



A-Scale

# SMART BODY FAT SCALE

MULTI-USER ★ COLUMN TRENDS ★ APP-FREE MODE



## USER MANUAL

## Thank you for choosing ABLEGRID®

**ABLEGRID** Smart Body Fat Scale is now your personal health assistant. In order to ensure accurate measurement and long service life of the scale, please read this manual before use and keep it properly for future reference.

This body fat scale helps you track your personal health data, just set the gender, height, age in App-Free mode, it measures and stores health information and displays it on a large screen, install the free app, after your smart mobile phone connects to the scale via Bluetooth, the health information can be viewed, synchronized to Fitness app, and shared with others.

## Join our journey for Quality Centered Home Living!

**ABLEGRID** focuses on valuable and enduring experience for you with each product we make, if you have any queries or concerns, please contact us anytime **support@ablegrid.com**.

Become a member of ABLEGRID community and get free extended warranty programs, your presence matters to us greatly.

Follow our community and official website by scanning the QR code below.

Get **Live Chat** help on [ablegrid.com](http://ablegrid.com) or post on [forum.ablegrid.com](http://forum.ablegrid.com).



ABLEGRID Facebook



ABLEGRID Official

# NEED HELP?

BRAUCHE HILFE | BESOIN D'AIDE | BISOGNO DI AIUTO | NECESITO  
AYUDA | お困りですか?



**SUPPORT@ABLEGRID.COM**

 <https://www.ablegrid.com/pages/ablegrid-a-scale-support>



Scan the QR code to download 'Fitdays' App and access the user manual in multiple languages for more details.

Scannen Sie den QR-Code, um die 'Fitdays' App herunterzuladen und die Bedienungsanleitung in mehreren Sprachen aufzurufen, um weitere Informationen zu erhalten.

Scannez le code QR pour télécharger l'application 'Fitdays' et accéder au manuel d'utilisation en plusieurs langues pour plus de détails.

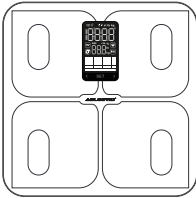
Scansionate il codice QR per scaricare l'applicazione 'Fitdays' e accedere al manuale d'uso in più lingue per maggiori dettagli.

Escanee el código QR para descargar la aplicación 'Fitdays' y acceder al manual de usuario en varios idiomas para más detalles.

QRコードをスキャンして'Fitdays'アプリをダウンロードし、詳細については多言語のユーザーマニュアルにアクセスしてください。

# What's in the Box

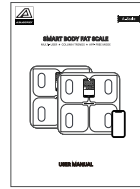
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1 x Body Fat Scale



3 x AAA Battery  
(Pre-installed)



1 x User Manual

If you can't find the AAA batteries or the user manual, please email to [support@ablegrid.com](mailto:support@ablegrid.com).

## Specifications

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Scale Size: 278x278x26.5mm

Screen size: 3.5 inch

Connection: Bluetooth

Battery: 3 \* AAA

Duration of use: 160 days with regular use

Capacity: 5 – 180kg / 11 – 396lb

Division: 0.05kg / 0.1lb

Unit: lb/kg/st

## Accuracy Range

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50kg ±0.3kg	100kg ±0.4kg	180kg ±0.5kg
110lb ±0.66lb	220lb ±0.88lb	396lb ±1.1lb

## Calibrate

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Have you moved or turned the scales? Then we recommend that you calibrate the scale to ensure the accuracy of the measurements.

1. Place the scale on an even and dry surface.
2. Place one foot on the scale until the screen responds.
3. The calibration process is complete when the display shows "0.0lb".

# Display Description

Lo

Low Power

Err

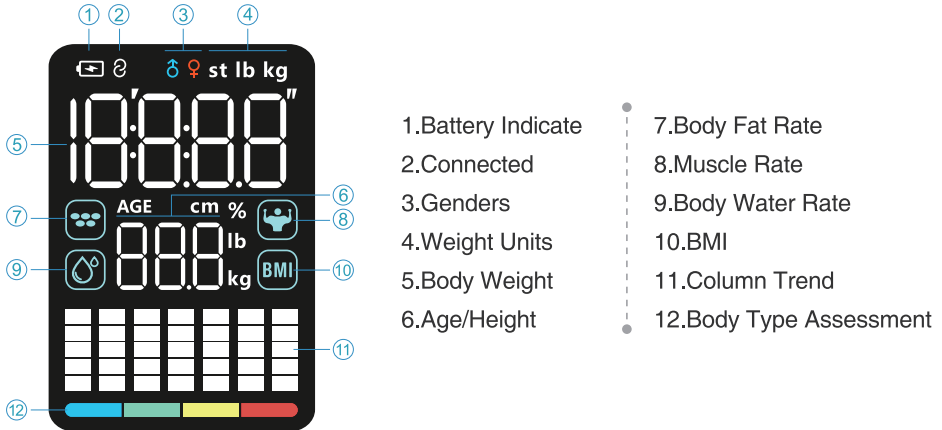
Overload

[

Calibrating

No display

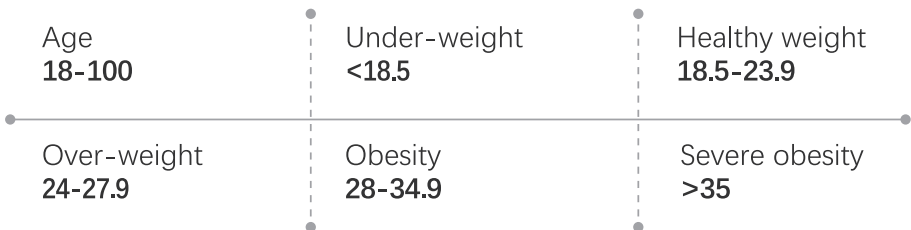
Battery Finished



- 1. Battery Indicate
- 2. Connected
- 3. Genders
- 4. Weight Units
- 5. Body Weight
- 6. Age/Height
- 7. Body Fat Rate
- 8. Muscle Rate
- 9. Body Water Rate
- 10. BMI
- 11. Column Trend
- 12. Body Type Assessment

