

Smart Body Fat Scale

1 Setup Your New Scale

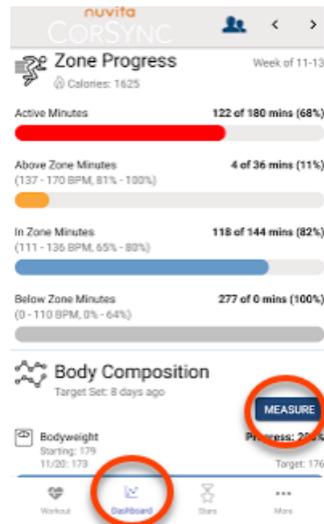
Please consult with your physician prior to use if you have a pacemaker or other device. The scale will transmit a faint electrical wave to the body.

- Remove the Smart Body Fat Scale and four AA batteries from the box.
- Open the battery compartment on the bottom of the scale.
- Set the toggle switch in the battery compartment to lbs (pounds). There is also a reset button in the battery compartment if you ever need to reset the scale.
- Insert the batteries into the scale and close the battery compartment.
- The scale is now ready for use and will automatically turn on and weigh you when you step on it. The scale will automatically turn off shortly after you step off it.
- You should only use the scale on a hard, flat surface. Don't place on a rug.
- You must remove your shoes and socks in order to get an accurate body fat measurement. Ensure you stand still and centered on the scale when using it.
- Refer to the manual included inside the box for further information regarding the scale.



2 Using the Scale with the NuvitaCorSync App

- Open the NuvitaCorSync app and tap Dashboard on the menu at the bottom.
- Remove your shoes and socks.
- Tap the Measure button in the app.



- Step on the scale.

- The app will display "Scanning for Scale". Wait until the app receives the readings from the scale, it should only take 10 to 15 seconds or so.



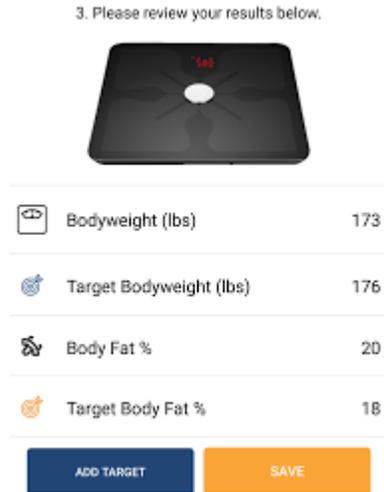
Scanning For Scale

- Please step on your scale.



Note: If you don't have a scale, please reach out to your trainer for more information.

f. The app will display your bodyweight and body fat %. If you have not yet set a Target weight and target body fat %, tap Add Target. Otherwise tap Save to save your measurements.



g. Enter in your target bodyweight and target body fat %, then tap Save.



h. Tap Save again to save your measurements.



Body Fat % Reference Scale

Very Low	3-6
Low	7-10
Optimal	11-15
Moderate	16-20
High	21-25

3 Using the app

You can tap anywhere in the Zone Progress section of the Dashboard to view your workout history.



You can tap anywhere in the Body Composition section of the Dashboard to view your weight and body fat % progress.

