

UNDER ARMOUR®

# UA Scale™

## User guide

DESIGNED WITH **htc**®

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## Trademarks and copyrights

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## About this guide

In this user guide, we use the following symbols to indicate useful and important information:



This is a note. A note often gives additional information, such as what happens when you choose to do or not to do a certain action. A note also provides information that may only be applicable to some situations.



This is a tip. A tip gives you an alternative way to do a particular step or procedure, or lets you know of an option that you may find helpful.



This indicates important information that you need in order to accomplish a certain task or to get a feature to work properly.



This provides safety precaution information, that is, information to which you must pay careful attention to avoid potential problems.

## Important Notices

### Do not use if...

- The unit is wet.
- There are any signs of damage.
- You weigh more than 180 kg (~396 lbs).

### Do not use body fat feature if...

- You are pregnant.
- You have a pacemaker installed.
- You have any medical device installed that is electrically sensitive.

See [Turning off the body fat sensors](#) on page 11.

### **RECORD**

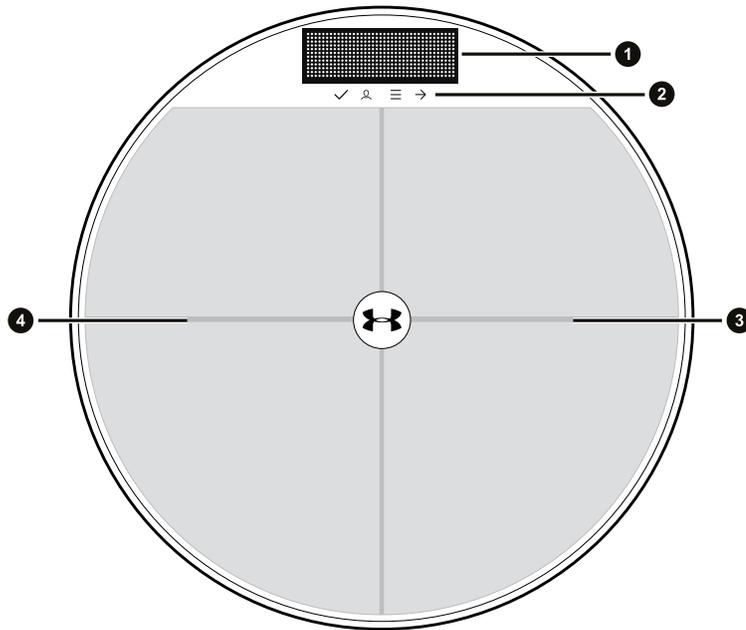
Any and all data synced with UA Record™ is subject to the Under Armour Terms and Conditions of Use and Privacy Policy. You can review both notices at [UA.com](https://ua.com).

### **SCALE**

UA Scale™ is not a healthcare device and should not be used as a substitute for medical care. The accuracy of the data captured is not verified. You should never disregard medical advice or delay seeking medical advice or treatment because of any content presented on or through UA Scale, and you should never use the content presented on or through UA Scale for diagnosing or treating a health condition. Please consult your healthcare provider before beginning any wellness or fitness routine.

# Getting started

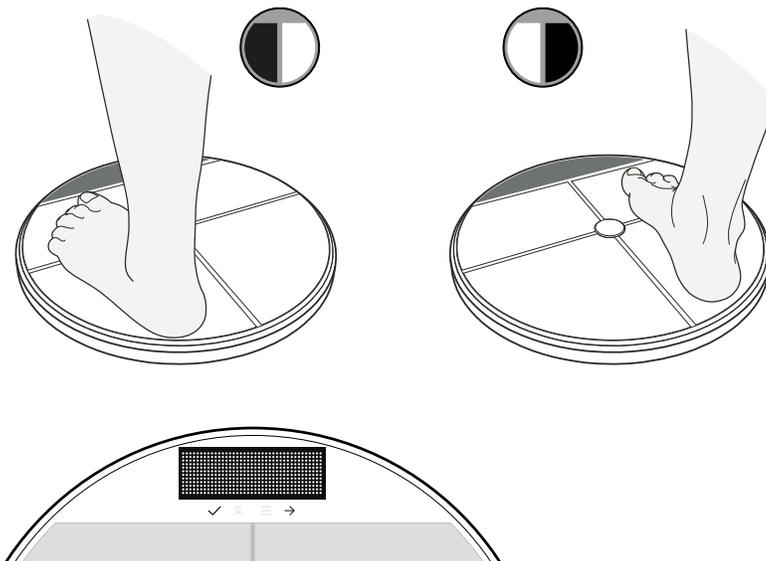
## Your UA Scale



1. Display
2. Action icons
3. Right Foot Pad
4. Left Foot Pad

## Navigating your UA Scale

Navigating your UA Scale is done by pressing the left and right foot pads.