## BMI Table

Suitable for Men and Women



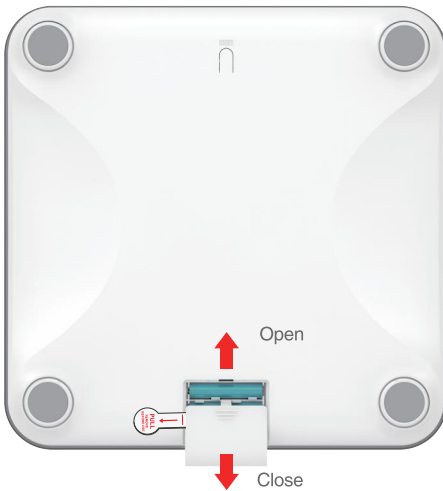
Body Mass Index (BMI) = Weight (kg) : Height ^ 2 (m)

EX: BMI=70kg÷ (1.75×1.75m) = 22.86 (healthy weight)

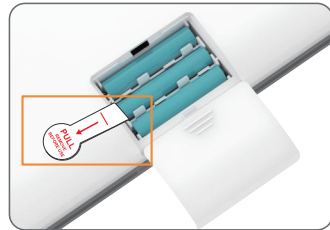
\* Note: The BMI index is a commonly used standard to measure body weight and health status.

# Preparations Before Use

## How to Power On

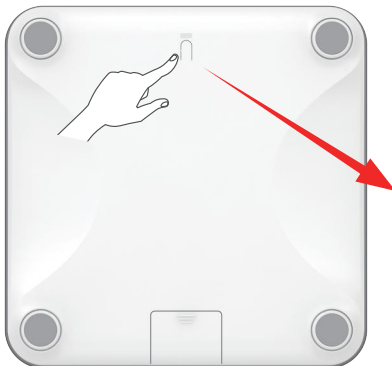


Open / Close Battery Compartment Cover

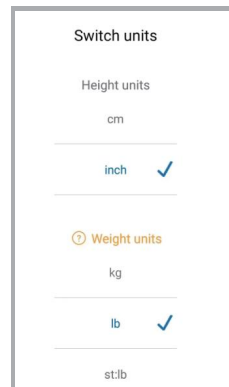


Remove Insulation Sheet

## Switch Unit



Press to Switch "UNIT"

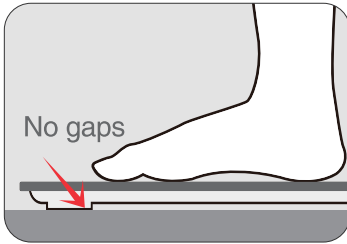


Synchronously set the corresponding unit in the App. (Where is the setting? See page 14-15)

\* For Future Use, Just Step on the Scale to Wake up.

## How to Place the Scale Properly

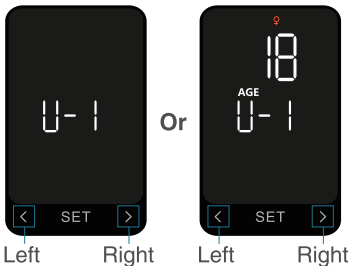
Place it on a flat hard floor, and make sure that the 4 feet of the scale are in contact with the ground without gaps, do not put it on a soft carpet



\* Note: A condition where the foot does not touch the ground can cause inaccurate weight measurements.

## How to Measure Weight and Body Fat in App-Free Mode

1 Press SET → Wake Up / User Selection



NOTE:



**P-0**  
Guest: Won't Store  
User Profiles



**U-1 U-2 U-3 U-4**  
Users: Will Store  
User Profiles

## 2 Short Press SET

Set Up User Profiles

① Set Age →  
(Default Age "18")

② Set Gender →  
(Default Gender "♀")

③ Set Height →  
(Default Height "5'7.0" ")

**Short Press**

- ◀ Decrease
- ▶ Increase

**Long Press**

- ◀ Rapid Decrease
- ▶ Rapid Increase

## Long Press SET

Modify User Profiles

→ Press SET to Confirm & Enter ②

→ Press SET to Confirm & Enter ③

→ Press SET to Confirm & Enter ③

**Blinking Numbers or Icon means it is in a Modifiable State**

③ Display Age, Gender, Height, and wait until 0.00 is displayed, ready to measure.

*Note: U-1 ~ U-4 needs to be entered or modified individually.*

How to Measure? See Page 12-13

## How to Query Last Measurement Data?

In Measurement Result State

In 'Ready to Measure' State



Long Press ◀ 3s

◀ ▶ Select User → Press SET → Long Press ◀ 3s

## Clear all user data from U-1 to U-4?



Short Press



Long Press 5s till Display "Clr"

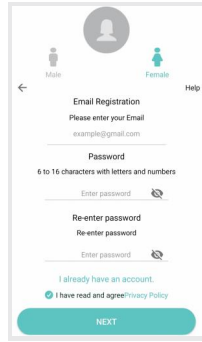
For more body data and access to more features, we recommend the Fitdays App!

# Download App and Create User Data

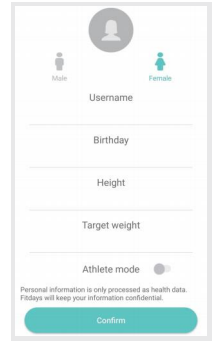
## Download App and Register User Account



Scan the QR code to download App "Fitdays"



Register to login



Set personal information

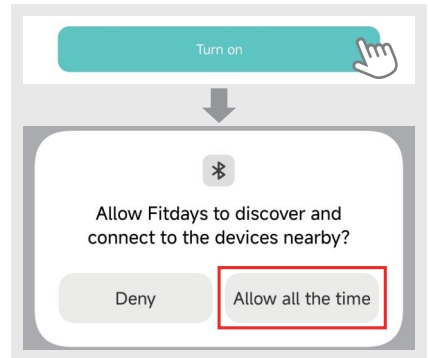
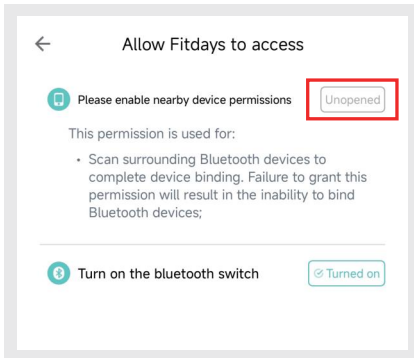
On the page where you create a user be sure to fill in correctly: gender, date of birth (the year must not be wrong), height. Because when this information is used as a parameter in the body index formula, if the information is wrong, it will lead to incorrect results.

Athlete mode is recommended for fitness users who want a more accurate body fat percentage. Keep the distance between your phone and the scale within 10 meters of the Bluetooth working range.

