

RUNTASTIC LIBRA



OPERATING INSTRUCTIONS



CE

CONTENTS

1x Runtastic LIBRA,
3x 1.5V AAA Alkaline batteries,
4x Carpet feet and
1x Quick Install Guide

The Quick Install Guide, carpet feet and batteries are located in the recess below the scale.

ELECTROMAGNETIC COMPATIBILITY

Very strong magnetic fields (e.g. transformers) should be avoided since they may cause distortions of the transmission signals. Non-compliance with this information may lead to malfunction of or damage to your scale.

INTRODUCTION

Functions

The Runtastic LIBRA is designed for weighing and analyzing your personal fitness data.

The scale is intended for private use only and provides the following diagnostic functions to be used by up to 8 people:

- Body weight measurement,
- Determination of body fat,
- Body water content,
- Muscle mass,
- Bone mass and
- BMR and AMR.

SYMBOLS

The following symbols are used in this user manual:



Warning: WARNING indicates a hazardous situation that may result in death or serious injuries if not avoided.



Caution: CAUTION indicates a hazardous situation that may result in minor or moderate injuries if not avoided.

SAFETY INSTRUCTIONS

Please read these instructions carefully, make them available to other users and follow the instructions.



Warning

- The scale must not be used by people with medical implants (e.g. pacemakers). Otherwise, their function may be impaired.
- Not intended for use during pregnancy.
- Do not step on one side of the outer edge of the scale – danger of tipping over!
- Keep packaging away from children (choking hazard).
- Caution, do not step on the scale with wet feet and do not step on the scale when the surface is wet – danger of slipping!



RISKS FOR CHILDREN AND PEOPLE IN NEED OF CARE

This device is not intended for use by children under 10 years or persons with limited physical, sensory, or mental skills or lack of experience and/or insufficient knowledge, unless they are supervised by a person responsible for their safety and well-being or receive instructions from this person on how to operate the device and understand the resulting hazards. Children must not play with the device. Cleaning and maintenance operations must not be executed by children unless under supervision.

BATTERY OPERATION

Your Runtastic LIBRA uses 3 x 1.5V AAA alkaline batteries. Here is some information on handling of batteries:

- Only replace a battery with a battery of equal rating and quality.
- Batteries must not be charged or reactivated by any other means; they must not be opened, thrown into a fire or short-circuited.
- Always store batteries out of the reach of children. If swallowed, batteries may be fatal.
- Store the batteries and the scale out of reach of babies and toddlers. If a battery has been swallowed, immediately seek medical attention.

- Never expose the batteries to excessive heat, such as solar radiation, fire, etc. This can increase the risk of leakage. Non-compliance with this information may lead to damage and, under certain circumstances, even explosion of the batteries.
- Promptly remove an empty battery from the scale. Otherwise, it runs the risk of leaking. If a battery is leaking, put on protective gloves and clean the battery compartment with a dry cloth.
- If a battery is leaking, avoid contact with your skin, eyes, and mucus. Immediately rinse all parts of your body that came into contact with battery acid using plenty of clean water and seek medical attention.
- If you do not use the device for an extended period of time, remove the batteries from the battery compartment.
- Non-compliance with these notes may lead to damage and, under certain circumstances, even explosion of the batteries. For information about replacement of the battery for the scale read the section “Battery replacement” for Runtastic LIBRA.

GENERAL INSTRUCTIONS

- The device is intended for personal use only, it is not intended for medical or commercial usage.
- Please note that measurement tolerances are possible due to technical reasons given that the scale is not intended for professional medical use.
- The maximum capacity of the scale is 180 kg (396.8 lb). Results of weight measurement and bone mass determination are displayed in 100 g intervals (0.2 lb).
- Results of body fat, body water content and muscle mass measurements are displayed in 0.1 % intervals.
- The calorie allowance is displayed in 1 kcal intervals.
- Place the scale on a level and hard floor; solid flooring is required for correct measurements. If the scale is switched on and moved, “0.0” will start flashing on the display. A new zero point is set.
- Repairs may be performed by authorized dealers only.
- Check the batteries before lodging any complaints and change them if necessary.
- Storage and maintenance: The accuracy of the measured values and the service life of the device depend on its careful handling.