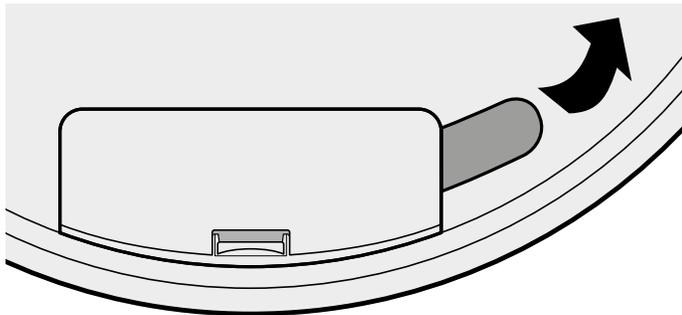
When navigating your UA Scale, you need to pay attention to icons just beneath the display. The icons light up to indicate what can be done with the foot pads.

Left foot pad	Right foot pad
	
Select 	Next 
Change Profile 	Menu 

## Battery

Your UA Scale is powered by four AA batteries which come preinstalled.

To begin using your UA Scale, remove the battery tab. You'll find the battery compartment located on the bottom of your UA Scale.



When the batteries need to be replaced, there will be a notification on the display.



You can also see the battery level in UA Record under your UA Scale settings.

## Positioning your UA Scale for use

Before using your UA Scale, you'll need to find a proper place to put it.

- Place your UA Scale on a hard level surface in order to give you the most accurate readings.
- Make sure your UA Scale is within range of the Wi-Fi® router that you want to use.
- Be sure not to place your UA Scale on slippery surfaces.

## UA Record app

Download and install the UA Record app on your phone to set up UA Scale and explore all of its great features.

- Set target weight and body fat goals and seamlessly track your progress.
- Analyze your training performance and check progress toward your fitness goals.
- Manage your UA Scale settings from your phone using UA Record.



The first time you open the UA Record app, make sure to create or sign in with your Under Armour account to sync your fitness data and enjoy the other features.

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### Downloading and installing the UA Record app

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Before downloading the UA Record app, please make sure that your phone meets the minimum system requirements indicated on the UA Record app's download page.

1. On your phone, open the Play Store or App Store®.
2. Search for UA Record.
3. Download and install the UA Record app.

## Creating a UA Record account

1. On your phone, open the UA Record app.
2. Tap **Register**.
3. Register with your Facebook account or fill in the fields and tap **Create Account**.



You can also create a UA Record account at <https://record.underarmour.com/>

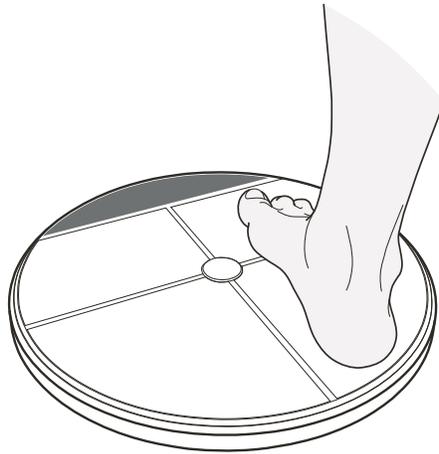
## Pairing your UA Scale with UA Record

Set up your UA Scale with your UA Record account and Wi-Fi connection so it can automatically log your measurements.

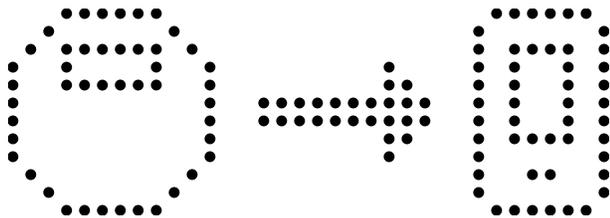


- The UA Record app must be installed on your phone. You also need to have a UA Record account.
- Make sure the Bluetooth® setting on your phone is on to connect your UA Record account with your UA Scale.
- Make sure your device is in close proximity to your phone.
- Make sure your UA Scale is in range of your Wi-Fi router.
- Your UA Scale supports Wi-Fi 802.11 b/g.

1. Briefly press your UA Scale with your foot to turn it on.



The first time you turn on your UA Scale, you'll be prompted to pair it with the UA Record app.



2. On your phone, open the UA Record app.

3. Do one of the following:

<b>If you are a new UA Record user...</b>	<ol style="list-style-type: none"><li>1. Create your UA Record account.</li><li>2. On the Connect Devices screen, tap .</li></ol>
<b>If you already have a UA Record account...</b>	<ol style="list-style-type: none"><li>1. Sign in to your UA Record account.</li><li>2. Tap  &gt;  &gt; <b>Connect</b>.</li></ol>

4. When your UA Scale shows **Press to confirm**, press on your UA Scale with your foot. Your UA Scale will show **Scale Confirmed** to indicate that it has successfully paired with UA Record. By pairing the UA Record app with your UA Scale, you will also create a profile on your UA Scale.
5. On your phone, choose your body fat measurement preference, and then tap **Next**.



