Sympler®

INTELLIGENT SMART SCALE
INSTANTLY TRACK
ONE STEP TO YOUR IDEAL BODY

Instruction Manual

⚠ To ensure proper use, measurement accuracy and features of the Smart Scale, please carefully read the operating manual prior to use.

Safety Notes

- Place the scale on a flat smooth surface prior to use. The scale will not work correctly on a soft surface such as carpet, please use on a hard floor.
- Do not jump on the scale.
- Be careful not to drop or damage the scale during handling.
- Take off shoes and socks before stepping on the scales for the scales to measure accurately.
- In case of stains, use soft cloth to wipe down the scale. Do not use any chemical agent. Do not immerse the scale in water.
- This product is only for household measurement and cannot be used for commercial settlement, measurement, etc.
- The fat, water, muscle, and bone percentages are only for reference. Please seek advice from doctors for advice to gain or lose the weight.
- Take out the batteries when the scale is not used for a long time.

⚠ Those with cardiac pacemakers should not use the Smart Scale.

Technical Specifications

Maximum weighing capacity: 150kg
Minimum weighing capacity: 2kg
Weight graduation: 0.1kg/0.2lb
Weighing accuracy(d): 1%
Fat measurement range: 4-50%
Water measurement range: 30-85%
Muscle measurement range: 10-50%
Calorie (energy consumption) measurement range:
0-9999kca 1/1 kcal
Bone measurement range: 3-30%
Person memory: 10
Age range: 10-80
Height range: 100-240cm
Working environment: T 0-40℃ RH<85%
Power supply: Two AAA batteries.

Functional Features

▪ Using advanced analysis technology the Smart Scale
Measures your body weight, fat, body water, muscle, energy
consumption, bone density, BMI indicators.

▪ The two high accuracy sensors provide consistent
indicators for various body measurements. The body
measurements should be monitored overtime to indicate
when body measurements are increasing or decreasing.

▪ The smart scale can store the profile (gender, age and
height) for up to 10 different users. Great for use in a
multi-person household.

Key Description

SET	In the 0 state, quickly press the SET button to enter the parameter setting mode. In the setting mode, use SET as an OK key. In the setting mode, press SET to enter the measurement mode.
▲	In the setting mode, use this button to increase the parameter settings. In the 0 state of weighing, use it for unit conversion. In the measurement mode, press to select a saved person.
▼	In the measurement mode, press to select a saved person. In the setting mode, use this button to decrease the parameter settings.

The body parameter settings must be set prior to measurement of several functions.

How to Weigh

■ Step 1

0.0 Kg

Step on the scale when 0.0kg is displayed.

■ Step 2

68.2 Kg

Step off the scale after the weight is displayed and the value is locked.

■ Step 3

0.0 Kg

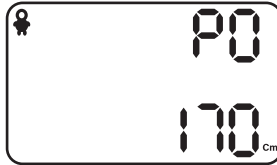The Smart Scale will automatically shut off Aprox. 20 seconds after 0.0kg is displayed.

Parameter Setting

Step 1

KEY

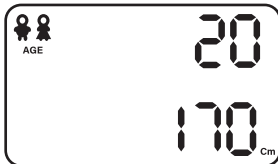Press the SET key while in the 0 state.

Step 2

PO
170 Cm

Press the ▼▲ buttons to select a parameter setting for a profile (P0 – P9 are the 10 possible saved profiles). Press the SET key to confirm it.

Step 3

PO
170 Cm

Press the ▼▲ buttons to select a gender (male or female). Press the SET key to confirm.

Step 4

AGE 20
170 Cm

Press the ▼▲ buttons to select height, and press SET to confirm.

Step 5

AGE 20
170 Cm

Press the ▼▲ buttons to set an age, and press SET to confirm.

Step 6

00 Kg

The selected value will flash twice after setting and save the selections.

- Repeat the above steps to set the parameters of other users.

Note: The scale will automatically shut down after no operation for Aprox. 20 seconds.

