

FITAGE

USER MANUAL



Requires mobile app to experience all the features.
Compatible with iOS and Android devices.
iOS 12.0 or later / Android 8.0 or later.

ENGLISH	6
NEDERLANDS	00
FRANÇAIS	00
DEUTSCH	00
ESPAÑOL	00
ITALIANO	00

SCAN THE QR CODE

to view the digital manual
in all languages



EN

WE WANT TO LISTEN TO OUR CUSTOMERS

Your opinion is everything for FITAGE. Your experience drives us to help contributing to improve people's health and fuels our community. If you like your FITAGE product, please share your experience with us!

1. Go to Amazon / Bol.com / fitage.com
2. Click "Your Orders" and search for the FITAGE product.
3. Click on "Write A Review" and tell us about your experience!

ANY PROBLEMS?

If you encounter any problems, please contact us via Email.

We are available:
on Monday - Friday
09.00-17.00 (+1 GTM)
in English, Dutch or German.
Support Email:
support@fitage.nl

NL

WIJ LUISTEREN GRAAG NAAR ONZE KLANTEN

Jouw mening is belangrijk voor FITAGE. Jouw ervaring stimuleert ons om een bijdrage te leveren aan het verbeteren van de gezondheid van mensen en het ondersteunt onze community. Als jouw product van FITAGE je bevalt, deel dan je ervaring met ons!

1. Ga naar Amazon / Bol.com / fitage.com
2. Klik op 'Jouw bestellingen' en zoek naar het product van FITAGE.
3. Klik op 'Schrijf een recensie' en vertel ons over je ervaring!

WAT TE DOEN BIJ EVENTUELE PROBLEMEN?

Als je problemen ondervindt, neem dan via de e-mail contact met ons op. We zijn van maandag t/m vrijdag van 09.00-17.00 uur (+1 GTM) in het Engels, Nederlands of Duits beschikbaar.

Ondersteuning per e-mail:
support@fitage.nl

FR

NOUS VOULONS ÊTRE À L'ÉCOUTE DE NOS CLIENTS

Votre opinion est importante pour FITAGE. Votre expérience nous pousse à contribuer à l'amélioration de la santé des gens et à alimenter notre communauté. Si vous aimez votre produit FITAGE, partagez votre expérience avec nous!

1. Allez sur Amazon / Bol.com / fitage.com
2. Cliquez sur "Vos commandes" et recherchez le produit FITAGE.
3. Cliquez sur "Laisser un avis" et racontez-nous votre expérience!

DES PROBLÈMES?

Si vous rencontrez un problème, veuillez nous contacter par e-mail. Nous sommes disponibles du lundi au vendredi 09.00-17.00 (+1 GTM) en anglais, néerlandais ou allemand.

Support par mail:
support@fitage.nl

DE

WIR WOLLEN UNSEREN KUNDEN ZUHÖREN

Ihre Meinung ist alles für FITAGE. Ihre Erfahrung treibt uns dazu an, einen Beitrag zur Verbesserung der Gesundheit der Menschen zu leisten und unsere Gemeinschaft voranzutreiben. Wenn Ihnen Ihr FITAGE-Produkt gefällt, teilen Sie uns bitte Ihre Erfahrungen mit!

1. Gehen Sie zu Amazon / Bol.com / fitage.com
2. Klicken Sie auf "Ihre Bestellungen" und suchen Sie nach dem Produkt FITAGE.
3. Klicken Sie auf "Bewertung schreiben" und erzählen Sie uns von Ihren Erfahrungen!

IRGENDWELCHE PROBLEME?

Sollten Sie auf Probleme stoßen, kontaktieren Sie uns bitte per E-Mail.

Wir sind verfügbar von Montag bis Freitag 09.00-17.00 (+1 GTM) auf Englisch, Niederländisch oder Deutsch.

Support-E-Mail:
support@fitage.nl

ES

QUEREMOS ESCUCHAR A NUESTROS CLIENTES

Tu opinión lo es todo para FITAGE. Tu experiencia nos impulsa a contribuir a mejorar la salud de las personas y alimenta a nuestra comunidad. Si te gusta tu producto FITAGE, ¡comparte tu experiencia con nosotros!

