.1 in

Weight unit: kg / lb / st

Capacity: 180 kg / 400 lb / 28 st

Division: 100 g / 0.2 lb

Low power / Overload indication

Auto on / Auto off

Power: 2 pcs 1.5 V AAA batteries (not included)

Operating temperature: 10–40° C

Operation humidity: 20%–90%



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How to Use COUNTO

1. Insert 2 × AAA batteries (not included in the box) into the battery holder on the back of the scale.
2. Place the scale on the hard-surface floor.
3. Open the Fitdays app on your device and follow the registration instructions.



4. Enter information about yourself.
NOTE: If the information you report, like your gender, age, and height, is wrong, the measurements done by the smart scale won't be accurate.
5. Turn on Bluetooth on your smartphone or tablet and connect it to the scale.
6. Tap your foot on the scale to activate the display. Wait until the display says "0.0"
7. Step on the scale with your BARE feet to turn the scale on.
NOTE: If you're wearing socks, you'll only get measurements for your body weight and BMI. To get all the measurements, you should be barefoot.
8. The number on the display is flashing as the scale is weighing and analyzing.
9. Tap "More Data" on your device to see the full report, including BMI, BMR, muscle mass, body fat, and other parameters. In future, you can use the "Record" function to see the results of previous measurements.
10. You can add and switch users through the "Manage users" function. Each account supports 24 users. The smart scale can tell which user is stepping on it, and it will remind you to switch to the right user in the app.

Weighing a baby

Choose the Baby Mode in the app, weigh yourself first as described above, and then repeat the weighing process with the baby in your arms.

Caution

- Not recommended for pregnant women.
- Not recommended for infants, toddlers, and children under 10 years of age.
- Any measurements from this device are for reference only, and they should not be considered medical opinion.
- Consult your primary care doctor or physician before making changes to your diet, exercise regime, or physical activities.
- Always place the scale on a hard, dry, and flat surface before measurement.
- Make sure your feet are dry before you step on the scale.
- Make sure you insert the batteries the right way, according to the signs in the battery holder as per what directions the positive pole and the negative pole should face.
- Remove the batteries if you're planning not to use the scale for a long time.



Warnings

- DO NOT use this scale with medical implants such as pacemakers.
- DO NOT stand on the edge of the scale or jump on it
- DO NOT overload the scale (maximum capacity is 180 kg \approx 400 lb \approx 23 st)
- DO NOT drop the scale or drop objects on it as it may damage the sensors.
- DO NOT immerse the scale in water.
- DO NOT use chemical cleaning agents on this scale. Clean it with a slightly damp cloth.

Troubleshooting

Problem	Possible cause and solution
1. No Bluetooth connection	<ul style="list-style-type: none">• Make sure that both the device and the scale have Bluetooth on.• Check the OS version on your device: it must be iOS 8.0 or higher / Android 6.0 or higher.• Go to “My device” in the app to find the scale ID.
2. No body fat data is measured as you're weighing yourself	<ul style="list-style-type: none">• If you're wearing socks or shoes when weighing yourself, take them off: body fat measurements are only available when you're barefoot.• Make sure that your feet and the surface of the scale are completely dry.• The scale might not have accomplished its analysis: make sure you keep standing on it until the number on the display stops flashing.• Bluetooth connection might have been lost: see Troubleshooting point 1 and make sure you're connecting to the scale that you're using and not to a different device.
3. The scale reports weight inconsistently	<ul style="list-style-type: none">• Make sure the scale is on a hard, flat surface when you're using it.• Examine the scale to see if anything is stuck in it or to the bottom of it. Remove foreign objects if you find them.• Restart the scale by removing the batteries and putting them back again.
4. Reported fat-muscle ratio is incorrect	<ul style="list-style-type: none">• It means that the body parameter setting is incorrect: make sure you entered the right gender, height, and age.

Problem	Possible cause and solution
5. The scale requires recalibration after it's been moved or the batteries have been replaced	<ul style="list-style-type: none"> • Step on the scale to turn it on. Let it automatically drop to 0.0 kg to calibrate.
6. The scale does not turn on	<ul style="list-style-type: none"> • Make sure the batteries are charged: Remove them and put them back with the poles facing the right directions according to the signs in the battery holder.

What COUNTO says	What it means
LO	Low battery; please replace the batteries (2 × 1.5V AAA batteries)
Err	Overload
C	An error has occurred during the measurement; please step off the scale and step back onto it again to repeat the measuring process



If you encounter any other problems,
please contact us at support@reathlete.pro

Battery Advice

If the scale is not to be used for long periods, it's recommended to remove the batteries to avoid damage to the scale caused by possible battery leakage.

Keep the battery out of reach of children.

Do not combine old and new batteries or batteries of different compositions or of different brands: such combinations create risk of leakage and explosion.

Do not heat the batteries, deform them, or expose them to fire.

Waste batteries should not be disposed of with household waste.

Please seek battery recycling advice from your local authority.



Disposal

Waste electrical products should not be disposed of with household waste. Please recycle where facilities exist. Seek recycling advice from your local authority or retailer.

The packaging material is recyclable. Please dispose of it in an environmentally friendly manner and take it to a recycling center.

Dispose of the device in an environmentally friendly manner. Dispose of it at a recycling center for used electrical and electronic devices. You can obtain more information from your local authorities.

The batteries should be removed prior to the disposal of the device and disposed of separately from the device. Non-rechargeable and rechargeable batteries must not be disposed of with normal household waste: they must be taken to suitable collection points. Also, note relevant statutory regulations governing the disposal of batteries.



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