



Smart Full Body Composition Scale

Model No.: FG2015ULB



User Manual

Read this manual before using and save for future reference

1. WARNINGS

- Do not disassemble, squeeze, puncture, or short-circuit the device.
- Do not put the device into water or fire.
- Do not expose the device to an environment at the temperature of higher than 60°C (140°F).
- This device contains lithium batteries and should be placed away from heat sources (heaters, stoves, fireplaces, etc.).
- This device is not water-proof. Do not use it in rainy days or wash it directly with water, otherwise it will cause damage.
- Do not disassemble or repair this device by yourself. Improper operation during maintenance may cause battery explosion.
- This device is not intended for people (including children) who are weak, slow to respond or have mental disorders. Unless they are supervised or instructed by the person responsible for their safety on how to use the device.
- Keep the device out of the reach of children. Supervise children not to play with the device.

Important Notice:

All measurements provided by this smart body fat scale are for reference only and should not be used for medical diagnosis. The following factors may affect measurement accuracy:

- Measurements may be inaccurate if you are a minor.
- If you are pregnant, we recommend using Weight-Only Mode to avoid any potential effects from the low-level electrical currents used in standard body composition measurements.
- Do not use this device if you have implanted a Cardiac Pacemaker or any other medical device.

Maintenance

- Carefully wipe the device with a clean, soft cloth.
- Do not use any detergent.

Caution:

Charging the Device:

- Use a USB charger (5V/1A) to charge the scale. Do not use a higher voltage, as it may damage the scale.
- Avoid overcharging. Unplug the charger once the battery is fully charged.
- Keep the scale away from children while charging.

Charging Environment:

- Charge the scale at a suitable room temperature. Avoid charging in extremely hot or cold environments.
- Do not leave the scale charging overnight, as prolonged charging and unstable voltage may harm the battery.

2. OVERVIEW

Thank you for choosing this smart body fat scale.



1. Metal electrode on handle

2. Measuring handle

3. Display screen

4. Reset/Power button

5. USB Type-C charging port

6. Tempered Glass

7. Foot Electrode

8. Non-Slip & Anti-Tip Feet

First-Time Setup:

- Press side button (Reset/Power Button) to wake scale (shipped in sleep mode).
- Place on hard, flat surface (no carpet). Activates at 5kg.
- Charge 2 hours (use 5V/1A adapter) before first use.

3. DISPLAY SCREEN



Note: display varies by model. Refer to actual product.

Battery and Fault Reminders



Low battery
(please plug in
USB to charge)



Overload
(exceeding the
maximum weight)



Unstable weighing
(please step on the
scale again)



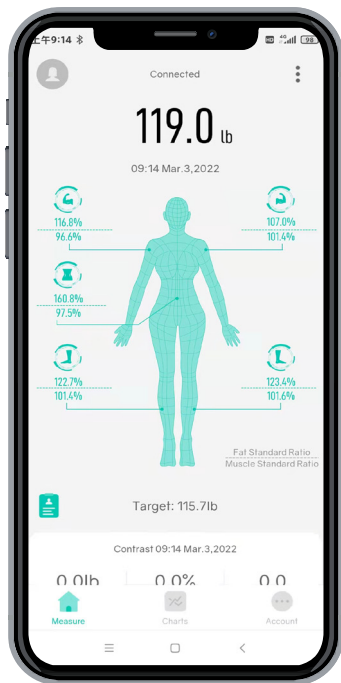
Failed to obtain
body fat data
(please step on
the scale again)



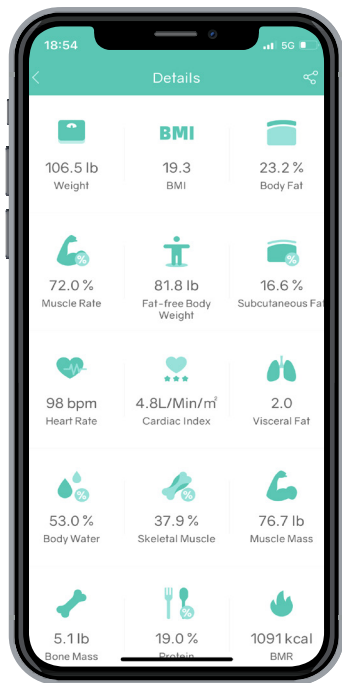
Charging
(Do not measure
while charging)

4. STARFIT APP

Starfit App can not only track your weight changes and record your body mass index, but also provide other test results, make an analysis from the cloud, and give a health report and improvement suggestions with the smart body fat scale.



Measurement screen



More than 28 types of body data

Note: As we continue to improve the App, some features may change in future updates. Please refer to the latest App version you have installed for the above features.