1. Visita Amazon / Bol.com / fitage.com
2. Haga clic en "Sus pedidos" y busque el producto FITAGE.
3. ¡Haz clic en «Escribe una evaluación» y cuéntanos tu experiencia!

¿ALGÚN PROBLEMA?

Si tiene algún problema, póngase en contacto con nosotros por correo electrónico. Estamos disponibles de lunes a viernes de 09:00 a 17:00 (+1 GTM) en inglés, holandés o alemán.

Correo electrónico de soporte:
support@fitage.nl

IT

VOGLIAMO ASCOLTARE I NOSTRI CLIENTI

Noi di FITAGE apprezziamo la tua opinione e ci impegniamo a utilizzare il tuo feedback per promuovere il benessere e rafforzare la nostra comunità. Se sei soddisfatto del tuo prodotto FITAGE, ci farebbe piacere che condividessi la tua esperienza. Ecco come fare:

1. Vai su Amazon / Bol.com / fitage.com
2. Clicca su "I tuoi ordini" e cerca il prodotto FITAGE
3. Clicca su "Scrivi una recensione" e raccontaci cosa ne pensi!

QUALCHE PROBLEMA?

In caso di problemi, non esitare a contattarci via e-mail. Il nostro team di assistenza clienti è a tua disposizione dal lunedì al venerdì, dalle 09:00 alle 17:00 (GMT+1), e può assisterti in inglese o in olandese.

E-mail di supporto:
support@fitage.nl

EN: Scan the QR code and discover more about our FITAGE community!

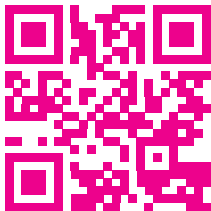
NL: Scan de QR-code en ontdek meer over onze FITAGE community!

FR: Scannez le QR code et découvrez notre communauté FITAGE !

DE: Scannen Sie den QR-Code und erfahren Sie mehr über unsere FITAGE-Community!

ES: ¡Escanea el código QR y descubre más sobre nuestra comunidad FITAGE!

IT: Scansiona il codice QR e scopri di più sulla nostra community FITAGE!



WELCOME TO **FITAGE** GET IN SHAPE

Thank you for choosing FITAGE. With this smart bathroom scale, you're getting more than just a weight tracker, you're stepping into a more complete view of your health.

This model uses advanced bioelectrical impedance analysis (BIA) through eight contact points (both feet and hands) for accurate full-body measurements.

Thanks to the included handle and our app integration, you'll get deeper insight into upper-body and segmental metrics, from visceral fat to skeletal muscle percentage.

Connect to the FITAGE app via Bluetooth and start tracking your progress.

Together, we make your health goals measurable and achievable.

PRODUCT SPECIFICATIONS

Model	FITAGE-25
Product Type	8-Electrode Smart Body Fat Scale with Handlebars
Dimensions	310 x 336 x 33.8 mm / 12.2 x 13.2 x 1.3 inches
Weight (device)	2.05 kg / 4.5 lb
Measurement Range	0.2 – 180 kg / 0.4 – 396 lb
Measurement Resolution	0.1 kg / 0.2 lb
Display Type	LED
Power Supply	3 x 1.5V AAA batteries
Working Current	≤ 45 mA
Connectivity	Bluetooth (BLE)
Electrode Method	Tetrapolar 8-Point Tactile (feet + handheld electrodes)
Output Data	Weight, Body Fat %, BMI, Body Water, Muscle Mass, Bone Mass, Visceral Fat, BMR, Fat-Free Body Weight, Segmental Muscle Analysis
Accessories	Measuring handle, 3 x AAA batteries, User Manual

WHAT'S INCLUDED:

In the box, you'll find everything you need to get started:

- FITAGE Bathroom Scale CS10E (Body Fat Scale)
- Detachable measuring handle (with cable)
- 3 x 1.5V AAA batteries (demo version)
- Instruction manual

Tip: We recommend replacing the demo batteries after 2 months of use for optimal performance.

