



Smart Body Composition Scale

Lescale P1



User Manual (EN)

ENGLISH

Scan the QR code to access the latest instructions or visit our website www.lepulsefit.com to get more information and support.



THANK YOU FOR YOUR PURCHASE!

The Scale uses bio-electrical impedance analysis (BIA) technology to help you conveniently measure body weight, body fat rate, visceral fat, body water, skeletal muscle rate, muscle rate, muscle mass, bone mass, protein, BMR, body age and more.

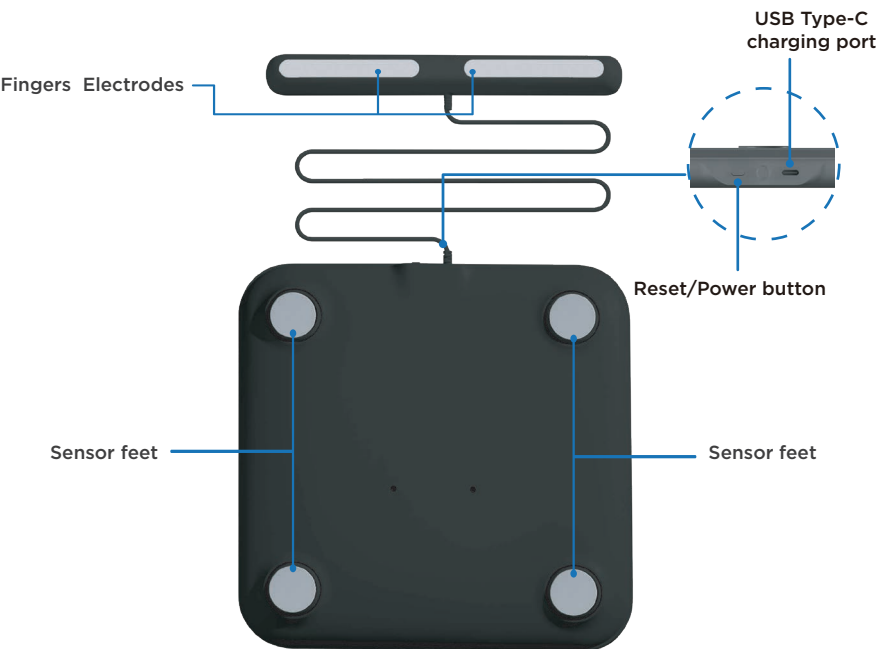
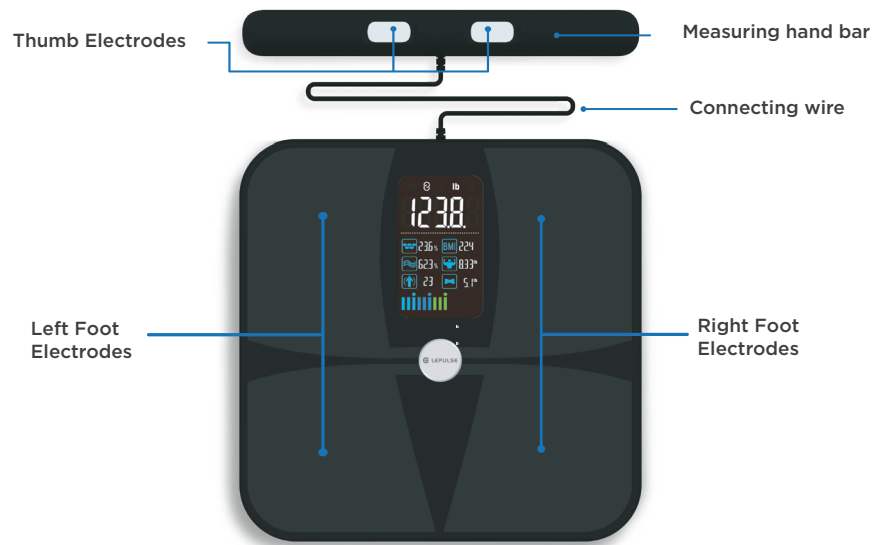
WARNING

- DO NOT use the scale if you have implanted medical devices such as pacemakers.
- DO NOT stand on the edge of the scale or jump on it.
- DO NOT overload the scale (Max 396lb/180kg/28st).
- DO NOT drop the scale or drop objects on it as this may damage the sensors.
- DO NOT immerse the scale in water or use chemical cleaning agents. Clean the scale with a slightly damp cloth.
- Any measurement obtained using this device is for reference only and should not be considered as a medical opinion.
- DO NOT use to diagnose or treat any medical condition. You should consult your primary care physician before making changes to your diet, exercise plan or physical activities.
- Always place the scale on a hard, dry and flat surface before measurement.
- Make sure your feet are dry before stepping on the scale.
- DO NOT use the device if damaged. The continuous use of a damaged unit may cause injury or improper results.
- Please check the device before each use.
- Be careful when using on the wet and slippery surface.
- For people under 16 years old, the scale can only measure body weight.

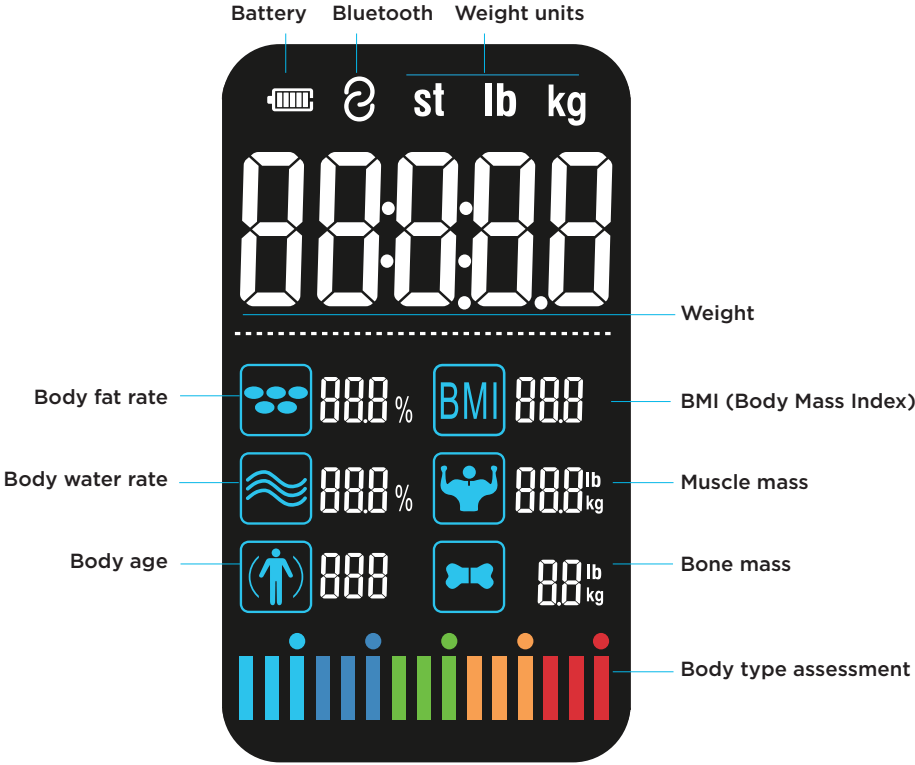
PRODUCT SPECIFICATIONS

Product size:	300x300x26mm
LED screen display:	68x109mm
Weight unit:	lb/kg/st
Weight limit:	11lb-396lb/5kg-180kg
Weight division:	0.2lb/0.1kg
Power Supply:	300mAh lithium battery
Operating temperature:	10-40°C
Operation humidity:	40%-80% RH