Do not use the body fat measurement feature if you are pregnant, have a pacemaker installed, or have any electrically sensitive medical device installed.

6. Select your Wi-Fi router, enter your required credentials, and tap **Join**.
7. Tap **Continue** to begin using your UA Scale.

# Using your UA Scale

## Measuring your weight

Your UA Scale measures your weight and automatically keeps track of it in UA Record. You can also measure your body fat percentage.



If you are pregnant or have medical devices such as a pacemaker installed, turn off the body fat sensors. See [Turning off the body fat sensors](#) on page 11.



- Make sure your UA Scale is in range of your Wi-Fi router.
- For the most accurate measurements, use your UA Scale with bare feet.

1. Step onto your UA Scale to turn it on and immediately start measuring your weight.



When stepping onto your UA Scale, position your feet closer to the center to help prevent tipping your UA Scale.

2. After you see your weight, wait for your UA Scale to identify you. If your UA Scale doesn't correctly identify you, see [Choosing a profile if you are not recognized](#) on page 11 or [Selecting a profile before measuring](#) on page 12.
3. Keep standing on your UA Scale to measure your body fat percentage.
4. If you have a weight goal set in UA Record, you'll see how close to your goal you're getting, or if you achieved it.
5. When your UA Scale shows `Done`, you can step off.

After weighing in, your results will be uploaded to and recorded in UA Record.

## Turning on Athlete Mode

If you have low body fat percentage because you are naturally thin, train frequently, or have a muscular body type, then you'll need to change the body fat settings to Athlete Mode to get more accurate measurements.



- Make sure you have Bluetooth enabled on your phone.
- Make sure your device is in close proximity to your phone.

1. Briefly press your UA Scale with your foot to turn it on.
2. On your phone, open the UA Record app.
3. On the main screen of the UA Record app, tap .
4. Tap **SCALE** and wait for the app to connect to your UA Scale.
5. Under Preferences, tap **Body Fat Settings**.
6. Make sure the **Measure Body Fat** option is on.
7. Tap **Athlete Mode**.

## Turning off the body fat sensors

If you don't want to use the body fat sensor, you can easily turn it off in UA Record.



- Make sure you have Bluetooth enabled on your phone.
- Make sure your device is in close proximity to your phone.

1. Briefly press your UA Scale with your foot to turn it on.
2. On your phone, open the UA Record app.
3. On the main screen of the UA Record app, tap .
4. Tap **SCALE** and wait for the app to connect to your UA Scale.
5. Under Preferences, tap **Body Fat Settings** and then turn off **Measure Body Fat**.

## Choosing a profile if you are not recognized

If your weight has changed by 5 kg (11 lbs) or more, or if you are in close in weight to another user of your UA Scale, your UA Scale may not recognize you.

1. Step onto your UA Scale to turn it on and immediately start measuring your weight.
2. After weighing, if your UA Scale shows **Hi there** or another profile name instead of yours, step off of your UA Scale and press  to change the profile.

3. Press  until you see the name you used on your UA Record account.
4. Press  to select the profile.



If you don't see your profile name, someone may have deleted your profile from your UA Scale. See [Reconnecting a profile](#) on page 14.

## Selecting a profile before measuring

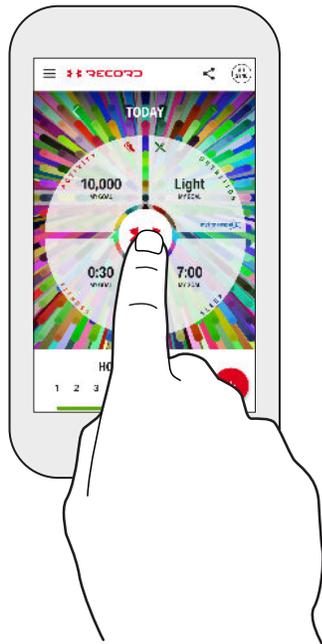
If there are multiple users that weigh about the same, then you may want to select your profile prior to measuring your weight.

1. Briefly press your UA Scale with your foot to turn it on.
2. When the display shows *Step up*, press .
3. Press  to select the **Profile** menu.
4. Press  until you see the profile you want to select, and then press  to select it.
5. Press  to confirm.

## Checking your past weigh ins

Check your past weigh-ins to see how much progress you've made.

1. On your phone, open the UA Record app.
2. On the main screen of the UA Record app, tap .



3. Tap the same area again while your weight is visible to view your past weigh ins, set a weight goal, and view progress.