4.1 Install the Starfit App

Search for " Starfit " in App Store or Google play, or scan the QR code below to download the App. If you use WeChat to scan the QR code, click on the upper right corner on the screen and choose to open it in the browser. App downloaded from other platform or source may be unusable.

Support devices:

- iOS 8.0 and above.
- Android 4.3 and above and equipped with Bluetooth 4.0.
- ※ iPad and tablets are not supported yet.



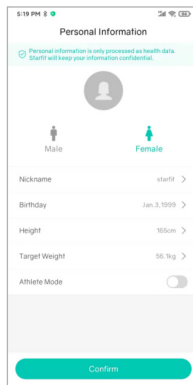
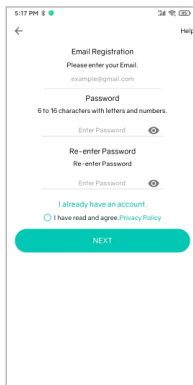
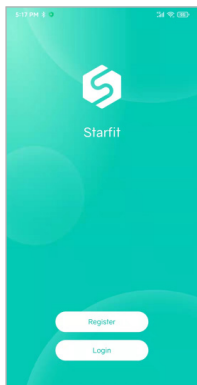
Scan the QR code
Install the Starfit App



4.2 Register the Starfit app

Use your email address to register a Starfit account or simply log in with your Apple ID or Google account. Fill in your personal information to complete.

Note: Entering incorrect gender, age, or height information may result in inaccurate measurement results

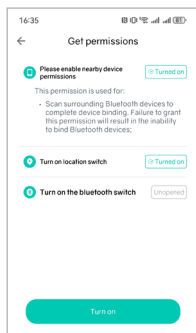


4.3 Connect the Scale with Starfit app

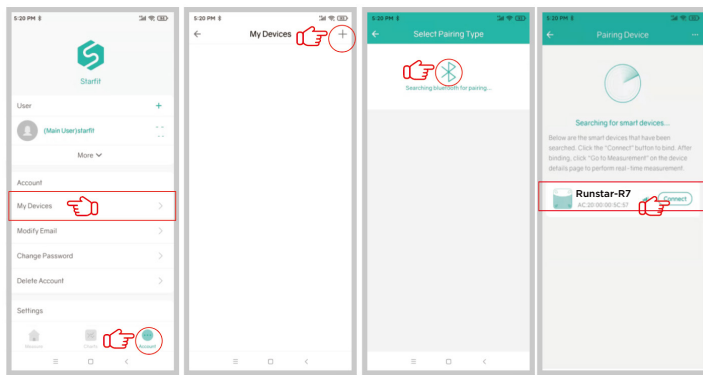
- ① Place the scale on a hard, flat, non-carpeted floor.



- ② Turn on Bluetooth/Network/Location on your phone and press the Power button to start the scale.



- ③ Open Starfit, click 'Account' → 'MyDevice' → '+' → 'Searching Bluetooth for pairing' to find the scale 'Runstar-R7' to pair. And now your phone is connected to the scale.



Once connected, the indicator "Ⓢ" will appear on the scale screen, and "Connected" will be shown at the top of the "Measure" page in the app. If "Disconnected" is displayed, it indicates a failed pairing; please repeat the steps above.

5. START MEASURING

5.1 Quick start guide

First use:

- Press power button until display "0.0".
- Step onto the scale and hold the handle properly with both hands.

Normal use:

- Just step on. Hold handle for full stats.

Errors:

- Wrong weight? Step on only after "0.0" appears.
- Missing body fat data? Grip the handle correctly once you step on the scale.

5.2 Measuring steps

- ① Stand with your feet apart, with the soles of your feet fully touching the corresponding electrodes on the scale.



Wrong stance ❌

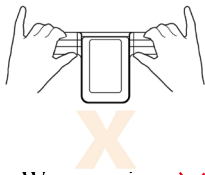


Wrong stance ❌

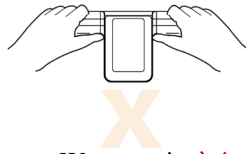


Correct stance ✓

- ② Hold and lift the handle, ensuring: Thumbs touch the electrodes below the display; Fingers contact the rear electrodes.