PRODUCT OVERVIEW



DISPLAY SCREEN



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

BMI TABLE

BMI (Suitable for men and women)					
Age	Underweight	Healthy weight	Overweight	Obesity	Severe obesity
18-100	<18.5	18.5-23.9	24-27.9	28-34.9	≥35

Body Mass Index (BMI) = Weight (kg) ÷ Height² (m)

For example: BMI = 70kg ÷ (1.75m * 1.75m) = 22.86 In the range of healthy weight

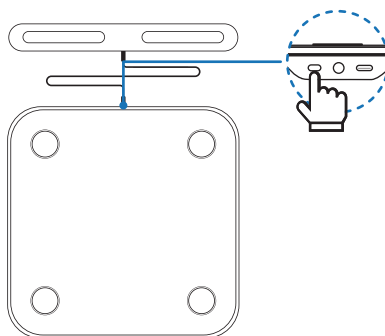
Note: The BMI index is a commonly used standard to measure body weight and health status.

Power On the product

1. First time use:

Long press the reset button

Subsequent use: Start the machine with pressure, and the pressure must be greater than the minimum range of the scale (6kg).



Download and Register App

1. Search for "Fitdays" on the App Store or Google Play, or scan the QR code in the user manual to download and install the Fitdays App. Note that during installation, it is necessary to use the Bluetooth and location functions of the phone with the authorized app; Not agreeing will lead to more issues of inability to connect;

2. Register the app: Enter your email and password ->Check to agree to the privacy agreement ->Click to register.

Note: iOS does not currently support the ability to create strong passwords.

Enter personal information: gender, username, birthday, height, target weight.

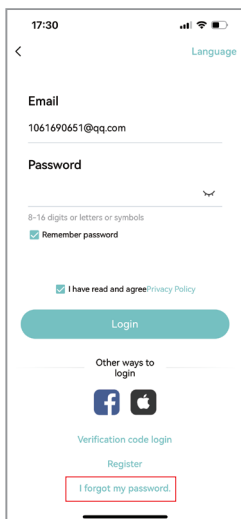
A screenshot of a mobile app registration screen. At the top, the time is 16:24. Below a back arrow and a 'Help' link, there are input fields for 'Email' (with placeholder text 'Please enter your Email') and 'Password' (with placeholder text 'Enter password'). Below the password field, there are two checkboxes: 'password should contain 8-16 characters' and 'Include at least two kinds among numbers, uppercase and lowercase letters, symbols'. Below these is a checkbox for 'I have read and agree Privacy Policy'. A large teal 'Register' button is at the bottom. Below the button are icons for Facebook and Apple, and links for 'I already have an account.' and 'Verification code registration'.A screenshot of a mobile app 'personal information' screen. At the top, the time is 16:25. Below a back arrow, there is a teal banner with a shield icon and text: 'Personal information is only processed as health data. Fitdays will keep your information confidential.' Below this is a circular profile picture placeholder. There are two gender selection buttons: 'Male' and 'Female'. Below these are input fields for 'Nickname' (with a right arrow), 'Birthday' (with a right arrow), 'Height' (with a right arrow), and 'Target weight' (with a right arrow). Below these is a 'Mode selection' section with a 'Standard Mode' button and a right arrow. At the bottom, there is a teal 'Confirm' button. A small note at the bottom states: 'For the accuracy of the measurement results, it is recommended that you fill in the real body data.'

Attention: Please confirm that the personal information entered is accurate. Age, height, and gender may affect the accuracy of the measurement results.

3.How to revise password:

If you forget your password, go back to the login page, enter your email address, and select [I Forgot my password]

Then click on [Send] and enter the verification code provided in the sent email within 15 minutes (note: The verification code is easily recognized as spam, please help check if the spam email has been received in a timely manner):



17:30

< Language

Email

1061690651@qq.com

Password

8-16 digits or letters or symbols

☒ Remember password

☒ I have read and agree [Privacy Policy](#)

Login

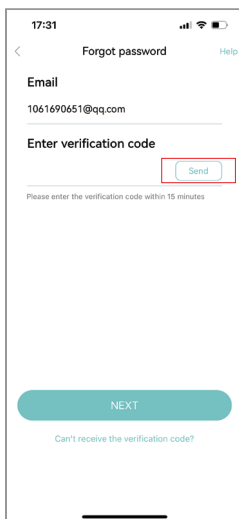
Other ways to login

Verification code login

Register

[I forgot my password.](#)



17:31

< Forgot password Help

Email

1061690651@qq.com

Enter verification code

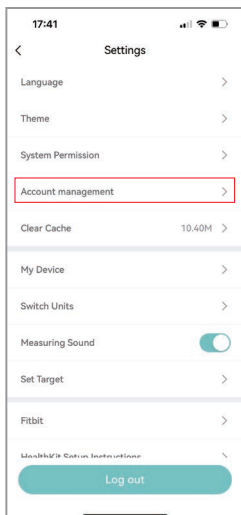
[Send](#)

Please enter the verification code within 15 minutes

NEXT

Can't receive the verification code?

If you want to change your current password, select [Account]>[Settings]>[Account management]>[Change Password], enter the old and new passwords, and click [Confirm]:



17:41

< Settings

Language >

Theme >

System Permission >

[Account management >](#)

Clear Cache 10.40M >

My Device >

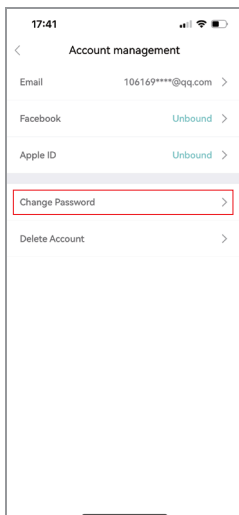
Switch Units >

Measuring Sound ☒

Set Target >

Fitbit >

Log out



17:41

< Account management

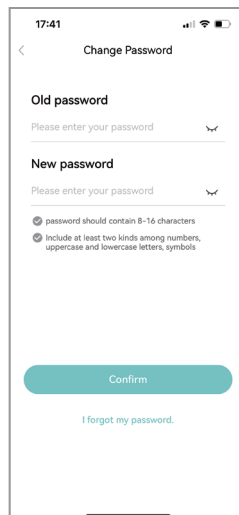
Email 106169****@qq.com >

Facebook Unbound >

Apple ID Unbound >

[Change Password >](#)

Delete Account >



17:41

< Change Password

Old password

Please enter your password

New password

Please enter your password

☒ password should contain 8-16 characters

☒ Include at least two kinds among numbers, uppercase and lowercase letters, symbols

Confirm

[I forgot my password.](#)