APP INSTALLATION & FIRST MEASUREMENT

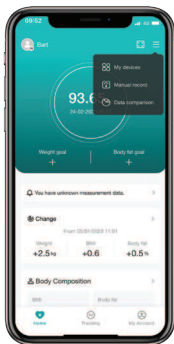
The smart scale connects with your telephone or tablet via Bluetooth. To do so, your mobile device needs to have the FITAGE app installed. The easiest way to download the app is to scan the QR code below. Follow these steps to experience the full functionality of your FITAGE smart scale!

STEP 1: DOWNLOAD THE APP

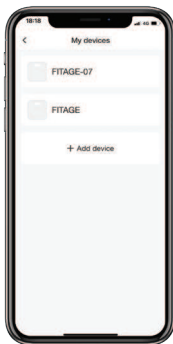
1. 
2. 
3. 

1. Download the FITAGE app by scanning this QR code
2. Create an account or continue as guest
3. Install the batteries in the scale (at the backside)

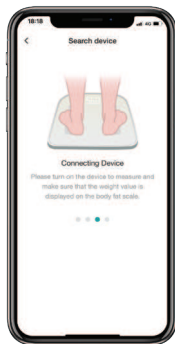
STEP 2: PAIR THE SMART SCALE WITH OUR APP



1.



2.



3.



4.

1. Turn on Bluetooth on your mobile device and add a new scale in the app
2. Select the FITAGE scale which is turned on
3. Step with dry and bare feet on the scale
4. Wait till the binding is successful

Caution: using older mobile operation systems (like Android 6.0) will require you to enable Location Permission in order for the Bluetooth connection to work. Please check this in the general mobile device settings when pairing does not work like instructed.

Need more information about data processing?

Check the privacy policy on our website.

STEP 3: MEASUREMENTS & BODY ANALYSIS REPORTS



1.



2.



3.

1. Quickly step on and off the scale to calibrate the device (can be done anytime)
2. Step on the scale and stay on it until the displayed digits are stabilized and the numbers flash twice
3. Check the mobile app for your personal body analysis report



The measurement process display

MEASUREMENT TIPS

To get the most accurate and consistent results from your FITAGE Bathroom Scale Handlebars, please follow these tips:

BEFORE MEASURING

- Place the scale on a hard and flat surface (avoid carpet or uneven floors)
- Make sure your feet and hands are clean and dry
- Use the scale barefoot, no socks or shoes
- Always hold the handle for a full body composition scan, without it, only weight will be measured



BEST TIME TO MEASURE

Measure at the same time each day, preferably in the morning before eating or drinking

Avoid measuring right after:

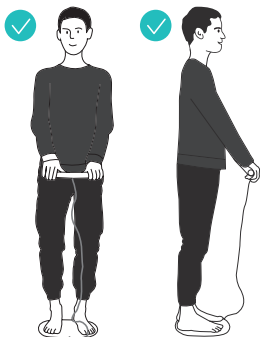
- Intense exercise
- Large meals
- Showers, baths, or sauna
- Alcohol consumption

CORRECT POSTURE

When using the handle, your posture affects the signal quality. (See: "Test posture" illustration).

DO:

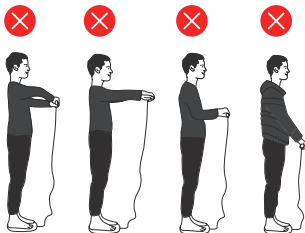
- Stand upright and relaxed
- Step on the scale with both feet first, then pull the handlebar up to prevent tilting
- Extend arms slightly forward, away from your body
- Wear light clothing
- Keep arms steady and avoid bending



Test posture

DON'T:

- Bend your arms inward or hold too high/low
- Let your arms touch your torso
- Wear heavy or restrictive clothing



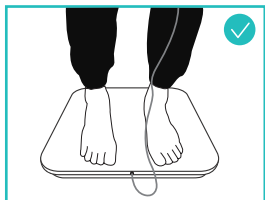
FEET POSTURE

Your feet must be properly placed to ensure accurate signal flow through the lower body.