CAUTION

- The device should be cleaned from time to time. Do not use aggressive cleaning agents.
- The Runtastic LIBRA scale also works in moist environments as found in bathrooms. Condensed water on the scale (caused by hot showers, etc.) will not damage the scale. The scale must not be immersed in water. Do not rinse the scale under running water. Avoid spilling large quantities of water on the scale. Before stepping on the scale, carefully dry the glass surface to prevent slipping.
- Do not place other objects on the scale when it is not in use.
- Protect the device from shock, moisture, dust, chemicals, extreme temperature fluctuations and keep away from heat sources (stove, radiator).
- Keep the scale away from high temperatures or strong electromagnetic fields.

REPAIR



Caution

- Do not open or repair the device; otherwise perfect operation is no longer guaranteed. Non-compliance with this information will void the warranty.
- Approach an authorized dealer for repair services.

DEVICE DESCRIPTION

Overview

1. Electrodes = conductive ITO coating (ITO refers to an indium tin oxide coating of the scale surface).

2. Display



1. Electrode = conductive ITO coating

DISPOSAL

Batteries are hazardous waste. Batteries can be disposed of correctly by shops selling batteries and at municipal collection points where there are appropriate containers. If you wish to discard your device, please dispose of it in accordance with the applicable local rules and regulations.

The disposal of the device should be in accordance with the Waste Electrical and Electronic Equipment EU Directive 2002/96/EC - WEEE. Your municipal collection point can provide you with the relevant information.



KRIPPL-WATCHES
Warenhandels GmbH
Maria-Theresia-Straße 41,
4600 Wels, Austria

Also dispose of the packaging according to the applicable regulations. Your municipal collection point can provide you with the relevant information.



FIRST OPERATION

Insert batteries

The batteries are individually packaged and not in the battery compartment yet. Remove the protective film from the batteries and insert the batteries with the correct polarity. If the scale fails to operate, remove the battery completely and insert it again.



Installation of the scale

Place the scale on a level and solid ground. Use the included carpet feet for use on carpet. Solid flooring is required for correct measurement.

Download the app

Download the free Runtastic Libra app from the App Store.



Scan the QR-Code or enter the following URL:
www.runtastic.com/apps/libra

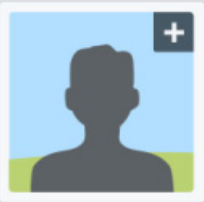
Please note: The Runtastic Libra app requires iOS 7. If iOS 7 is not yet installed on your Apple device, you need to update your device first. More information can be found on the Apple website.

Starting the app



Start the Runtastic Libra app now.

← Let's get started! [Join](#)



☒ Male ☐ Female

E-Mail

Password


Enter Again

Birth Date

With signing up you agree to our
[Terms of Service & Privacy Policy](#)

Additional Info

Save




Jane

Van Damme

Height

5 ft 3 "

Activity Level



Moderately active

You are moderately active and regularly opt for moving or standing activities. Also includes folks who exercise regularly despite having a desk job. Often includes: assembly line workers, craftsmen and so on.

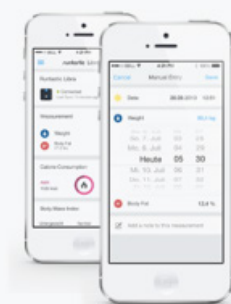
Create a new Runtastic account or log in with your existing Runtastic account.

Connect with the Runtastic LIBRA.

Do you have a Runtastic LIBRA?

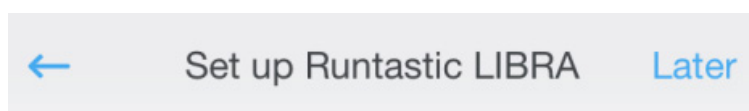


Yes, I do have a Runtastic LIBRA.
Connect your smartphone with your Runtastic LIBRA.



No, I don't have a Runtastic LIBRA.
Choose this option, if you do not own a Runtastic LIBRA yet.

Choose the option "Connect your smartphone with your Runtastic LIBRA."