Smart Body Fat Scale first time to pair App

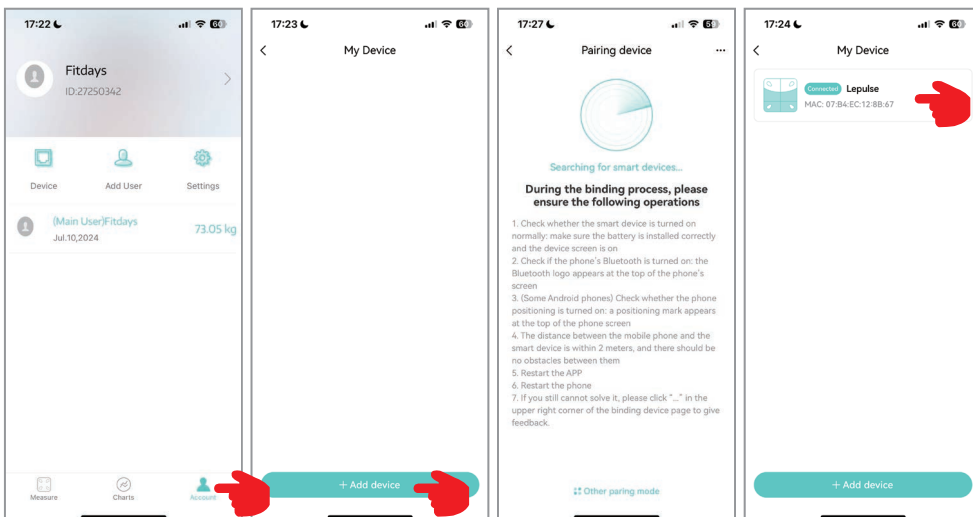
Bluetooth connection

Attention: When the screen of the scale lights up, the Bluetooth of the scale is turned on.

When the screen goes out, the Bluetooth of the scale end is turned off, and the APP cannot scan the device. Therefore, when binding, confirm that the device is turned on;

1. Open the Bluetooth and Fitdays App on your phone, and the Android system also needs to enable the location information function.

2. Go to the account page of the app, click on Device, click on the "+" in the upper right corner (or measure interface ->click on the "+" in the upper right corner ->My Device ->click on the "+" in the upper right corner), then lightly tap on the scale to make the screen of the scale light up. When the app displays the scanned device model, click connect, and the device successfully connects to the app; Can return to the measure interface for measurement and use;



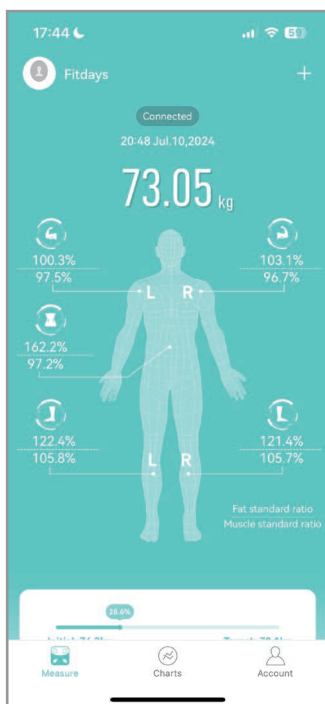
START MEASUREMENT

1. Please place the scale on a hard and flat surface before measurement. Carpeted or uneven floor may affect the accuracy of the weight measurement . (LescaleF6 can be used on carpet or uneven floor).

2. Calibration: Gently step on the scale to wake it up and wait until the scale displays “0.00”, which indicates that the calibration is completed((Remember to re-calibrate the scale if it has been moved).

3. Connecting to the APP: Turn on Bluetooth of the mobile phone and open the APP,enter [Measure] Page,give a little press by one foot to turn on the scale screen,when it shows “Bluetooth connected” on the top of [Measure] Page,it means connected successfully.

(Note:It's essential to test with App connection at the first time ,next time can support offline test without connecting App. In addition, for non WiFi versions, there are 24 sets of offline data storage, and after exceeding 100 sets, the earliest data will be replaced by the latest data; please open the APP in a timely manner to collect and claim your test data).



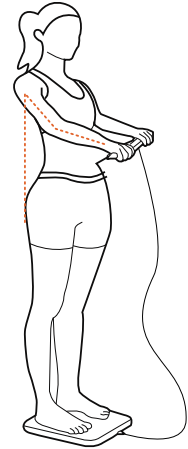
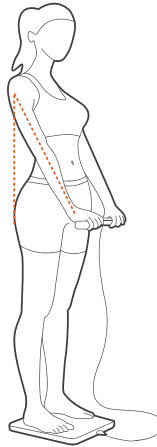
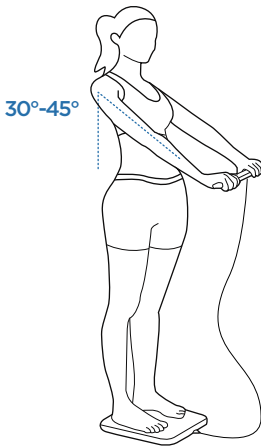
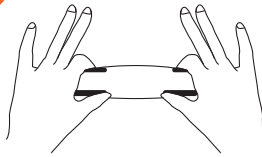
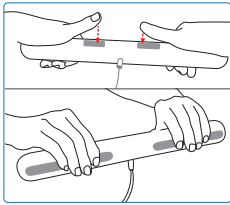
BIA MEASURING STEPS

Step on the scale with your bare feet. Make sure that your feet are in full contact with the 4 electrodes.

Make sure there is no contact between your left and right lower limbs (including thighs, calves and feet).

Hold the handle with two hands ,make sure the thumb and other fingers cover the 4 electrodes evenly(especially pay attentions to the thumb electrodes),hands should not touch each other.Keep your arms straight at a 30-to 45-degree angle.

Make sure your arms are not in contact with your torso.



Stand still while measuring. The weight value will flash three times and lock. Then, the body fat is measured.

Note: If the display screen does not show any readings, please try to wet the soles of your feet and measure again.

Wait till all types of data are displayed on the scale, the measurement is complete.

Note: Do not step off the scale until the measurement is complete.

HOW TO CHECK DETAILED BODY COMPOSITION DATA

After the measurement is completed, the Measure interface will display the segmental Fat Standard ratio and Muscle standard ratio).

Below will be a progress bar to assist users in understanding the status of goal achievement;Next, 2-3 cards will be displayed, including information claim, the built-in heart rate measurement function of the APP, and analysis report card.

The changes in the Weight Body fat and BMI measured this time compared to the last measurement (click on the Contrast below to customize the historical data you want to compare) Scroll down to view detailed information.

Click on More data to view the measured values of all body composition data.

Click on a specific indicator to view its definition and analysis.

Tap  to view and share body composition analysis report.



HOW TO CHECK TREND GRAPHIC

Enter[Charts] page to view 15 sets historical data trend graphic.



HOW TO CHECK HISTORICAL DATA

Tap [Click to view all data] to view the specific measurement data by all day/Morning/Afternoon/Evening.
Click on any measurement data to view the specific body composition values for that measurement.



The screenshot shows the 'All day' historical data table. At the top, the time is 08:47. The title is 'All day'. Below the title are tabs for 'All day', 'Morning', 'Afternoon', and 'Evening'. The table shows a calendar view for September 2023. The table has columns for days of the month and rows for measurements. The measurements are Weight, BMI, and Body Fat. The values for each measurement are listed in the table.