See: "Feet Posture" illustration.

DO:

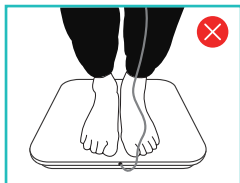
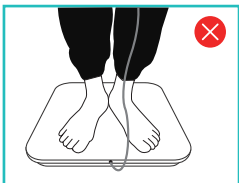
- Stand barefoot with feet placed flat and slightly apart
- Keep legs relaxed and knees straight



Feet Posture

DON'T:

- Let heels or thighs touch each other
- Turn feet inward
- Shift weight to toes or heels



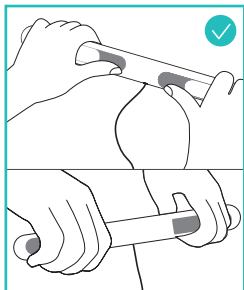
HANDS POSTURE

The way you hold the handle is crucial for upper-body readings.

See: “Hands Posture” illustration.

DO:

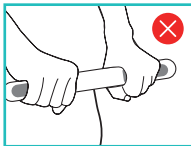
- Place thumbs on the oval electrodes
- Wrap fingers around the strip electrodes
- Let the cable hang downward naturally



Hands Posture

DON'T:

- Hold the handle in a tight fist
- Cover the sensors with your palm
- Let the handle tilt or twist while holding

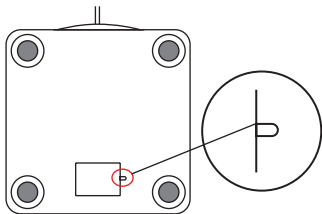


POWERING UP THE SCALE

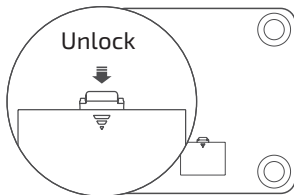
Before your first use, activate the scale by removing the battery insulator.

STEP-BY-STEP:

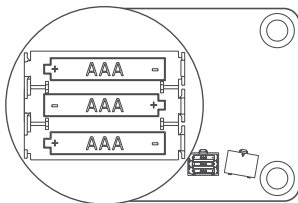
1. Turn the scale upside down.



2. Slide the battery cover open by turning it to the unlock position.



3. Remove the small plastic tab (battery insulator) to connect the battery terminals.



4. Ensure all 3 x AAA batteries are placed correctly according to the polarity marks (+ / -).

5. The scale will automatically power on once activated.

If the display shows "Lo", it means the batteries are low. Replace all three batteries with new 1.5V AAA batteries.

Important: Always use the same battery type. Mixed or old batteries may affect performance or measurement accuracy.

APPEARANCE & COMPONENTS

Your FITAGE Bathroom Scale Handlebars is designed for ease of use and maximum accuracy. The scale combines foot and hand electrodes for full-body analysis, and features a clean, minimalistic layout.

See image: "Product front and back overview"

Handle the device with care, and avoid pulling on the cable to ensure long-term durability.

FRONT VIEW

1. Hand electrodes –

Located on the handlebar for upper body analysis

2. Handle cable –

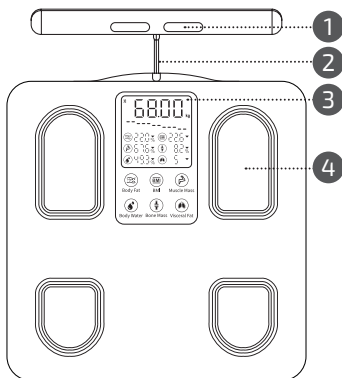
Connects the handle to the main unit

3. Display screen –

Shows weight, icons, and connection status

4. Foot electrodes –

Embedded in the scale platform for lower body analysis



BACK VIEW

1. Hand electrodes –

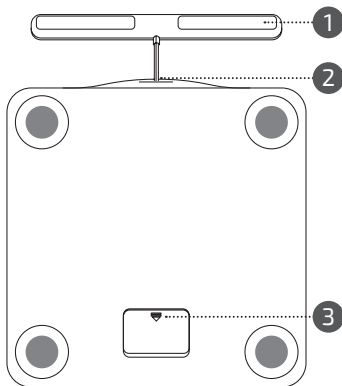
Located on the handlebar for upper body analysis