*\* Note: The information you fill in will not be used for any other purpose and will not be disclosed.*

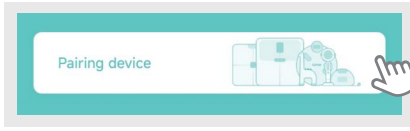
## How to Pair with Bluetooth

### Enable Bluetooth and Nearby Permissions



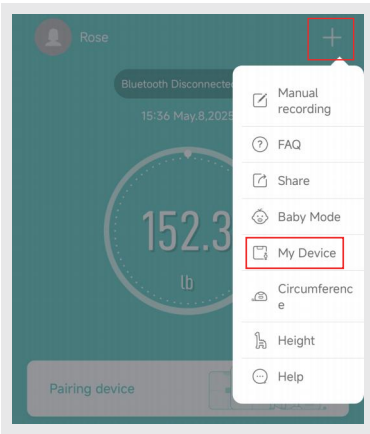
# 3 Ways to Access Pairing Mode

A

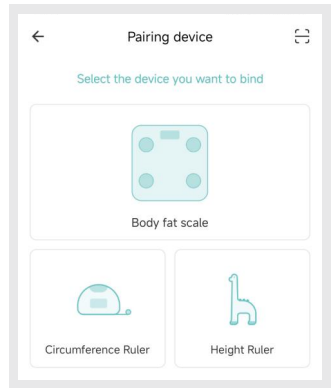
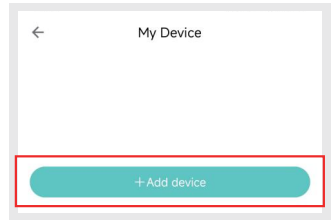
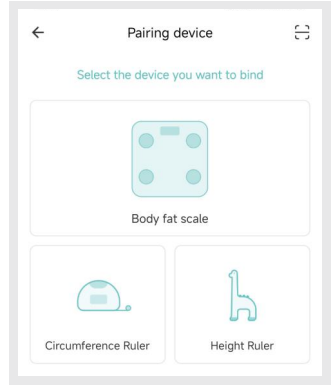
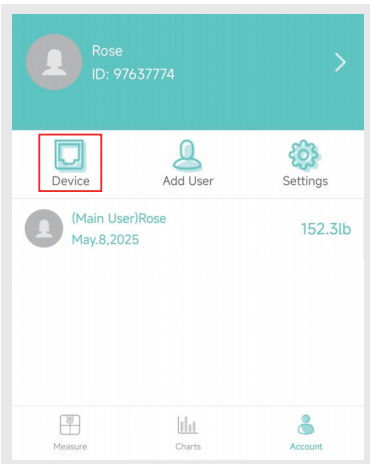


(Appears on first pairing)

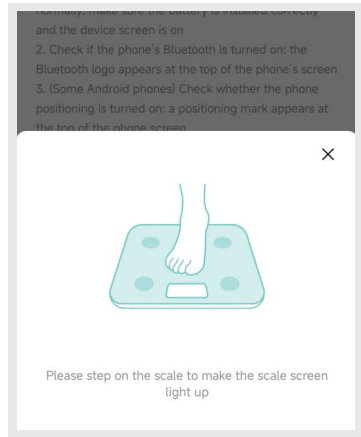
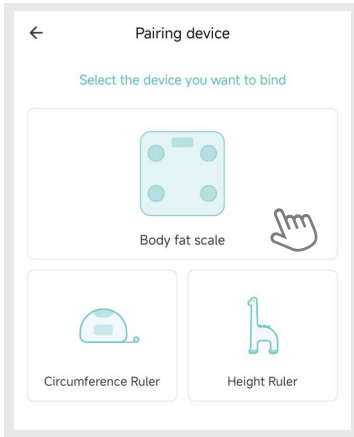
B



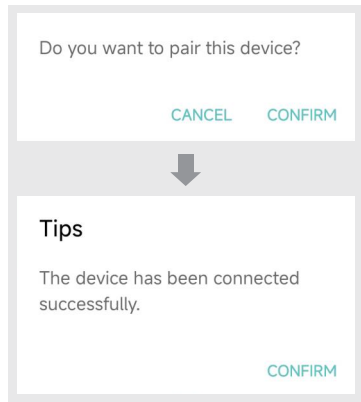
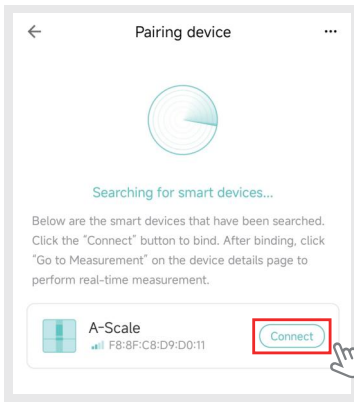
C



# Searching and Pairing



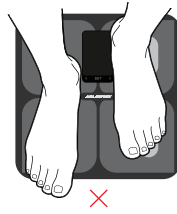
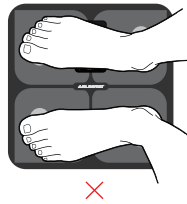
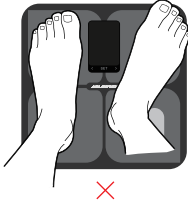
*\* For correct standing posture and attention, see page 11*



Correct standing posture is required, as well as precautions:



Correct standing posture ✓



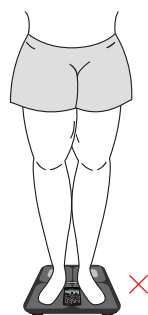
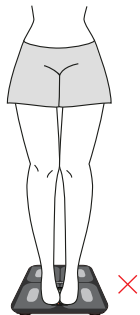
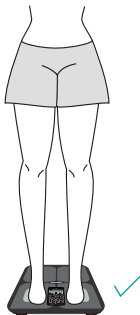
\* Note: Weight can be measured in the wrong standing posture, but the body fat data will be inaccurate. Touch 4 metal electrodes as shown in the figure.



No socks / shoes & wet foot

\* Note: Dry, cuticle-covered soles of the feet can also affect the accuracy of measurements.

Do not allow the skin of the knee or thigh to come into contact with each other during the measurement.

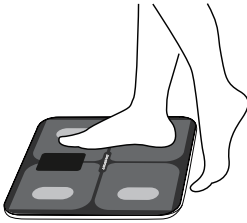


\* Note: If you can't avoid the above, wear lightweight long pants, or long pajama pants.