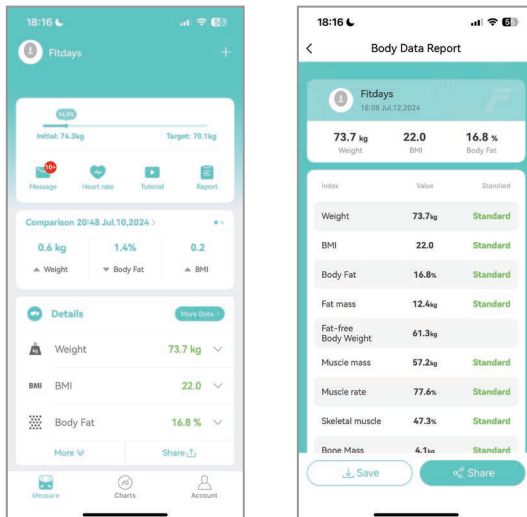
Sep.2023						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	01	02
03	04	05	06	07	08	09
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
01	02	03	04	05	06	07

	Weight	BMI	Body Fat
09:35	65.60 kg	24.1	21.4 %
09:34	65.60 kg	24.1	21.4 %
09:33	65.60 kg	24.1	21.4 %
09:32	65.60 kg	24.1	21.4 %

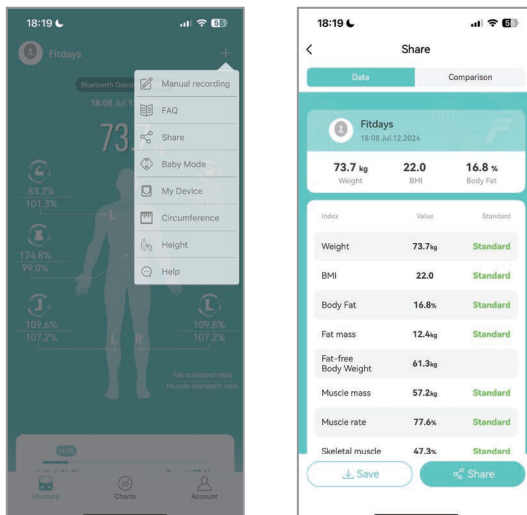
At the bottom, there is a button 'Data comparison'.

DATA SHARING AND EXPORT

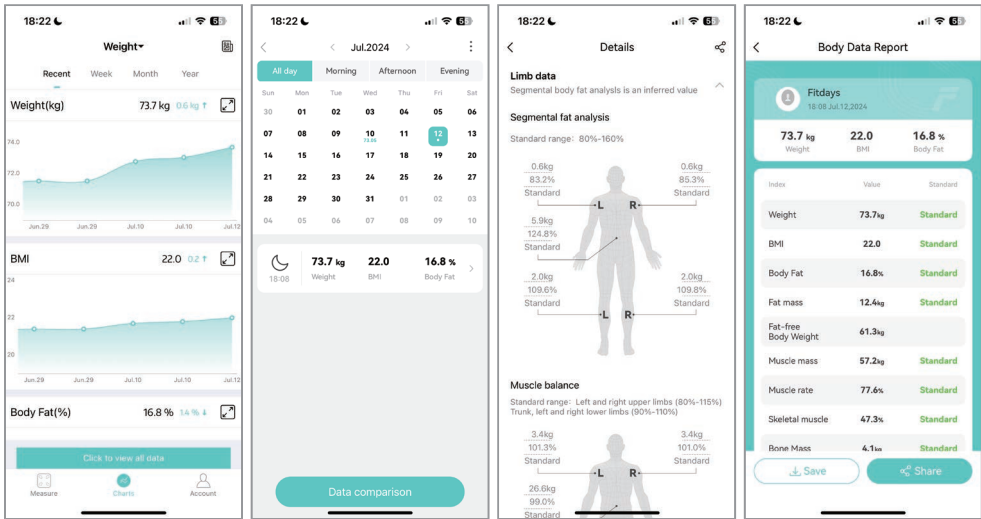
Method 1: Measure interface ->click on the [Share] icon ->click on Save or Share.



Method 2: Measure interface ->click on the "+" in the upper right corner ->Share ->click on Save or Share.

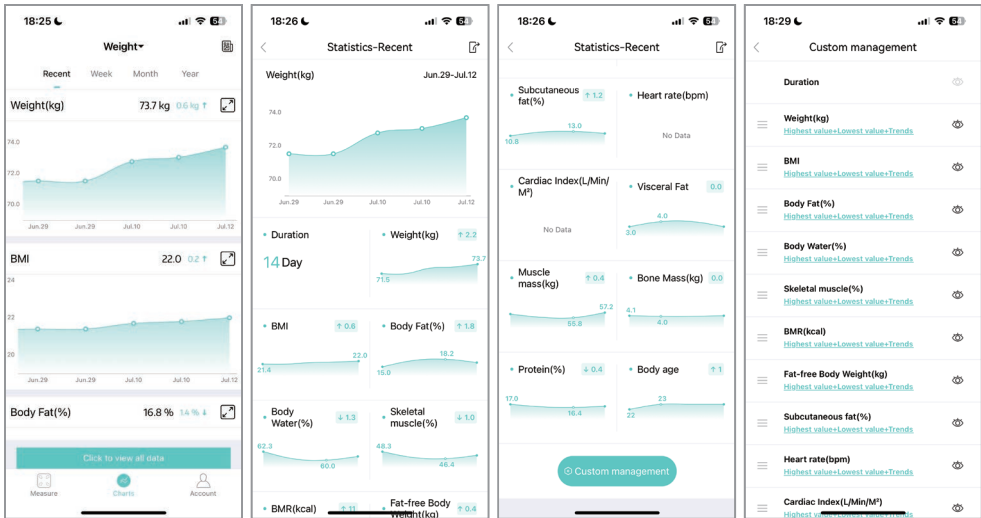


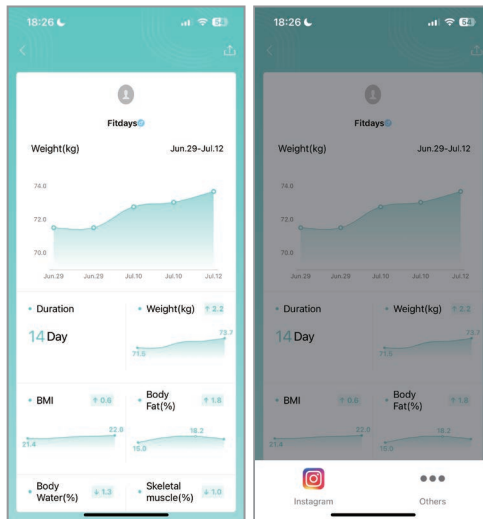
Method 3: Charts interface -->click to view all data -->click on the measurement data you want to share -->click on the sharing icon in the upper right corner -->click on Save or Share.