2. Handle cable port –

Where the handle connects to the scale

3. Battery compartment –

Holds 3x AAA batteries



UNDERSTANDING THE DISPLAY

Your FITAGE scale shows key metrics and alerts directly on the display. Here's how to interpret them:

See: "Dashboard overview"



DISPLAY ICON OVERVIEW

	Bluetooth: Lights up when the scale is connected to the Feelfit app.
	Body Fat %: Shows the percentage of body fat based on bioelectrical impedance.
	Body Water: Displays your total body water as a percentage of body weight.
	Muscle Mass: Indicates the weight of muscle in your body.

	Bone Mass: Represents the estimated weight of bone in your body.
	Visceral Fat: Fat stored around internal organs. Higher values may indicate health risks.
	BMI: Body Mass Index calculated using weight and height.
	Percentage Symbol: Used alongside other metrics like fat %, water %, etc.
	Low Battery: Appears when the battery needs replacing. Use 3 x 1.5V AAA.
	Upward Trend: Indicates your metric (e.g. muscle mass) has increased since last measurement.
	Downward Trend: Indicates your metric has decreased since last measurement.
	Overload Warning: The weight exceeds the scale's maximum limit (180 kg / 396 lb).
	Unstable Measurement: The reading was interrupted due to movement or posture.
	Weight Still Detected: You haven't fully stepped off the scale yet.
	Handle Reminder: Appears if the handle is not placed back after measurement.

Tip: These indicators are brief and will disappear once your data syncs to the Feelfit app. Always check your phone for a complete breakdown of your metrics, history, and trends.

BLUETOOTH TROUBLESHOOTING

If you experience frequent Bluetooth connection failures, please try these steps:

1. Reset your FITAGE scale by taking out one battery for 5 seconds and then put it back in.
2. Reset the Bluetooth connection on your smartphone or tablet.
3. For older operating systems (like Android 6.0): ensure that Bluetooth and Location Permissions are enabled on your phone. This can be done in the general settings of the mobile device.

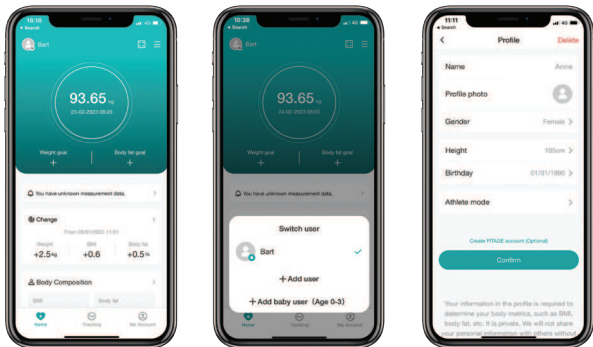
Then:

- Open the FITAGE app
- Select the menu on the home screen
- Select My Devices in the top right "☐●".
- Find your smart scale and slide it left to delete the device
- Tap "☐●" on the top right to pair it again.
- Step with one foot on the scale to turn it on.
- After a few seconds the scale will appear. Tap on your device.
- Step on the scale with both feet to connect the device with the app via Bluetooth.

If this does not work, please go to "My Account" and select "Feedback". Send your feedback. Then mail our cus-

customer support team with your problem and account mail address. Together we will try to solve your issue.

ADD MULTIPLE USERS



1. Click on the avatar in your app home screen to add or switch users
2. You can delete a user by selecting the profile and go to "My Account"

You can also add an extra user by installing the app on another phone or tablet. The bathroom scale can connect to multiple mobile devices. This way you can achieve your health goals together!