1. Connect your scale

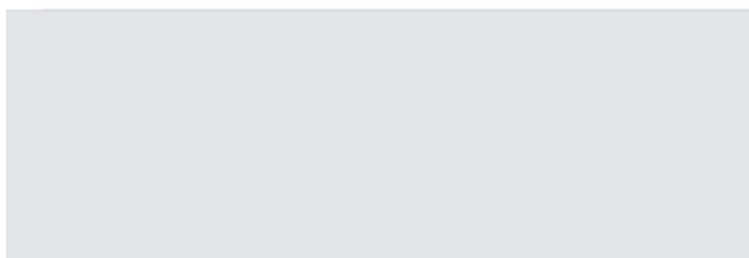
Pairing...



Push the button on the scale's backside while keeping your smartphone near the scale. The Bluetooth symbol on the display will begin blinking and you will be connected automatically.

2. Add a user

3. Start your first measurement



Push the button on the scale's backside while keeping your smartphone near the scale. The Bluetooth symbol on the display will begin blinking and your smartphone will be connected automatically.

Set up the first user on the scale

← Set up Runtastic LIBRA Later

1. Connect your scale ✓

2. Add a user ✓

3. Start your first measurement



It's time for your first measurement! First, take off your socks to generate accurate results. Then, press the button when you're ready and step onto your scale.

Start First Measurement

Please provide your initials and preferred unit of weight.

It's time for your first measurement! First, take off your shoes and socks to generate accurate results. Then, press the button when you are ready and step onto the scale.

[←](#) Set up Runtastic LIBRA [Later](#)

1. Connect your scale ✓

2. Add a user ✓

3. Start your first measurement



It's time for your first measurement! First, take off your socks to generate accurate results. Then, press the button when you're ready and step onto your scale.

Start First Measurement

Congratulations, you have successfully configured the Runtastic LIBRA.

For further information please visit our support page help.runtastic.com

INFORMATION

The measuring principle

This scale operates based on bioelectrical impedance analysis, BIA, where imperceptible, completely harmless and safe alternating current is used for the measurement of body metrics within a few seconds.

With the measurement of electrical resistance (impedance) and the inclusion of constants as well as individual values (age, height, gender, and activity level), a person's body fat and other body metrics can be determined. Muscle tissue and water are characterized by good electrical conductivity and therefore have a lower resistance.

Bone and fat tissue, on the other hand, are characterized by low conductivity as fat cells and bones hardly conduct current due to their high resistance.

Note that the values obtained from the diagnostic scale represent just an approximation to the actual medical analytical values of the body. Only a medical specialist is able to exactly determine body fat, water content, muscle and bone mass thanks to medical procedures (e.g. with a CAT scan).

General tips

If possible, always weigh yourself at the same time of day (preferably in the morning), after using the toilet, on an empty stomach and without clothing in order to achieve comparable results.

- *Important for the measurement:* The body fat can only be measured with bare feet and slightly moistened soles (do not use lotion on your feet, though). Very dry or calloused feet can lead to inaccurate results due to strongly reduced conductivity.
- Stand upright and still during the measurement process.
- Wait for about 15 minutes after getting up for an even distribution of the body water.
- It is important to note that only the long-term tendency counts. In general, short-term weight fluctuations in a period of a few days are usually due to fluid loss. However, body water is vital for your well-being.

Restrictions

Deviations and implausible values may result from the determination of body fat and other metrics in:

- children under 10 years,
- pregnant women,
- people with a fever, undergoing dialysis treatment, with edema symptoms or osteoporosis,
- people taking cardiovascular medication (for their heart and vascular system),
- people taking vasodilatory agents or vasoconstrictors,
- people with significant anatomical differences in their legs in relation to their total height (significantly shortened or extended leg length).

SET-UP

Before using your scale, please enter your data. For delivery within Europe, the weight unit is preset to "kg." For delivery in the U.S.A. and Canada, the weight unit is preset to "lb." You can change both weight unit and other units in the app.

User data settings

To determine your body fat and other body metrics, you need to save your personal user data.

The scale can save information for up to 8 users, which allows other family members, for example, to also save and access their personal settings.

Activity level

Medium and long-term observation is crucial when selecting the different activity levels.

Activity level of physical activity

1 Relatively inactive: Whether during leisure time or work hours, you spend most of your time sitting or lying down. Often includes: the elderly or those with physical disabilities.

2 Occasionally Active: You are slightly active during your leisure time and at work; however, still spending most of the day sitting. Often includes: employees in an office environment, students, and so on.