Trend sharing:

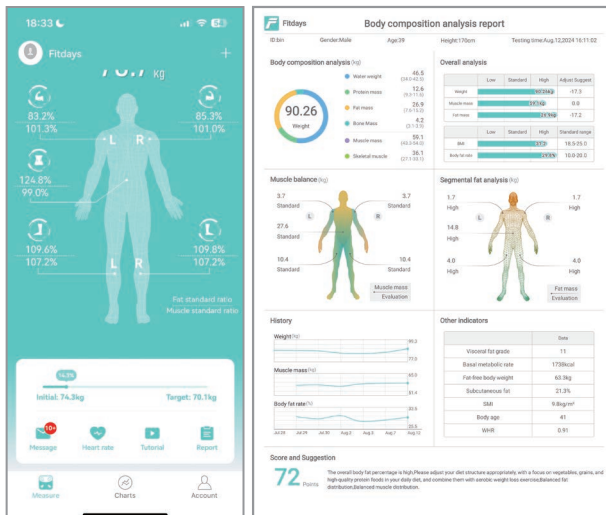
Charts interface -->click on the report icon in the upper right corner -->click on the share icon in the upper right corner -->(click on Custom management below to customize the metrics you want to share) -->click on the send icon in the upper right corner -->select the sending method.



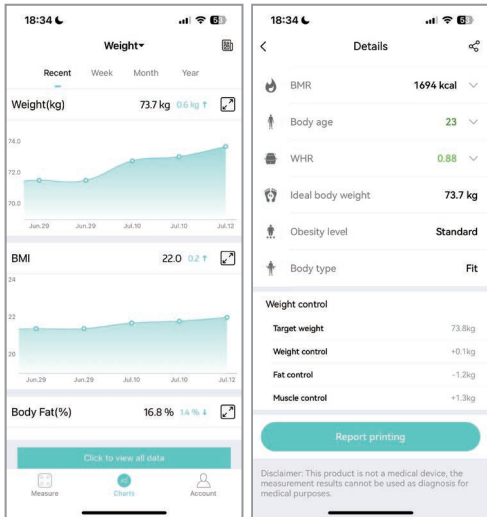


Professional body report sharing:

Method 1: Measure interface ->Report icon below the progress bar ->Click on the share icon in the upper right corner ->Select Save to local or share.

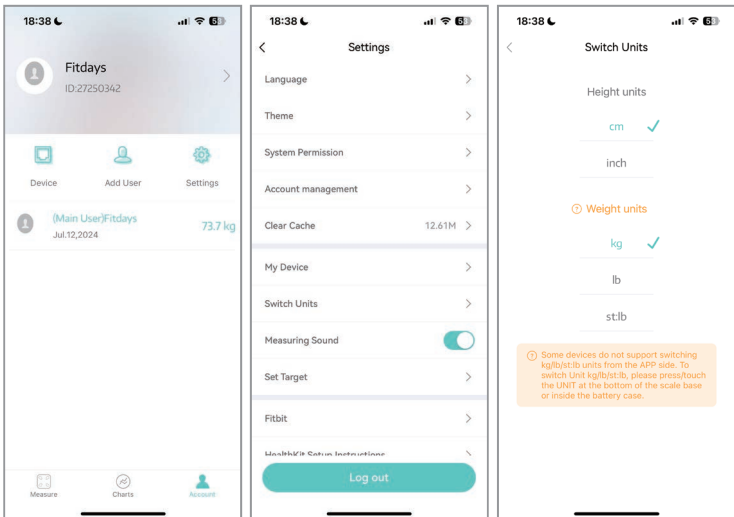


Method 2: Charts interface ->click to view all data ->click on the measurement data you want to share ->scroll down to the end ->click on Report printing ->click on the sharing icon in the upper right corner ->click on Save or Share.



HOW TO SWITCH UNIT

Switch on App: When scale is connected with APP: Account page --> Settings --> Switch Units --> choose the unit you need.



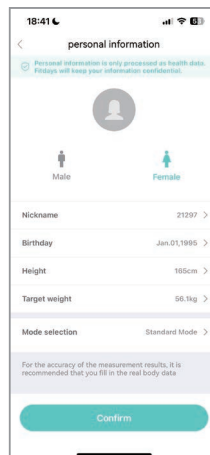
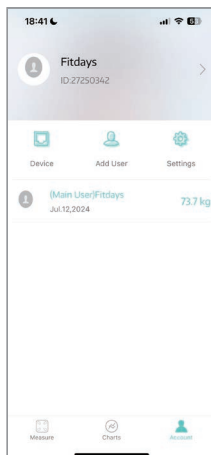
NOTE:

1.If the unit is changed on the APP side when the device is not connected to the APP, the device will only synchronize the unit when it successfully connects to the APP next time (i.e. if the device is in a non connected state when the unit is changed on the APP, and after the change, the device has not been connected to the APP, the unit of the device will not change accordingly). Therefore, it is recommended to set the unit on the APP side when the device is connected to the APP.

ADD/SWITCH USER

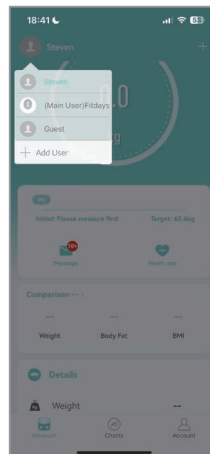
Add user(Max 24 users)

Account page--> Add User --> Choose gender--> Type nickname/age/target weight -->Click confirm.



Switch test user

Measure page --> Click left upper corner user avatar -->Choose testing user.



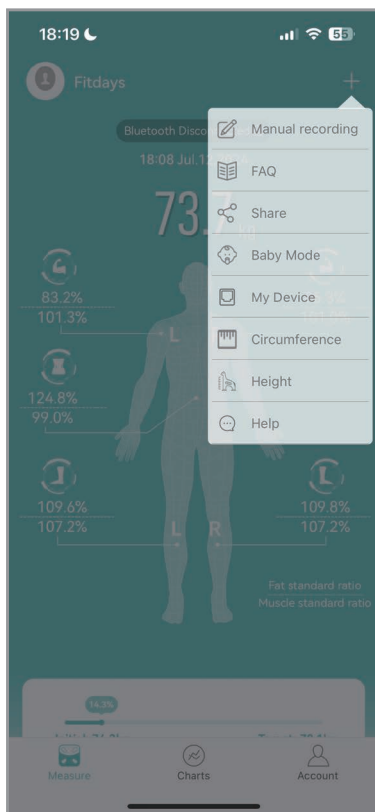
Note:

1. Each new user needs to create their own user profile before measurement and ensure that the personal information is correct
2. Each new user's first measurement needs to be conducted when the device is connected to the APP and the user profile on the measurement interface is correct. Subsequent measurements can be done offline without connecting to the APP.

Baby Mode

Baby Mode:

Measuring page --> Make sure the user profile has been changed to testing baby --> Click upper right corner "+"--> Click Baby Mode --> weigh the adult alone --> hold the baby and weigh together --> View baby weight in the APP.