VIEW YOUR REPORTS IN THE APP

Click "Tracking" to view your progress history. Tab the clock icon in the to see the calendar and individual measurements. Here you can delete measurements and export your data. Share data with your health buddies via Facebook, Instagram or other social media channels.

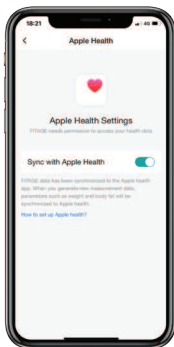
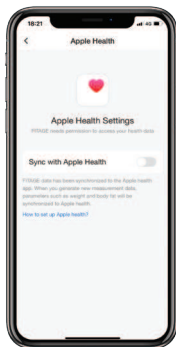


SYNC TO FITNESS APPS



Apple Health

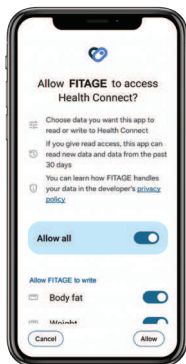
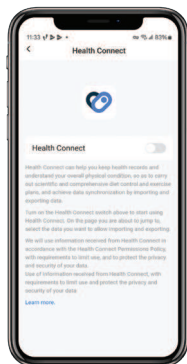
1. Enter Settings and select "Apple Health" (iOS only)
2. Turn on the Apple Health button
3. Turn on all the desired metrics that you want to share





Health Connect

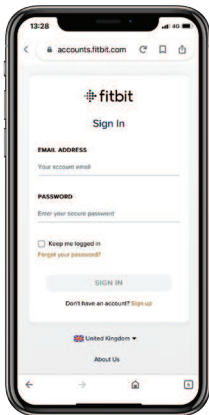
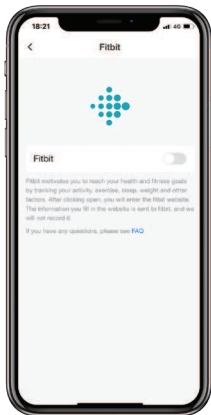
1. Enter Settings and select "Health Connect" (Android only)
2. Turn on the Health Connect button, login to your Health Connect account
3. You will be redirected to the Health Connect page
4. After the connection has been made, the data will be synched to Health Connect
5. On Android 13 and below, Health Connect is an app without a desktop icon. On Android 14 and above, Health Connect is a system component.





Fitbit App

1. Enter Settings and select "Fitbit"
2. Turn on the Fitbit button, login to your Fitbit account
3. Select "Allow" to access the Fitbit app
4. After connection, the data Weight, Body Fat and BMI will synch to the Fitbit app. Check your data via their app or website.



FREQUENTLY ASKED QUESTIONS

1. How do I get the most accurate results?

- Stand firmly on the scale, do not move while measuring
- Place your smart scale on a hard and flat surface
- Fill in correct information on your profile setup, accurate body composition matters when measuring specific metrics
- Stand uniformly with both feet on the scale and make sure your feet touch the electrodes
- Measure your weight each day at the same time under the same conditions (for example, directly after waking up)
- Measure with bare and dry feet

2. Why is my smart scale not working?

- Please check if the batteries are installed properly, replace the batteries if necessary
- When data disappears with a flash; restart the smart scale by taking out one battery for five seconds and put it back in

3. The smart scale only measures my weight?

- Please step on the scale with bare and dry feet. Ensure that the Bluetooth connection is working, and ensure that your personal data like gender and height

is entered. Double check if your feed are positioned correctly on the smart scale.

4. Are my body fat or muscle mass measurements accurate?

- When measuring body fat or muscle mass there is always an error factor. Even when you undergo a professional DEXA scan, the results will not be completely accurate. It is extremely difficult to measure accurate body fat percentage due to many biological factors. Use the smart scale as an indicator and do not rely completely on its body fat measurement.
- When the measured body fat is very off, please turn on/off the Athlete mode in the app under your profile. This will correct the measurement accordingly.

5. I have an 8 in my display and the scale is not working. What can I do?

Please reinstall or replace the batteries with new ones. If that does not work, contact our support team.