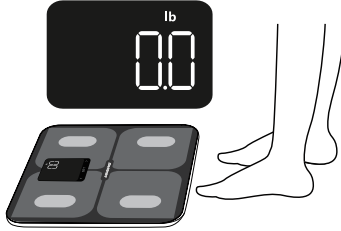
# How to Measure (in Single User Mode)

Gently press the scale to wake it up, when the scale shows "0.0", step on the scale with bare feet and make sure that your feet are in full contact with 4 metal electrodes.

*\* Note: Please take off your shoes and socks, otherwise the scale can only measure your weight.*



Step on to activate



Wait to display "0.0"



Step back on to weigh

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

*\* Note: Do not step off the scale after you've measured your weight.*

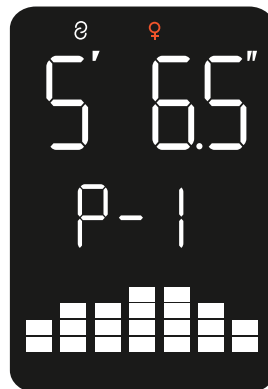
Wait until the columns stop jumping, then the measurement of body fat is complete, at this time the 4 icons flash in turn.

*\* Note: If the display screen does not show any readings, please try to wet the soles of your feet and measure again. Do not step off the scale until the measurement is complete.*

## Measurement Process:

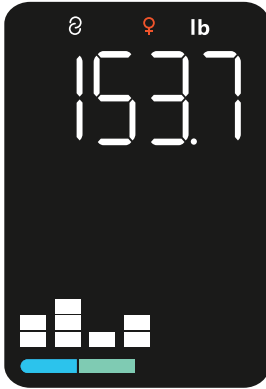


Body Weight



Height & Gender

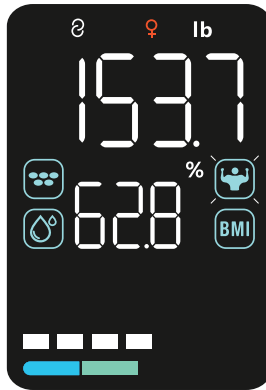
## Measurement Results:



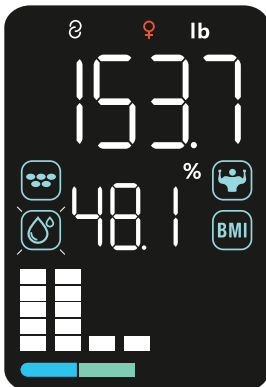
Weight w/ Trend



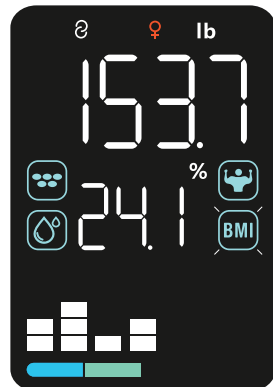
Body Fat Rate w/ Trend



Muscle Rate w/ Trend



Water Rate w/ Trend



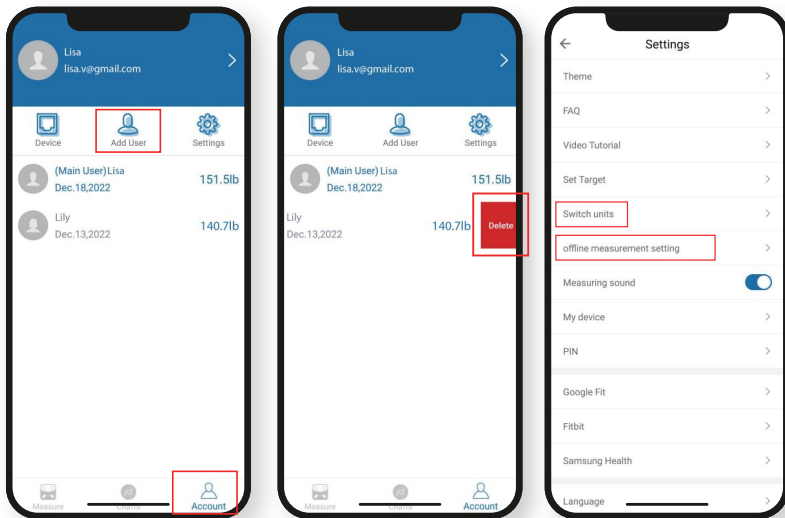
BMI w/ Trend

# Offline Measurement without Using App

After the scale has user profile and first measurement data, you don't need a cell phone and app for future measurements, you can directly get on the scale and measure and display the measurement results on the screen, the data is stored in the scale's memory, when you open the app again, the historical measurement data will be uploaded to the app.

The scale can store a total of 40 measurements, when more than 40, the latest data will overwrite the oldest data, so it is recommended to use offline measurement for a period of time, connect the scale with the app in order to upload the data to the app for saving.

## Add Multi-User and Settings



### Add User

Click the "Account" button, then click "Add User". Complete all steps and click " Confirm". You have now added a user.

*\* When adding users, please keep Bluetooth turned on and the app is connected to the scale, to allow the data to be synchronized to the scale.*

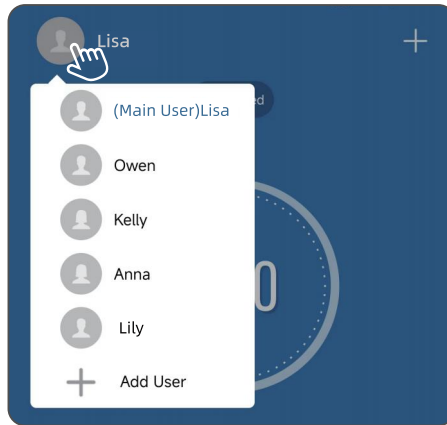
### Delete User

Click the "Account" button. To delete a user, swipe left on the user and select "Delete".

## Setting

In your account, click "Settings". Here you can set goals, **CHANGE UNITS**, change your password, and connect your Google Fit, Fitbit, Samsung Health.