3 Moderately active: You are moderately active and regularly opt for moving or standing activities. Also includes folks who exercise regularly despite having a desk job. Often includes: assembly line workers, craftsmen and so on.

4 Quite active: You are constantly on the go in your spare time and/or find yourself on your feet the entire day at work. Often includes: service industry employees, sales representatives and nursing employees.

5 Very active: Both your leisure time and your career are filled with physically demanding activity. Often includes: construction workers, farmers, professional athletes and so on.

Your body fat and the other values can only be determined after all parameters have been entered in the Libra app.

MEASURING

Place the scale on a level, solid floor, as described above.

Weight measurement only

Step onto the scale.

The display shows "0.0." Now the scale is ready to measure your weight.

Stand still on the scale, with your weight distributed evenly on both legs.

The scale will start measuring immediately.

Note: There must be no contact between your feet, legs, calves and thighs. Otherwise, the measurement cannot be performed correctly. The scale will start measuring immediately.

The following values are displayed:

1. Weight in kg/lb/st depending on your settings
2. Body fat in% with BF interpretation
3. Body water in %
4. Muscle mass in %
5. Bone mass in kg/lb/st depending on your settings
6. Basal metabolic rate in kcal (BMR)
7. Active metabolic rate in kcal (AMR)

Switching off the scale

The scale turns off automatically after approx. 8 seconds.

EVALUATION OF THE RESULTS

Body fat

The evaluation of body fat is illustrated by a bar below your displayed body fat. The following body fat values in % are intended as guidelines (for more information, please consult your doctor!).

Man

Age	Low	Normal	High	Very High
10-29	<11	11-24	25-35	>35
30-59	<13	13-25	26-35	>35
60-69	<12	12-25	26-35	>35
>70	<12	12-29	30-35	>35

Woman

Age	Low	Normal	High	Very High
10-29	<23	23-34	35-45	>45
30-59	<23	23-34	35-45	>45
60-69	<23	23-34	35-45	>45
>70	<23	23-37	38-45	>45

Lower values are often observed in athletes. Depending on the type of sports, training intensity and physical constitution, values which are even below these guideline values can be achieved. However, please note that extremely low values can represent health hazards.

Body water content

The proportion of body water in % normally lies within the following ranges:

Man

Age	Low	Normal	High
10-29	<55	55-75	>75
30-49	<50	50-70	>70
>50	<48	48-68	>68

Woman

Age	Low	Normal	High
10-29	<52	52-72	>72
30-49	<40	40-60	>60
>50	<45	45-65	>65

Body fat contains relatively little water. Therefore, the body water content of people with a high body fat ratio may remain below these guidelines. However, for endurance athletes, these values may be exceeded due to low body fat and high muscle mass.

The determination of the body water content with this scale is not suitable for drawing medical conclusions regarding age-related water retention, for example. Consult your doctor if necessary. In general, one should aim for high body water content.

Muscle mass

The muscle mass in % normally lies within the following ranges:

Man

Age	Low	Normal	High
10-29	<40	40-50 %	>50
30-59	<33	33-45 %	>45
60-69	<32	32-40 %	>40
>70	<30	30-35 %	>35

Woman

Alter	Low	Normal	High
10-29	<35	35-45 %	>45
30-59	<28	28-40 %	>40
60-69	<23	23-35 %	>35
>70	<23	23-30 %	>30

Bone mass

Just like the rest of our body, our bones are subject to natural generation, degradation and aging processes. Bone mass increases rapidly during childhood and reaches its peak between the age of 30 and 40 years.

With increasing age, our bone mass slightly decreases. A healthy diet (especially calcium and Vitamin D) and regular exercise help combat this degradation to a certain extent. By building up muscles you can additionally increase the stability of your skeleton. Note that this scale does not show the calcium content of your bones, but it determines the weight of all bone components (organic and inorganic matter plus water). Bone mass can hardly be influenced, yet certain factors (weight, height, age, sex) can lead to slight fluctuations. There are no recognized guidelines or recommendations available.



Caution:

Do not confuse bone mass with bone density. Bone density can only be determined by medical examination (e.g. CAT scan, ultrasound). Therefore, it is not possible to draw conclusions about changes in bones and bone hardness (e.g. osteoporosis) with this scale.

