

KONQUEST

KDS-1003

Smart Body Scale User Manual

Free download the app



Konquest +



Read the instructions carefully before using the product.

www.konquestusa.com

Detection item:



Body weight



Body water



Body fat



BMI



Bone mass



Visceral fat



Muscle mass



BMR



Fat-free Body Weight



Protein



Subcutaneous fat rate



Obesity level



Body type



Standard weight

Working principle:

This device works on the principle of Bioelectrical Impedance (BIA). Use the latest technology to measure body resistance and make the measured results more accurate. The body resistance method is based on the fact that body fat is not a conductor, but muscle and water are conductors, and the body's composition is calculated by measuring the body's bioelectrical resistance.

Product parameters:

1. LED display size: 67*29.5mm
2. Product size: 280*280*24mm
3. Unit conversion: KG/LB
4. Range: 3KG-180KG/396LB
5. Division value: 0.1KG/0.2LB
6. Age: 10 years old or older
7. Height range: 100~220 cm
8. Working temperature / humidity: -10°C ~ 50°C / 20% ~ 90%
9. Battery installation: 3X1.5V AAA
10. Weight: 1.5KG/3.3LB

Precautions for use:

Check the scale before using. Do not use the scale if it is damaged in any way.

- Pregnant woman and the users wearing pacemakers or other dangerous devices are not recommended to use this product.
- Do not strike or hit the scale.
- Do not use the scale if the glass is cracked or broken.
- Due to the nature of tempered glass, the glass will shatter if there is even a slight crack. If you see a crack, contact Customer Support immediately.
- Children under the age of 10 should not touch the product to avoid injury.
- The glass platform is slippery when wet. Always make sure the platform and your feet are dry before stepping on for measurement.
- Place the scale on a hard, flat surface to avoid tipping.
- To weigh safely and accurately, stand with your feet shoulder-width apart while on the scale.
- Do not stand on the edge of the scale or jump on the scale.
- In order to maintain the best value, please measure at the same time every day.
- Avoid standing on the scale for a long period of time, or when not weighing yourself.

- Do not overload the scale. Maximum weight capacity is 400 lb / 28 st / 180 kg.
- Do not test after strenuous exercise.
- Do not scrub this product with water or volatile oil.
- Keep the scale in a cool area with low humidity. Keep the scale away from heat sources, such as ovens or heaters.
- Avoid temperature fluctuations.
- Store the scale in a horizontal position, not a vertical position.
- Do not disassemble this product.
- Handle with care.
- Not for commercial use. Household use only.
- Please put the batteries in the correct position, if not used for a long time, please take out the batteries.
- Test results are for reference only, please do not use as a basis for your diet or fitness program.

This device complies with Part 15 of the FCC Rules. Operation is 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.

Fat scale use guide:

Battery setting

Open the bottom battery compartment of the scale and insert the battery in the correct direction of the battery.

When the screen displays “Lo”, the power is too low, please replace the battery in time.

Do not mix old and new batteries

Do not mix alkaline, standard (carbon-zinc), or rechargeable (ni-cad, ni-mh, etc.) batteries

Automatic shut-down

If there is no operation, the product will automatically shut down within 10 seconds.

If the overload is over 2.5kg, the product will automatically shut down.