## Switching Corresponding User to Measure



When there are multiple users, select the correct user and have this user get on the scale and measure, do not select a user that does not correspond to the user who actually measured, otherwise data claiming will be require. *How to Claim? See Page 21.*

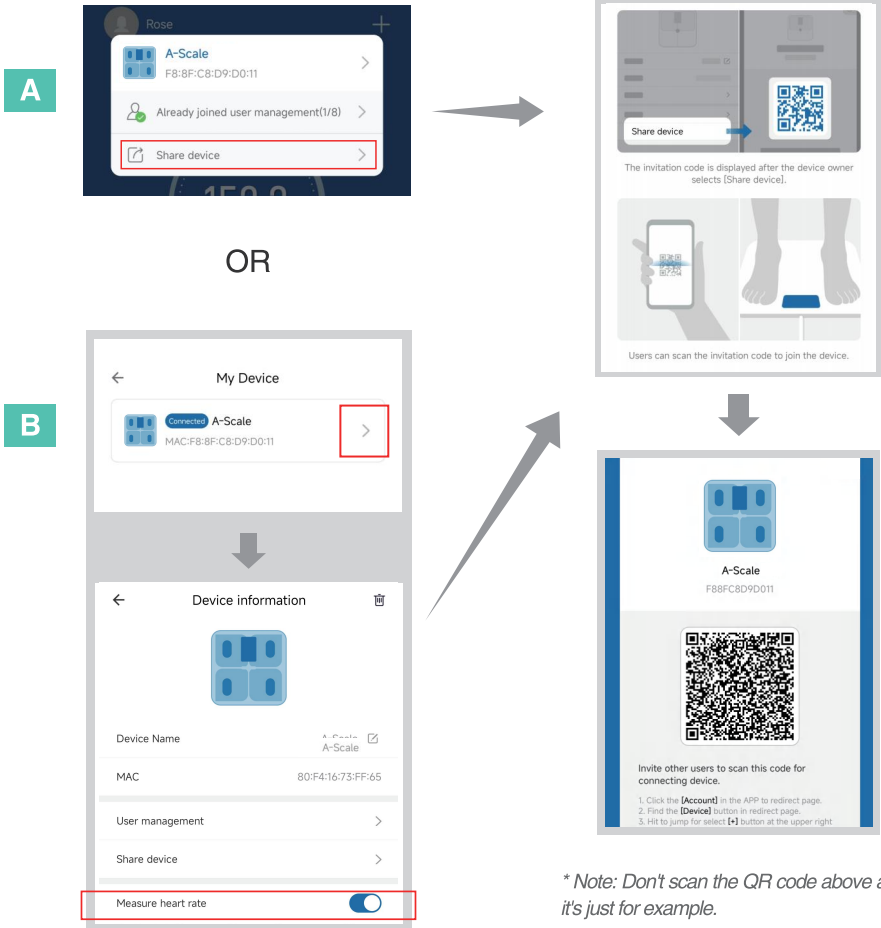
Once each user has been measured and has the correct weight data stored, Multi-user offline measurement (without app) can be used.

## Multi-user Offline Measurement without Using App

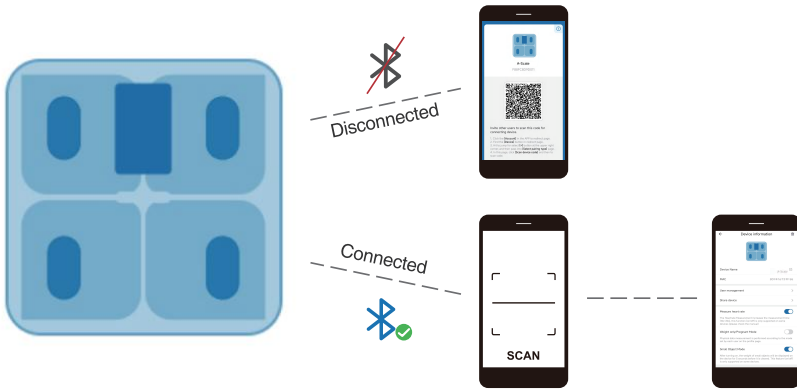
When the scale has already measured multiple user data using the App, the scale can automatically recognize the user under offline measurement without App.

## How to Use a Scale with Two or More Phones as sub-accounts

On the phone that is the primary account, use the Fitdays App to generate a QR code.

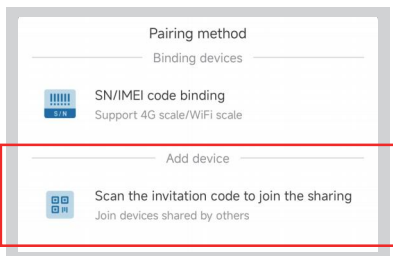
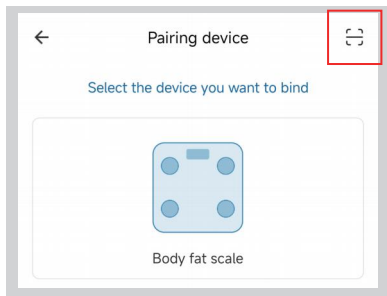


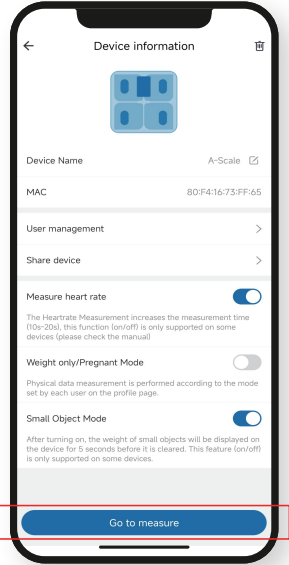
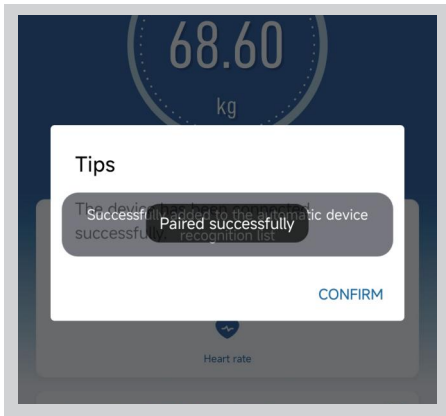
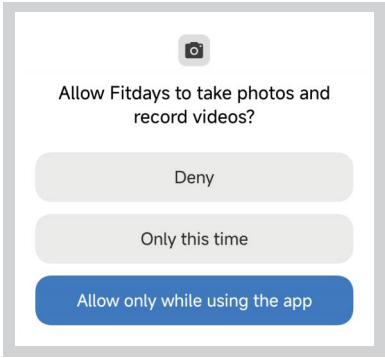
**SPECIAL NOTE:** You will need to temporarily turn your phone's Bluetooth off to disconnect from the scale, the other phone you want to join will be able to scan the QR code to connect to the scale using Bluetooth.