OFFLINE MEASUREMENT

Prerequisites for offline measurement

- 1.The user has created correct personal information in the App and completed a measurement with the App connected, i.e. the user information is sent via the App and stored on the scale.
- 2.The scale can recognize the user, which requires the user's weight varies within ± 2 kg. If the measured weight change is more than ± 2 kg, connect to the App for measurement

Offline measurement for multiple users

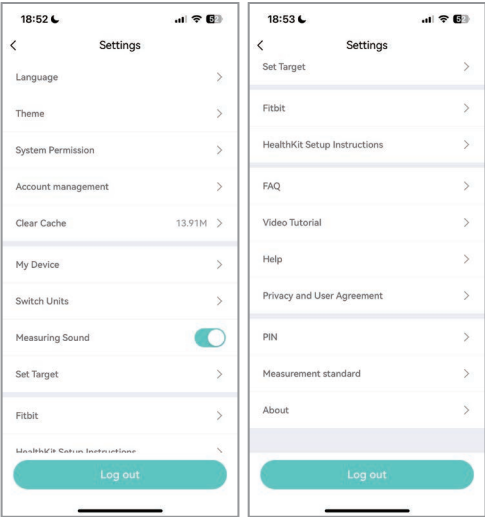
Conditions for the scale to distinguish users: The weight difference between users is greater than ± 2 kg ,i.e.if the weight difference between two or more users is within ± 2 kg ,the scale is not able to distinguish users . In this case ,it is recommended to connect to the App for measurement.

Offline data upload to the App

- 1.The scale can store the user data (100 sets)
- 2.The historical data will not be automatically uploaded to the App as soon as the device is connected to the App. The user needs to take a measurement with the App connected, and the historical data will be transmitted to the App together with the latest measurement data.
- 3.If there are multiple users, the scale will automatically assign the historical data to the users in the APP according to the weight difference (± 2 kg) and send unidentified data to the data attribution center. Tap the message icon in [History] page, and manually adopt or delete the data.

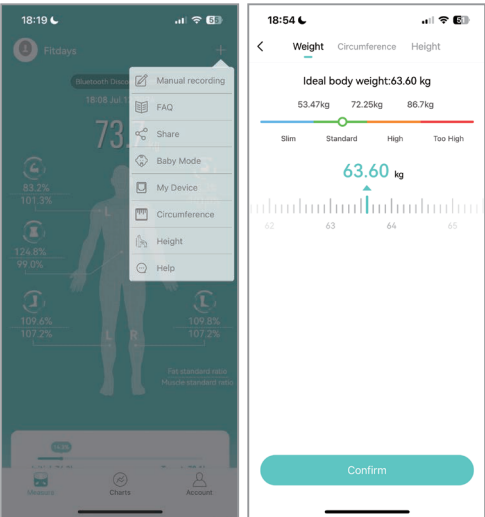
OTHER SETTINGS

Account --> Setting -->can change language /theme settings ,check frequently asked question in **【FAQ】** or send us a message ,ask for help in **【Help】** .



RECORD MANUALLY

Measure Page --> Click upper left corner“+” --> Manual recording --> Type weight/B-WH/Height manually --> Click confirm.



THIRD PARTY APPS DATA SYNCHRONIZATION

Fitdays can support data synchronization to 4 Apps : Apple Health, Google Fit, Fitbit and Samsung Health.

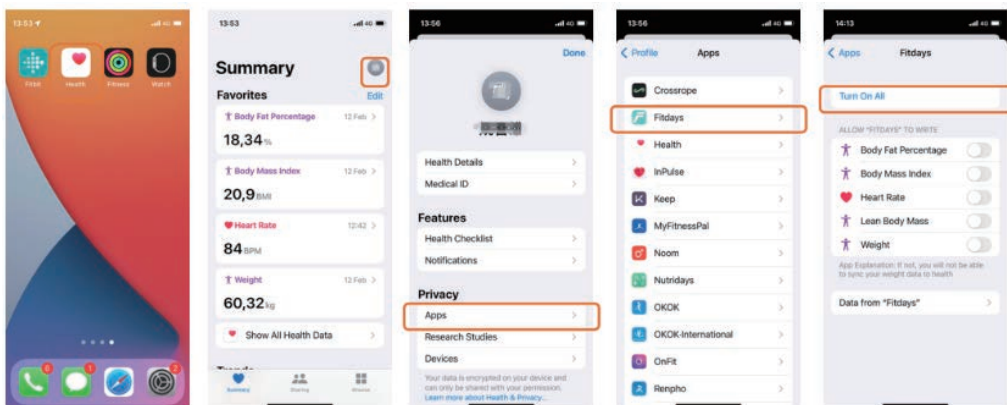
Please see below data that can be synchronized to these 4 Apps:

	Weight	BMI	Bodyfat	Lean Body Mass	Heart Rate
Apple Health	Y	Y	Y	Y	Y
Googlefit	Y	N	Y	N	Y
Fitbit	Y	Y	Y	N	N
Samsung Health	Y	Y	Y	Y	Y

Note: Only support synchronize the data of main user.

Apple Health data synchronization:

Follow the instruction as below in Apple Health:

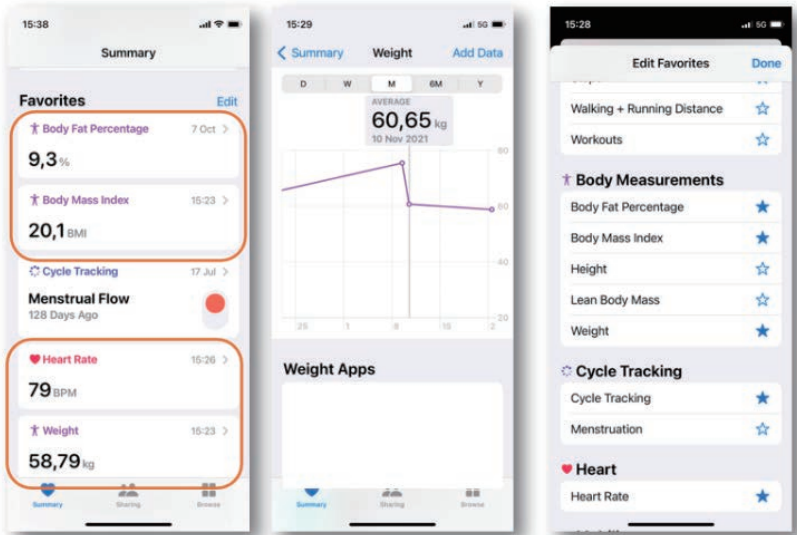


Synchronized data:

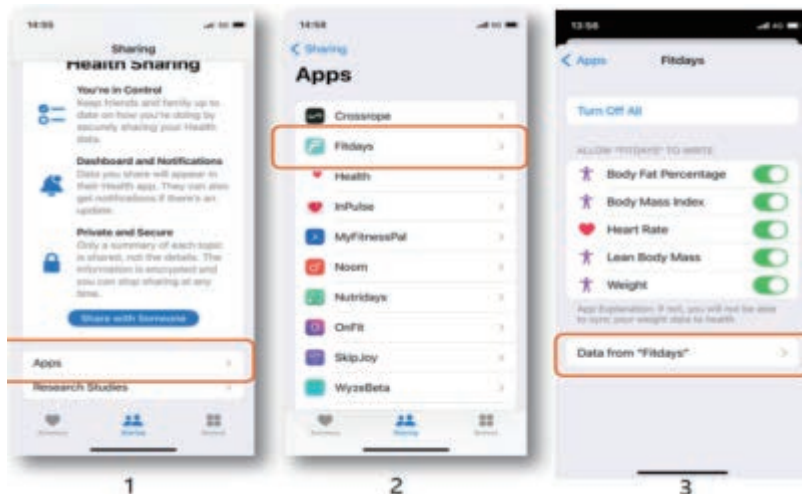
- Body Fat Percentage
- Body Mass Index (BMI)
- Heart Rate
- Lean Body Mass
- Weight

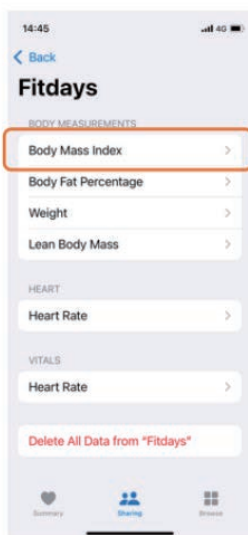
Check data in Apple Health:

1.Check health data or edit to show which health data in “Summary”.