Wrong grip ❌

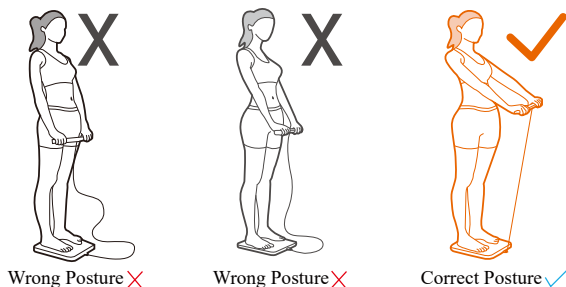


Wrong grip ❌

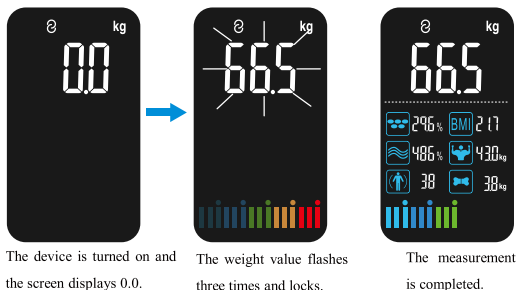


Correct grip ✓

- ③ Extend arms forward at a 30°- 45° angle from your body; Keep legs slightly apart (don't let thighs touch)



- ④ Remain motionless for 20+ seconds until all 8 metrics appear on display - full 28 body measurements available in app.



- ⑤ The scale will automatically shut down after displaying for 10 seconds.

Note: If you are not barefeet or if your feet are excessively dry, or if your weighing posture is incorrect, only your weight and BMI can be measured.

Body Mass Index (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)

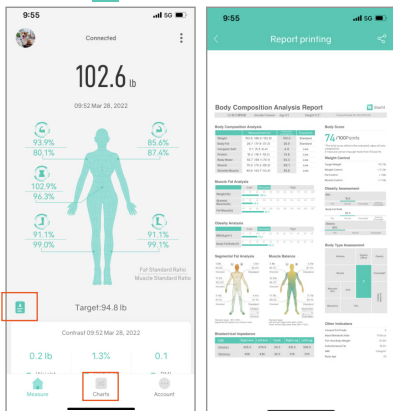
For example: BMI = 70kg ÷ (1.75m * 1.75m) = 22.86 In the range of healthy weight

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

6. UNLOCK MORE STARFIT APP FEATURES

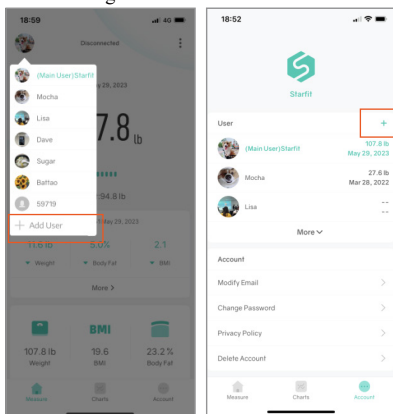
6.1 View Share/Print a analysis report

Get a comprehensive analysis report by click the '  ' or find the data you need in 'Charts' → 'User Data', and click '  ' in the upper right corner to print or share.



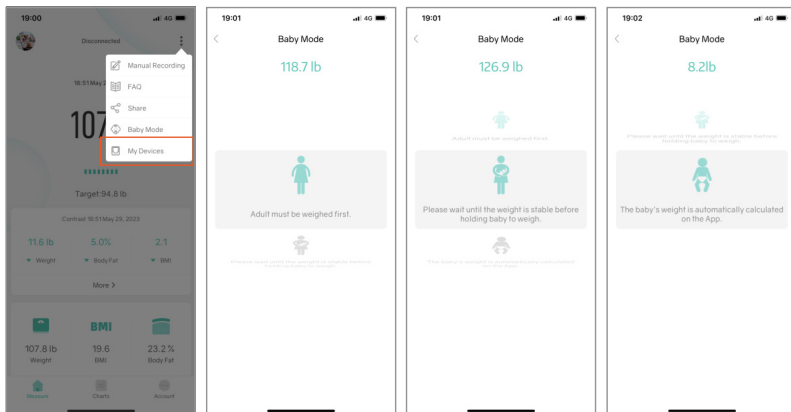
6.2 Add and Switch Users

Click the user avatar in the upper left corner of the 'Measure' page --> '+Add User', or click 'Account' --> 'User' --> '+' to add personal data. The smart scale can identify which user is stepping on the scale and will remind the user to switch to the correct profile. Please note that it will be invalid if the weight variance is less than 2 kg.