6. How can I delete one of the measurements?

When you are in the FITAGE app, you can click on tracking (bottom menu bar middle option). Then click on the history icon (top right). Then you can delete the specific data.

7. Can I manually add weight to the app?

Yes, this is possible in the home screen. Select the menu and tab on "Manual Record".

8. I have 3 stripes on the display and it does not turn off?

Please contact our support team for further assistance.

9. Do I need to use the handle every time?

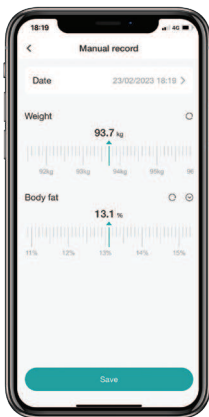
Yes. The handlebar allows the scale to scan your upper body. Without it, only your legs are measured, and you'll miss key metrics like segmental muscle mass and visceral fat.

10. What should I do if the screen says "Lo"?

This means the batteries are low. Replace all 3x AAA batteries. *See powering Up the Scale*

11. Is this scale safe to use with a pacemaker?

No. Do not use this device if you have a pacemaker or any implanted electronic medical device. *See safety warnings*



12. How accurate is this scale?

The FITAGE scale uses medically recognized BIA technology and 8 electrodes to give a more complete picture than standard smart scales. However, like all consumer-grade devices, it gives estimates, not clinical diagnostics.

13. Can I use the scale on a carpet or in the bathroom?

Use the scale only on a hard, flat surface. Avoid soft flooring or wet environments. For best accuracy, measure in a dry room with stable conditions.

See measurement tips

14. What happens if someone else steps on the scale by accident?

If someone without a profile uses the scale, the Feel-fit app may ask who the measurement belongs to, or discard the data if no match is found. For consistent tracking, always measure using your own profile and device connection.

Still have questions?

We're here to help.

Contact us at support@fitage.nl

we'll get back to you within 1 business day.



PRECAUTIONS & SAFETY WARNINGS

Please read this section carefully before using your FITAGE Bathroom Scale Handlebars. This is a high-precision health device that requires responsible use.

GENERAL SAFETY GUIDELINES

- Do not use this scale if you have any implanted or wearable medical electronic devices, including:
 - Pacemakers
 - Artificial hearts or lungs
 - Wearable ECG monitors
- Do not use the scale during pregnancy, as the BIA (Bioelectrical Impedance Analysis) function may affect readings.
- Do not use the scale to diagnose, monitor or treat any medical conditions. Always consult your doctor before starting a diet, exercise plan, or treatment.
- This product is not intended for users under the age of 16. Readings for children may be incomplete or inaccurate.

MEASUREMENT & HANDLING

- Always measure under the same conditions and time

- of day (preferably mornings).
- Avoid measurements immediately after intensive exercise, large meals, or bathing.
- The scale must be placed on a hard, flat surface. Avoid soft floors or carpets.
- Stand barefoot and dry, and keep both your body and the scale dry during use.
- Never use the scale on slippery floors or with wet feet or hands.
- If the scale malfunctions, check or replace the batteries first.

USAGE & STORAGE

- Do not jump or stomp on the scale, this can damage internal sensors.
- Do not exceed the maximum weight limit of 180 kg / 396 lbs.
- Check the device regularly for visible damage. Do not use if cracked or broken.
- When not in use, remove the batteries and store the scale in a dry, clean, dust-free area, away from direct sunlight, humidity, or extreme temperatures.
- Do not immerse the scale in water. It is not waterproof. If it gets wet, wipe it dry with a clean cloth. Do not use soap, alcohol, or cleaning chemicals.

REGULATORY & FCC COMPLIANCE

- This device complies with Part 15 of the FCC Rules.
- It must not cause harmful interference
- It must accept any interference received, even if it causes undesired operation
- Any unauthorized modification may void the right to operate the device

To comply with RF exposure guidelines, keep a minimum 20 cm distance between your body and the product when in use.

FCC ID: 2ANDX-CSX00