Precision error

0 – 50KG ± 300g

51 – 100KG ± 400g

101 – 180KG ± 500g

0 – 110lbs ± 0.66lbs

111 – 220lbs ± 0.88lbs

221 – 396lbs ± 1.1 lbs

Equipment requirements

1. Bluetooth 4.0, Android 4.3 and above
2. IOS 8.0 and above

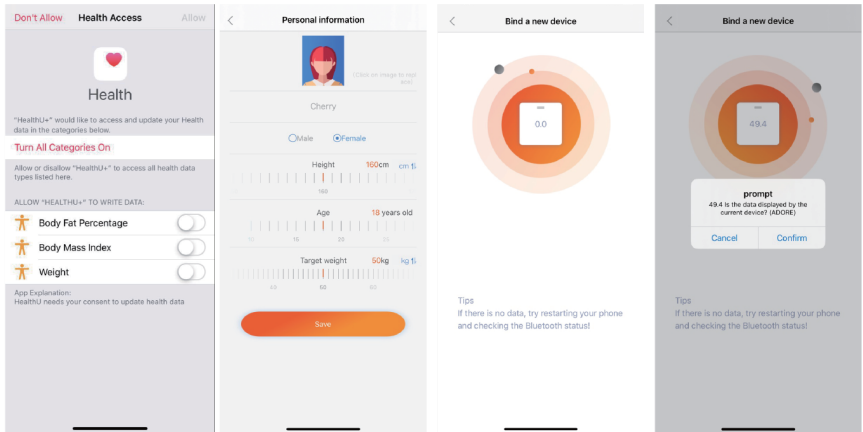
Product instructions:

1. Download installation “Konquest+”
 1. Search the App Store or Google Play store for a “Konquest+” download installation.
 2. Scan the QR code directly at the right side to download and install.



II. First use

1. The IOS device will promptly be compatible with the Health Kit software for the first time. You can choose whether it is compatible or not. Android devices will not have this prompt.
2. Enter App to set up personal information according to the prompts, save personal information and enter the main interface.
3. Connect the device according to the Bluetooth prompt.
4. First use automatic binding smart body fat scale.



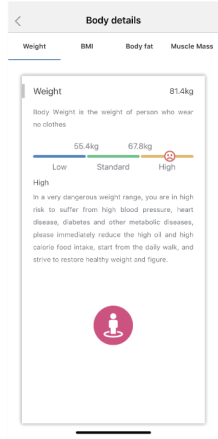
III. Start measuring

1. Place the body fat scale on the smooth floor tile when measuring, standing barefoot on the body fat scale.
2. 3 Flash Indicates that the weight value has been measured: when display of scale shows 「----」 Indicates that other datas of body are being measured and analyzed, when the weight value appears again on scale, it means that all measurements are completed.
3. Click on the "Measure" in the lower middle icon to measure the data on the scale in the main interface. Matching the foot and the electrode piece correctly in the barefoot state, and then measure it.



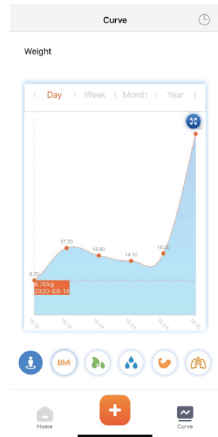
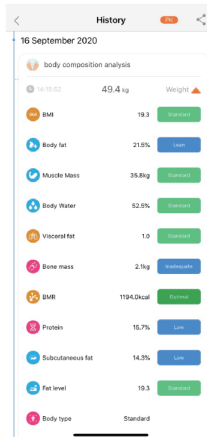
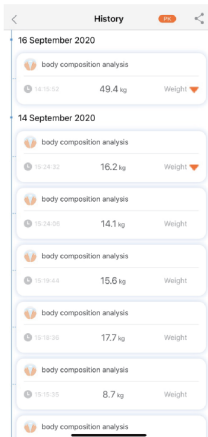
IV. View measurement data

1. After the measurement is completed, the body data is displayed on the APP.
2. Click on each item of data to see the details of the data.



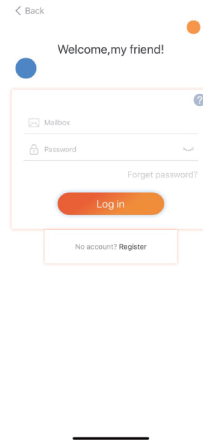
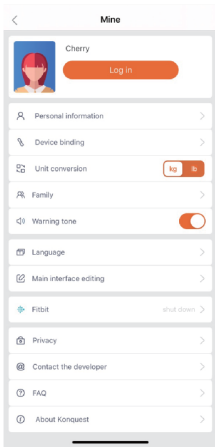
V. Historical data

1. Click on weight on the main interface to view historical data.
2. You can also view historical data in the bottom right corner of the "Curve Data".
3. Click on each part of historical data to see the data measured at the time.