Scan the QR code to share the scale to a second or multiple cell phones to use as sub-accounts.

First, the second (or More) phone needs to download Fitdays app and Register. See page 8: Download App and Register User Account.

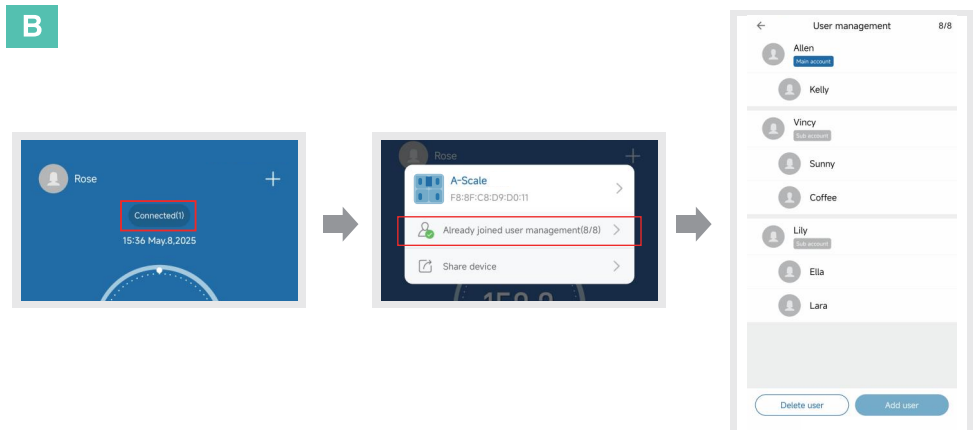
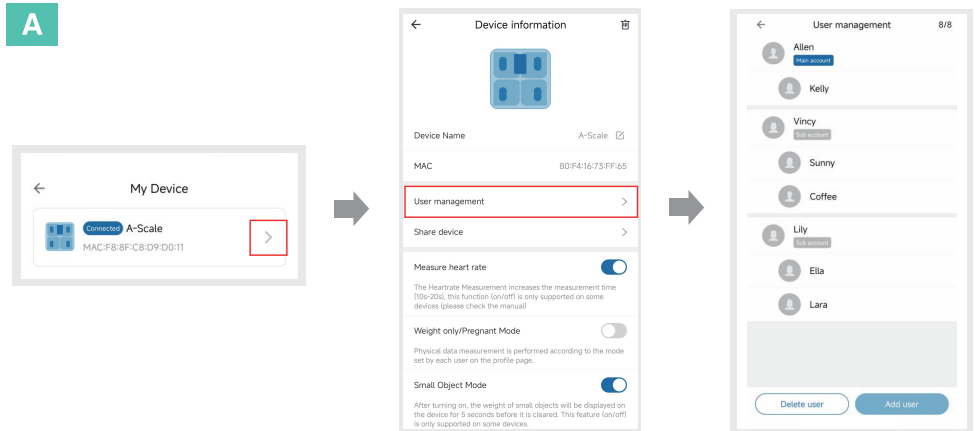




After successful code scanning, Tap Go to Measure.

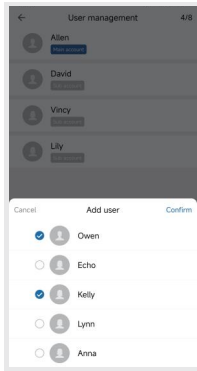
# Advanced User Management Page with Details on How to Use It

Where is the User Management page?

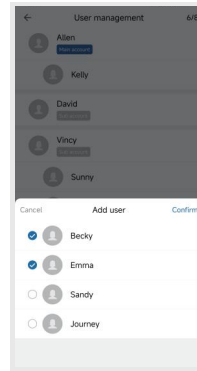


## How to Manage Sub-accounts and Sub-users.

Main account and Sub-accounts can add or delete Sub-users created in their respective accounts. However, the Main account can remove any or even all Sub-accounts and Sub-users, and when a Sub-account is removed, the Sub-users under it are also removed. For Example:

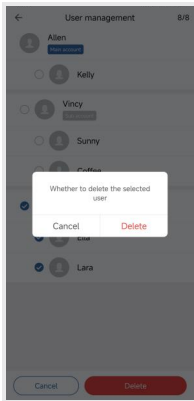


Press Power/Unit Button to Power On



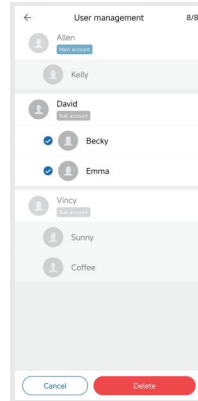
Add Sub-users on Sub-accounts

\* Note: Total number of main account and all sub-accounts and sub-users up to 8.



Remove Sub-accounts and/or Sub-Users on Main Account

(Main Account can remove all Sub-accounts and Sub-Users)



Remove Sub-Users on Sub-accounts

(Sub-accounts can only remove Sub-users created under them, also Sub-accounts cannot remove themselves.)

*Note: Removing Sub-accounts and Sub-users means exiting the Multi-user management, the removed Sub-accounts will not be able to use the scale shared by the Main Account, it is not that the Sub-accounts and the Sub-users under them are deleted.*

## How to measure correctly in sub-account (multi-phone) and sub-user mode?

### Measuring with the App (Bluetooth Mode):

If you want to go for a measurement, you need your phone's Bluetooth to be turned on, open the Fitdays App and the app will indicate that Bluetooth is connected and ready to measure. But pay special attention: other phones need to stay away from the scale, or other phones need to turn off Bluetooth to prevent other phones from connecting to the scale first.

## Measuring without the App (Offline Mode):

After the first measurement via Bluetooth mode, a weight value is saved in each user's profile and subsequent measurements can be taken using mode without the need for a cell phone.

The scale will recognize which sub-account or sub-user the subsequent measurements belong to based on the recorded weight value and display the corresponding user ID on the screen.

If a measurement is taken and the scale can't match who this data belongs to, it will not display the user ID on the scale's screen. When the app is opened, it will show in the app's Message that the data needs to be claimed. How to claim? See pages 21.