How to Measure the Body Weight, Fat, Water, Muscle, Bone Density, Energy Consumption and BMI.

- The parameter settings must be set prior to measurements of;
Body Weight, Fat, Water, Muscle, Bone Density, Energy Consumption,
BMI, Body Weight.
- Make sure to take off your shoes and socks prior to measurement.
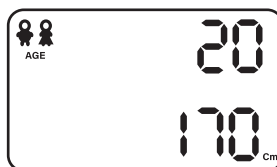
Step 1

0.0 Kg

Press the SET key while in the 0 state.

Step 2

P0

Press the ▼▲ buttons to select a parameter setting from one of the saved profiles (P0-P9)

Step 3

AGE 20
170 Cm

Press the SET key and the pre saved height, age and gender settings will display.

Step 4

AGE 20
170 Cm

Step on the Scale with bare feet while 0.0kg is displayed.

Step 5

68.2 Kg

Body weight measurement will display.

Step 6

— — —

When the above broken lines are displayed, the scale is measuring body fat and other parameters. Do not step off the scale.
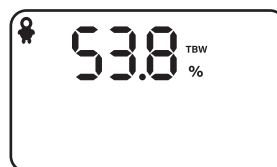
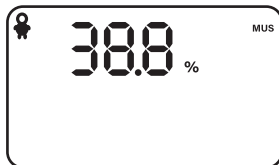## Step 7

68.2 Kg

Body weight will be displayed as above.

Step 8

28.8 FAT %

Body fat will be displayed as above.

Step 9

53.8 TBW %

Total body water will be displayed as above.

Step 10

38.8 % MUS

Measured muscle mass will be displayed as above.

Step 11

135.8 Kg KCAL

Energy Consumption will be displayed as above.

Step 12

4.3 Kg BON

Bone Measurements will be displayed as above.

Step 13

15.8 BMI

BMI Measurement will appear as above.

Note: After measurement Body Weight the FAT (body fat), TBW (water), MUS (body muscle), BON (bone), Kcal (calorie consumption), BMI (BMI measurement) and BodyWeight will display twice alternately. Press SET to lock the currently displayed parameter.

Smart Scales Features

Body Weight
Body weight is a measure of how the force of gravity acts upon that mass.

Energy Consumption
This is Basal Metabolic Rate, which is calculated by special formula involving weight, height and age

Total Body Water
Water content or Moisture is the percentage of water content weight in the body. The correct amount is essential to keep fit and hydrated.

BMI Level
Body Mass Index (BMI) is obtained by weight in kilograms divided by height in meters squared. It is a measurement that quantifies the amount of tissue mass (muscle, fat and bone) in an individual.

Muscle Mass
Muscle Mass or Lean Body Mass, Is measured using body fat percentages, total weight and height.

Bone Mass
The Bone Mass measurement calculates the total Bone Tissue Weight.

FAT Percentage
Body fat percentage is the percentage of your weight that is made up of fat. It consists of both storage body fat and essential body fat.

Automatic Identification

When using the Smart Scales for the first time, set the gender, height and age information of each user. Make sure you successfully test the FAT (Body Fat) once. Each user's information will then will be stored in the smart scales memory. This function is mainly for family members with obvious weight differences and can help to reduce information input and facilitate the use.

NOTE: Scale do not store the measured result.
Only the editable parameters (ie Gender/Age/Height) are stored.

Hints & Tips

- To ensure measurement accuracy; do NOT measure body fat within 2 hours after getting up. This is because you lose water weight overnight, giving you a temporarily exaggerated lower number.

- It is best NOT to weigh yourself right after eating. The weight on the scale will be temporarily exaggerated, thus not reflecting your true weight.

- It is recommended to measure at the same time between 7 PM and 9 PM each day at least 4 hours after food.

- When (LO) is displayed, the battery is short of power and should be replaced.

- When (LD-H) appears, the system is overloaded, and the scale needs to be restarted.

- When (Err) is displayed, an error occurs in operation or measurement.