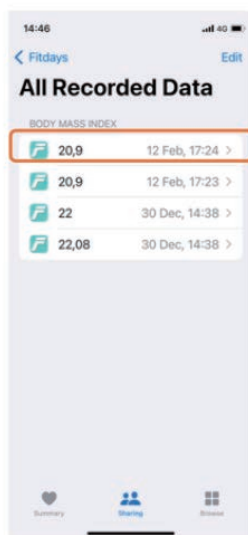


2.Click “Apps” in “Sharing”,find “Fitdays”and enter ,then you can check all synchronized data from “Fitdays”.

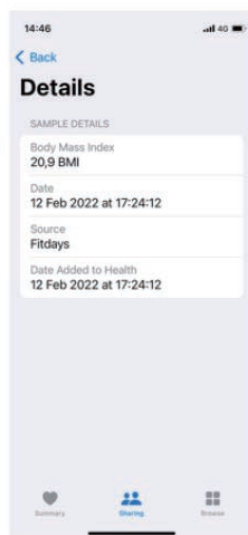




4

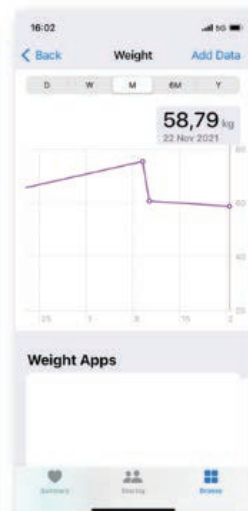
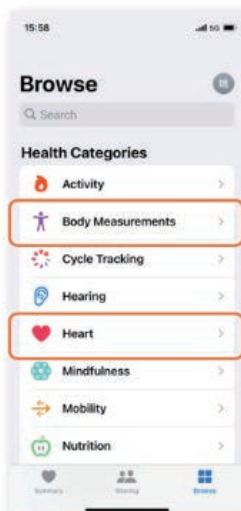


5

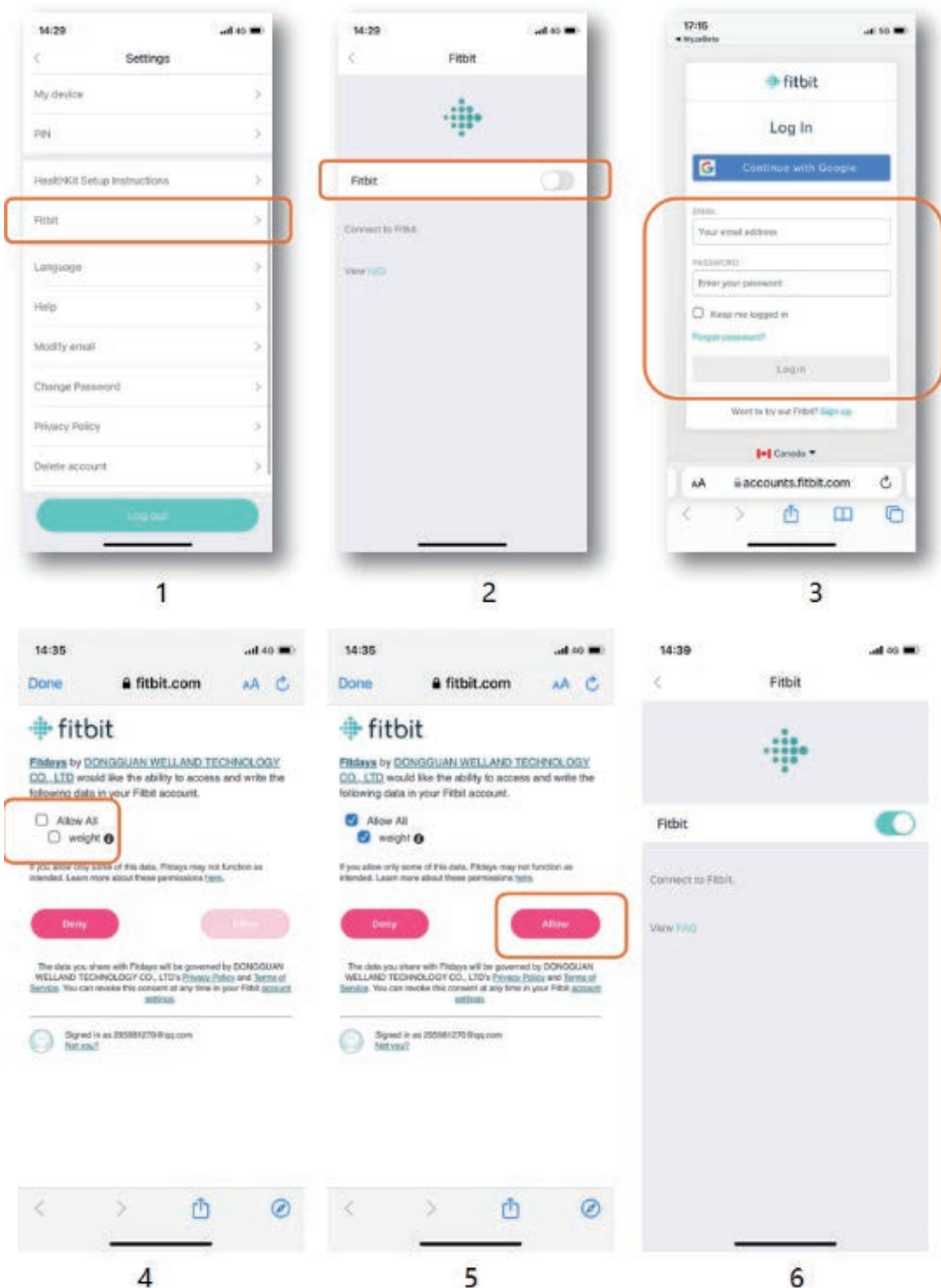


6

3.In “Browse”, health data can be viewed by different categories.