# Recognition Function and Claim Weight

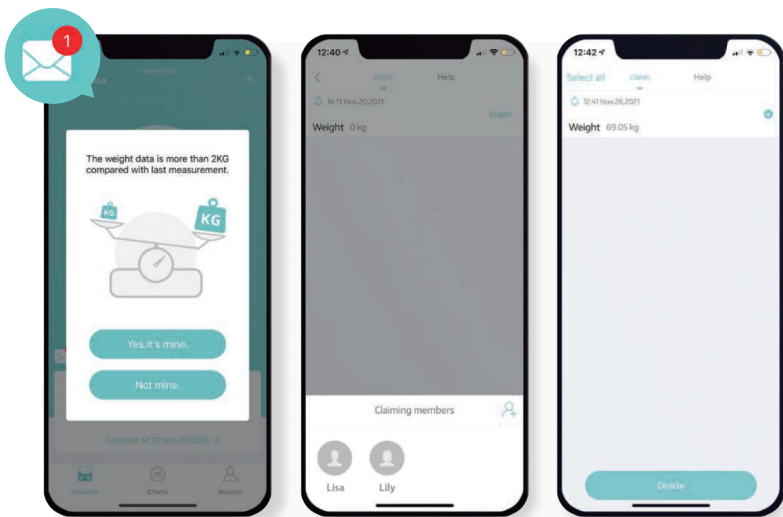
After the first weighing, the scale has an automatic recognition function. When the weight deviates more than  $\pm 2\text{KG}$  from the previous measurement, the app asks if the correct user has been selected. An envelope icon with a notification will appear on the app home page.

## Claim Weight

Click on the notification and click on "Claim". You can now link the weight measurement to the correct account.

## Remove Weight

Is the measurement incorrect? Then click on "Select", then check the incorrect measurement and click on "Delete".



# How to View and Compare, Share User Data

## Charts

Click the "Charts" button to view and compare daily, weekly, monthly or yearly data. This way you can see at a glance if you are making progress.

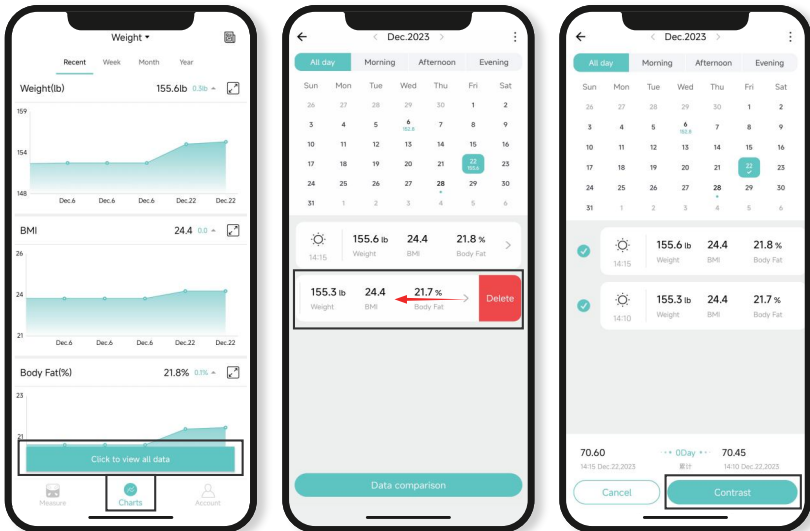
## User Data

Click the "Click to view all data" button. Here you can click on any date you like to view and compare your health data.

\* Tip: Tap and swipe left to reveal red Delete, which deletes unwanted, incorrect, or not your own data.

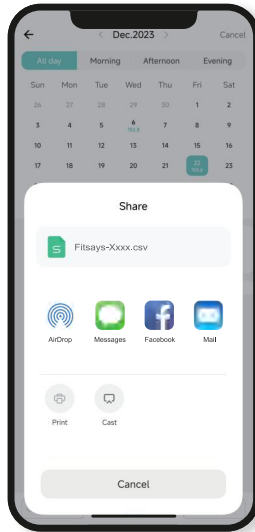
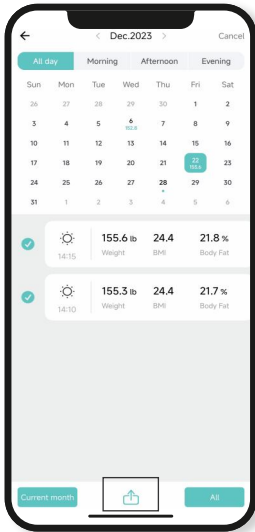
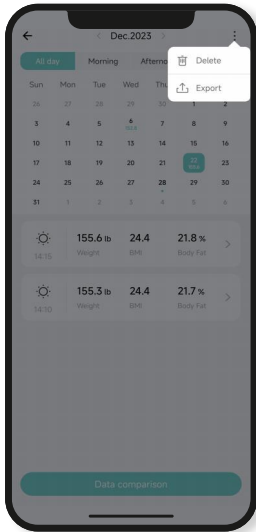
## Contrast

Click "Data comparison", then click on the two desired weights and click "Contrast" to start comparing measurement data.



## Share Data

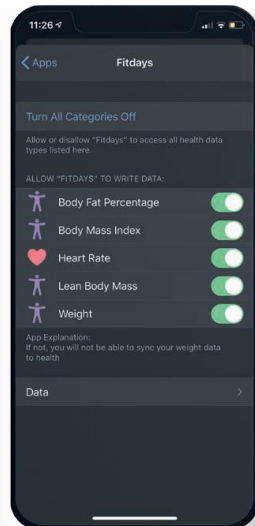
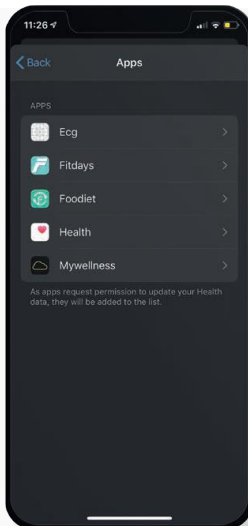
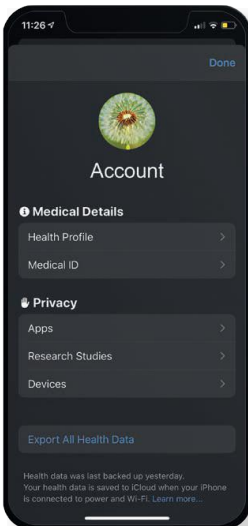
Click "⋮" in the upper right corner and click "Export". Choose whether you want to export all data or just the past month. Then click "🔗" to share the information with your friends via Facebook or Instagram etc.