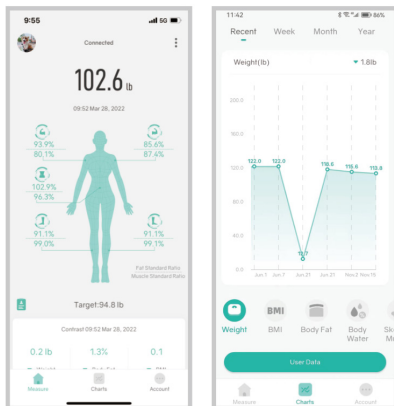
6.3 Baby Mode

Click ' : ' --> 'Baby Mode'. An adult should step on the scale to weigh first. After the scale gets the weight, please step off and hold the baby to weigh again. Starfit will automatically calculate the baby's weight.



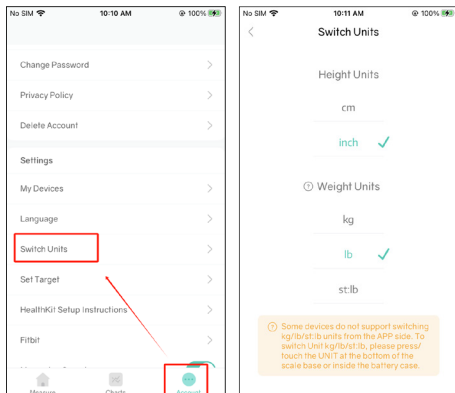
6.4 Track Your Data

Click 'Charts' to view past measurement records in the form of a curve chart. Click on 'User Data' to view past records of weight, BMI, Muscle Mass, Bone Mass, etc.. You can also delete data or compare data from different dates.



6.5 Switch Units

Click 'Account'--> 'Switch Units'.



Important Tips:

1. For the first use, connect the scale to the Starfit app to access all functions and measurement data.
If not connected, the scale will only measure weight and BMI.
2. In order to obtain accurate measurement results, users should remove shoes and socks and stand barefoot on the scale. Failure to do so will result in the scale measuring only weight and BMI.
3. Avoid mixing connected mode and offline mode during measurement. To prevent data loss, it is recommended to maintain consistency by either staying in offline mode or connected mode throughout the entire measurement process.
4. When multiple users use the body fat scale, ensure the correct user is selected in the Starfit app before weighing. Significant differences from the last recorded measurement for the current user may cause the scale to only provide weight and BMI data.

FREQUENTLY ASKED QUESTIONS

1. Scale failed to connect.

- Make sure the scale is powered on and the Bluetooth on your smart phone is turned on.
- Check the version of your smartphone, it must be iOS 8.0 or higher/Android 6.0 or higher.
- Make sure your phone allows the App to use Bluetooth. If not, please turn it on in the phone settings.
- Delete the device in APP and reconnect again.

2.No body fat data after weighing.

- Make sure the scale is connected with the APP
- The user must step onto the scale with bare feet.
- Make sure your feet and the scale are both dry.
- Make sure your measuring posture is correct and stand steadily on the scale for at least 20s.
- Check if the scale is connected with a different device.

3.Incorrect weight data.

- To ensure accurate measurements, it is essential to place the scale on a hard and flat surface.
This provides a stable foundation for the scale and helps maintain measurement precision.
- Before using the scale, please inspect each foot mat located on the back of the scale. Ensure that there is no debris or obstructions stuck to the bottom of the mats
- Remove and reinstall the batteries before taking another measurement.

4.Recalibrate the scale.

- Remove and reinstall the batteries
- Step on the scale and then step off until it displays "0.00".

5. The scale does not turned on.

- Press the Reset/Power on button.
- Charge the scale.
- If still doesn't work, contact RunStar customer service team for a new replacement.

FCC Statement

Operation is subject to the following two conditions:

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

Note: 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.

Battery Advice



- ※ Keep the scale far away from children to keep them safe and prevent accidents.
- ※ Keep the batteries and other small parts securely out of reach by children to prevent the potentially fatal risk of accidental ingestion.



- ※ Do not expose the battery to heat or fire, which will easily cause an explosion.
- ※ For your safety, refrain from using the scale if you suspect or detect a battery leakage.



- ※ Ensure responsible disposal of waste electrical products by refraining from disposing of them with household waste. Instead, please prioritize recycling at designated facilities, where available. For guidance on proper recycling methods, kindly consult your local Authority or retailer for expert advice on recycling procedures. Together, let's contribute to a sustainable future by disposing of electrical products in an environmentally conscious manner.

Disposal



- ※ The packaging material is recyclable. Please dispose of it in an environmentally protective way or take it to a recycling center.



- ※ Please dispose of the device in an environmentally protective way or take it to The recycling center for used electrical and electronic devices. You can obtain more information from your local authorities.



- ※ To protect the environment, the battery cannot be disposed of in normal household waste. Please separate it from the device before disposing or take it to a suitable collection area. For more information, please focus on the relevant statutory regulations governing the disposal of batteries.