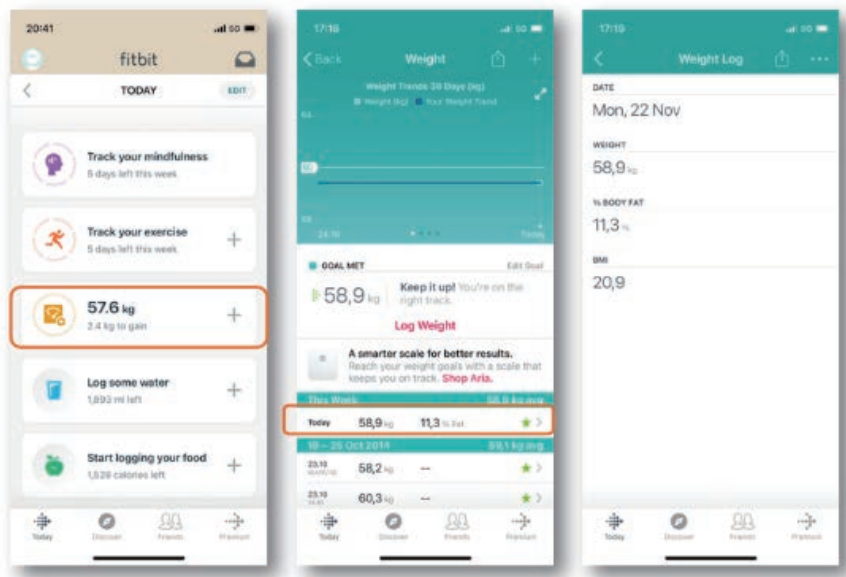


Fitbit data synchronization:



According to steps 1-6 in the screenshot, when the setting is successful, the page will display "Sync Successful".

Check data in Fitbit :

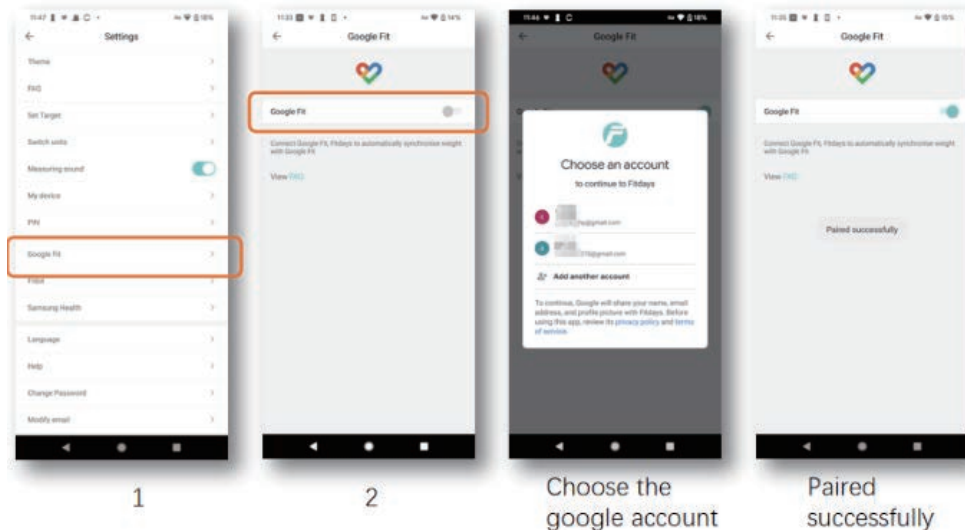


After setting successfully ,the test data will synchronize to Fitbit.

Note:If Fitbit cannot receive data, please check the synchronized Fitbit account to see if it matches the actual Fitbit account being viewed.

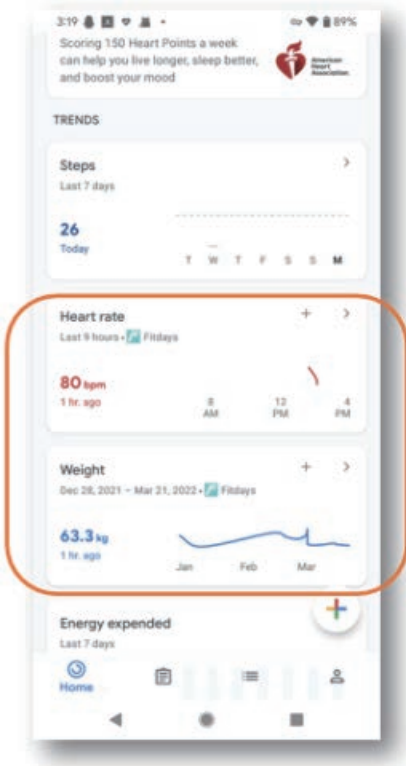
Google Fit

Google Fit data synchronization



1. Enter "Setting" Page, Click "Google fit".
2. Turn on the Google Fit switch and go to the Google Fit account selection page.
3. After selecting the account, the setup is successful.

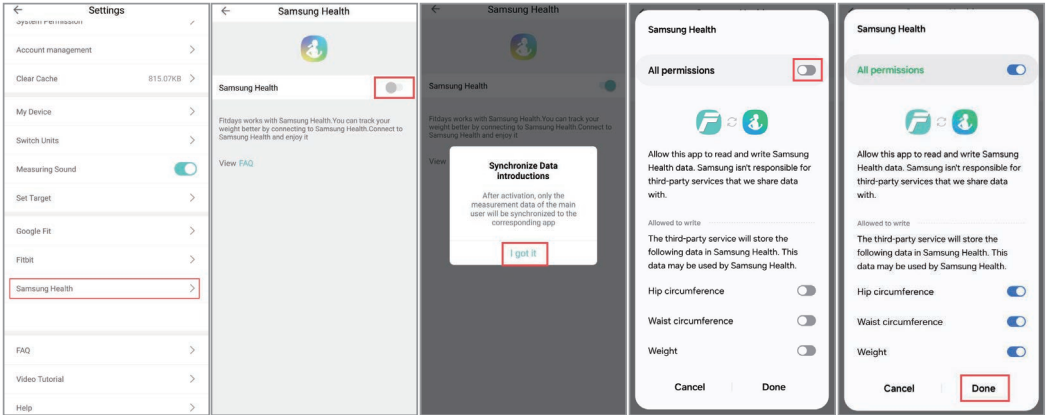
Check data in Google Fit:



After setting successfully ,the test data will synchronize to Google Fit.

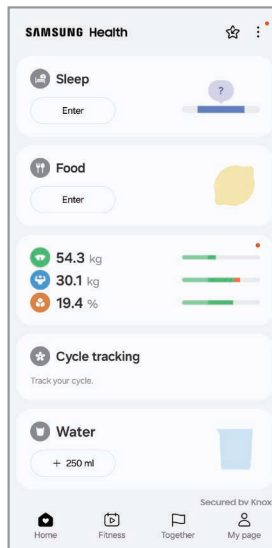
Samsung Health data synchronization

Follow the instruction as below in Samsung Health:



- 1.Enter “setting ” Page ,Click Samsung Health.
- 2.Turn on the Samsung Health switch and click “I got it”.
- 3.Authorize permissions and choose the data you want to synchronize in Samsung Health.

Check data in Samsung Health



After setting successfully , the test data will synchronize to Samsung Health.



NEED HELP

BRAUCHEN SIE HILFE | HO BISOGNO DI AIUTO | NECESITA AYUDA |
BESOIN D'AIDE



<https://lepulsefit.com/pages/support>

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