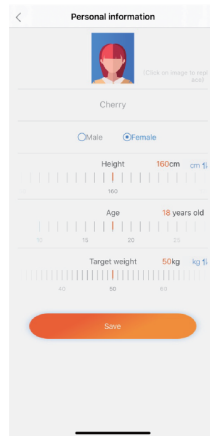
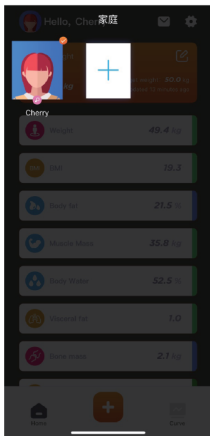
VI. User registration

1. “Konquest +” support cloud data storage, if you need to store data in the cloud, register to log in to “Konquest +” and agree to disclose all information about your body to “Konquest +”
2. Register log in “Konquest +”.



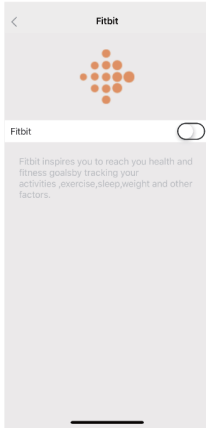
VII. Add family members

1. “Konquest +” allows you to work with your family and manage your health together.
2. You can add family members by clicking on the main screen and adding home users to the settings.

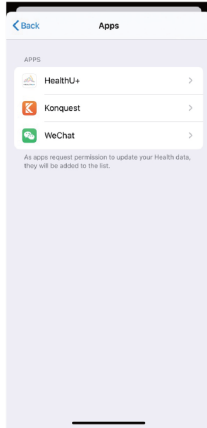


VIII. Synchronizing data to other App

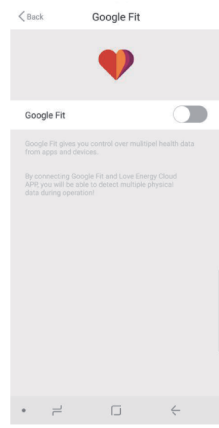
1. “Konquest +” compatible data synchronizes to the “Apple Health” “Google Fit” . “Fitbit” App, the following design shares “Konquest +” data to other platforms.



“Fitbit”
(Apple – Android)



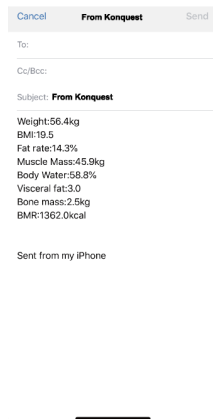
“Health”
(Apple)



“Google Fit”
(Android)

IX. Other issues

1. This product is warranted for one year. If you have any questions, please contact us. info@konquestusa.com
2. “Konquest +” in the use of common problems can be found in the App FAQ.



APP FAQ FREQUENTLY ASKED QUESTIONS

How can I recalibrate the scale?

- Simply step on the scale to turn the power on, step off and let the reading go back to 0.0kg/0.0lb, the calibration will be done automatically.

Why doesn't the scale work? Why doesn't the display show data?

Why does the data on the screen disappear in flash?

- Please check whether the insulation piece is taken out, batteries are installed or batteries are in low and need replacing.

Display indicates "Err" when measuring body fat:

- Your feet or scale are too wet.
- Overload the maximum capacity(396lb/180kg)
- Body parameter settings should be with Height (3'3 – 7*37 / 100 –220cm), Aged (10 –99 years old).

No body fat data measured when weighing.

- Make sure there are no other bluetooth connections are turned on (other than the device you are using) within proximity.
- Body fat scale requires weighing with dry and bare feet.
- Please make sure you are stepping on the electro piece or ITO conductive glass of the scale with bare feet.
- Ensure the Bluetooth function is open.
- Please input your personal information with Height(3'3"–7'37 / 100–220cm), Aged (10–99 years old).

The scale cannot connect with APP.

- Please check your smart phone model. The App supports Android 4.3 or above with Bluetooth 4.0 for Android devices and IOS8.0 or above for IOS devices.
- For Android 5 or above, please turn on GPS location on the phone before Bluetooth Connection (the Access Location Info in the APP shows "Allow").
- For IOS11, the Bluetooth is on in setting interface, but actually it may be off in controlling interface. Please make sure the Bluetooth turn on for both setting interface and controlling interface.
- If your phone Bluetooth is connecting to other devices, you need to disconnect them before connect to the scale.