## Sync with Fitness Apps

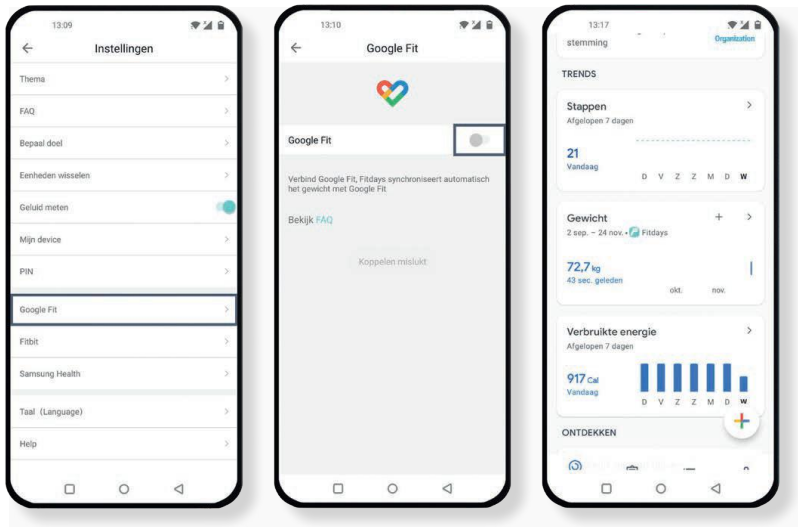
### Apple Health

1. Open the "Health" app on your iPhone and tap Account in the upper right corner.
2. Tap "Apps" and then click on "Fitdays".
3. Turn on all categories to make the "Fitdays" app work optimally.



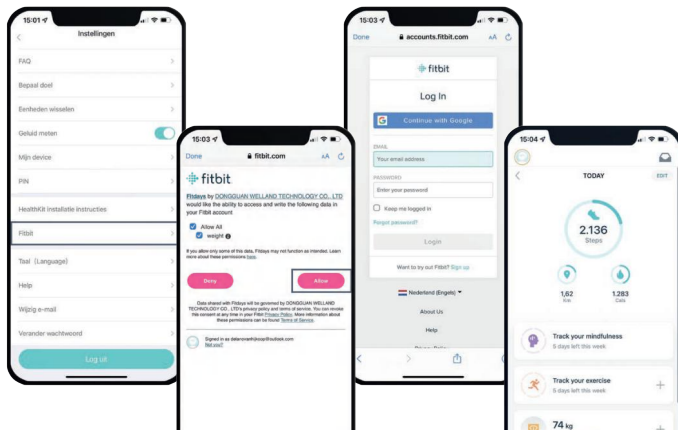
## Google Fit

1. Go to settings and select "Google Fit".
2. Turn on the "Google Fit" button and log in with your Google account.
3. You will be redirected to the "Google Fit" page automatically.



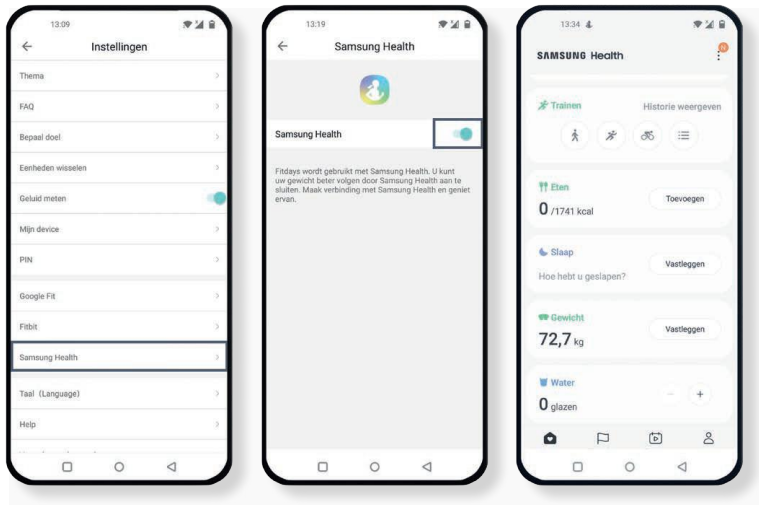
## Fitbit App

1. Go to settings and select "Fitbit".
2. Turn on the "Fitbit" button, then log in with your Fitbit account.
3. Select "Allow" access to the Fitbit app.
4. Once paired, the data syncs to the Fitbit app. You can view data through the app and website.



## Samsung Health App

1. Go to settings and select "Samsung Health".
2. Turn on the "Samsung Health" button, then log in with your Samsung account.
3. You will be redirected to the "Samsung Health" page automatically.



## Attention

### Safety Precautions

When using a digital scale, certain basic safety precautions must be followed, including:

1. The scale should not be used to diagnose or treat any disease. You should consult your physician before embarking on any diet or exercise program.
2. If you are pregnant or have a pacemaker or other internal device, you should not place undue reliance on the data provided by this product. All data are for informational purposes only and are not a substitute for the advice of a licensed healthcare professional.
3. Inspect the device before each use. Do not use if device is damaged. Continued use of a damaged device may cause injury or cause inappropriate results.

### Notice

1. The scale is a high-precision measuring device. Never jump or step on the scale or disassemble the scale. Handle the scale with care to avoid breakage.
2. Place the scale on a hard, flat surface when in use. Using the scale on a soft surface such as carpet or linoleum may affect the accuracy of the scale reading.
3. To ensure accurate weighing, please gently step on the scale to wake it up, wait for at least 10 seconds before weighing on the scale. You must also calibrate the scale if it has been moved. Take measurements at the same time each day to ensure the most accurate results.

4. Before using the scale, make sure you have entered all your personal data through the "Fitdays" app.
5. Use the scale with bare feet. The scale cannot measure body fat percentage if you are wearing shoes or socks.
6. Make sure your feet are dry before weighing.
7. The scale is not waterproof, do not immerse the scale in water. To clean the surface of the scale, use a damp cloth or glass cleaner. Do not use soap or other chemicals.

## FCC Statement

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### FCC ID: 2AP3Q-FG2408WB

This device complies with part 15 of the FCC Rules. Operation subject to the following two conditions:

- (1) this device may not cause harmful interference, and
- (2) this device must accept any interference received, including interference that may cause undesired operation.

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.
- The device has been evaluated to meet general RF exposure requirement.

The device can be used in portable exposure condition without restriction.



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