BMR

The basal metabolic rate (BMR) indicates the amount of energy expended by the body at complete rest to maintain its basic vital functions (e.g. when lying 24 hours in bed). This value greatly depends on weight, height and age. On this diagnostic scale it is indicated in kcal/day and calculated based on the scientifically recognized Harris-Benedict formula.

This amount of energy corresponds to the basic energy requirement of your body and must be provided in the form of food. Taking in less energy over a prolonged period of time can be harmful to your health.

AMR

The active metabolic rate (AMR) is the amount of energy expended by your body per day when active. The energy consumption of a person rises with increasing physical activity and is determined by the Runtastic LIBRA based on the activity level (1-5) you entered.

In order to keep your current weight, the energy expended by the body needs to be provided again in the form of food and liquids.

If less energy is provided than expended over an extended period of time, weight loss will be the result. On the other hand, if more energy is provided than expended per day (AMR) over a prolonged period of time, this leads to weight gain.

Time as a factor concerning the results

Note that only the long-term trend is significant. Usually, short-term weight fluctuations within a few days can be explained by fluid loss. The interpretation of the results depends on overall weight changes and changes regarding the percentage of body fat, body water content and muscle mass, as well as on the time frame in which these changes occur. Rapid changes within a few days must be distinguished from medium-term changes (within weeks) and long-term changes (months). Basically, short-term weight fluctuations are almost exclusively due to changes of

the water content, while medium and long-term fluctuations can be due to changes regarding body fat and muscle mass.

- If your weight decreases within a short period of time, but your body fat increases or remains constant, you just lost water - for example, after a workout, a sauna session or a diet aiming at rapid weight loss only.
- If your weight increases in the medium term and your body fat decreases or remains constant, you might have built up valuable muscle mass.
- If your weight and body fat ratio decrease simultaneously and your muscle mass remains constant or increases, your diet works.
- Ideally, you should accompany a diet with physical activity, fitness or strength training. This allows you to increase your muscle mass in the medium term.
- Body fat, body water and muscle mass cannot be summed up (muscle tissue also contains components of body water).

CHANGING THE BATTERY

Your scale is equipped with a "low battery indicator." When the scale is operated with too low batteries, "Lo" will be displayed and the scale turns off automatically. In this case, the batteries need to be replaced (3 x 1.5 V AAA).

Note:

- Only replace a battery with a battery of equal rating and quality.
- Do not use rechargeable batteries.
- Use heavy-metal-free batteries.

CLEANING AND MAINTENANCE

The device should be cleaned from time to time. Use a damp cloth for cleaning. You can apply some detergent onto the cloth if necessary.



Caution

- Do not use aggressive solvents and cleaning agents!
- Do not immerse the device in water!
- Do not clean the device in the dishwasher!

WHAT TO DO IF YOU HAVE PROBLEMS?

The maximum load capacity of 180 kg was exceeded.
Only load up to 180 kg.

The fat ratio is outside the measurable range (less than 5% or greater than 50%).
Repeat the measurement barefoot or slightly wet your feet.

The batteries in the scale are running out.
Change the batteries in the scale.

Scale has a false zero.
Wait until the scale turns itself off again. Activate the scale correctly now, wait for display to show "0.0" and then repeat the measurement.

Connection problems
If your smartphone fails to connect with the Runtastic LIBRA within about 3 minutes, please remove the batteries for a short while. After re-inserting the batteries, the connection should work smoothly again.

DECLARATION OF CONFORMITY

EMC Directive 2004/108/EC, R & TTE Directive 1999/5/EC, RoHS Directive 2011/65/EU:

Summary of the Declaration of Conformity: Krippel-Watches hereby declares that the Bluetooth scale (Art.No. RUNSCA1) conforms to the basic requirements of the EMC Directive 2004/108/EC, RoHS Directive 2011/65/EU and other relevant provisions of the R & TTE Directive 1999/5/EC. You can access the Declaration of Conformity in its entirety by visiting the following website: www.runtastic.com

WARRANTY

We provide a 24 month warranty for this product. The warranty period starts from the date of sale (receipt, proof of purchase). During this period we repair any defects resulting from material failure or malfunctions free of charge, except: batteries, improper handling, dropping, shock or the like.

If you would like to submit a complaint, you have the following options:

α) Contact your dealer or

β) Write an email to: service@runtastic.com



[Runtastic.com](https://www.runtastic.com)