## Caring for your UA Scale

Follow these tips to properly care for your UA Scale.

### Do's

- Keep your UA Scale dry.
- Use a few drops of water and gently wipe the surface of your UA Scale.

### Don'ts

- Do not jump onto your UA Scale.
- Do not place your UA Scale in humid or dusty environments.
- Do not submerge your UA Scale in any liquid.
- Do not spray or otherwise subject your UA Scale to streams of water or liquid.
- Do not clean the surface of your UA Scale with any chemicals.

## User profiles

When you add your profile, your UA Scale remembers who you are each time you step onto it. Your UA Scale remembers up to eight different people.

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### Adding profiles

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Connect your UA Record app to your UA Scale to add your profile to it.



- The UA Record app must be installed on your phone. You also need to have a UA Record account.
- Make sure the Bluetooth setting on your phone is on to connect your UA Record account with your UA Scale.
- Make sure your device is in close proximity to your phone.
- Make sure your UA Scale is in range of your Wi-Fi router.

1. Briefly press your UA Scale with your foot to turn it on. Your UA Scale should show **Step up** on the display when it is ready to connect.
2. On your phone, open the UA Record app.
3. On the main screen of the UA Record app, tap .
4. Tap **SCALE** > **Connect**.

5. When your UA Scale shows **Press to confirm**, press  or . Your UA Scale will show **Scale confirmed** to indicate that it has successfully paired with UA Record.
6. On your phone, choose your body fat measurement preference, and then tap **Next**.



Do not use the body fat measurement feature if you are pregnant, have a pacemaker installed, or have any electrically sensitive medical device installed.

By pairing the UA Record app with your UA Scale, you will also create a profile on your UA Scale.

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### Deleting a profile

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If there are already 8 profiles on your UA Scale, you will need to delete one to add another profile.

1. Briefly press your UA Scale with your foot to turn it on.
2. Press  until you see **Profile**, and then press  to select it.
3. Press  until you see the profile you want to delete, and then press  to select it.
4. Press  show the delete option, and then press  to select it.
5. Press  to confirm.

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### Reconnecting a profile

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If your profile has been removed from your UA Scale, you can easily reconnect it.



- Make sure Bluetooth is enabled on your phone.
- Make sure your device is in close proximity to your phone.
- Make sure no other phones are connected to your UA Scale via Bluetooth.

1. On your phone, open the UA Record app.
2. On the main screen of the UA Record app, tap .
3. Tap **SCALE** and wait for the app to connect to your UA Scale.
4. On the pop-up message, tap **Reconnect**.

# Settings

## Unpairing your UA Scale

You can easily unpair your UA Scale from your UA Record account if you need to.



- Make sure you have Bluetooth enabled on your phone.
- Make sure your device is in close proximity to your phone.
- Make sure your UA Scale is in range of your Wi-Fi router.

1. Briefly press your UA Scale with your foot to turn it on.
2. On your phone, open the UA Record app.
3. On the main screen of the UA Record app, tap .
4. Tap **↔ SCALE** and wait for the app to connect to your UA Scale.
5. Tap **Bluetooth Settings > Forget this device**.
6. Tap **Forget** to confirm.

## Changing to another Wi-Fi connection

You can easily change the Wi-Fi settings if you need to. For example, if you've changed the name of your Wi-Fi network, or if you want to connect to a different Wi-Fi network, you'll need to update the Wi-Fi settings.



- Make sure you have Bluetooth enabled on your phone.
- Make sure your device is in close proximity to your phone.
- Make sure your UA Scale is in range of the Wi-Fi router you want to connect to.
- Your UA Scale supports Wi-Fi 802.11 b/g.

1. Briefly press your UA Scale with your foot to turn it on.
2. On your phone, open the UA Record app.
3. On the main screen of the UA Record app, tap .
4. Tap **↔ SCALE** and wait for the app to connect to your UA Scale.

5. Tap **Wi-Fi Settings**, and select a Wi-Fi connection.
6. Enter the required credentials and tap **Join**.

## Changing your display name

There may be times when you may want to change your profile name. For example, if your profile name is longer than 10 characters, it will be truncated. Or if there are multiple profile names that are the same, you may want to change your profile name to make it easy to distinguish.



- Make sure you have Bluetooth enabled on your phone.
- Make sure your device is in close proximity to your phone.

1. Briefly press your UA Scale with your foot to turn it on.
2. On your phone, open the UA Record app.
3. On the main screen of the UA Record app, tap .
4. Tap **SCALE** and wait for the app to connect to your UA Scale.
5. Tap **Display Name**, enter a new name, and then tap **Done**.

## Switching units of measurement

Kilos or pounds? You can choose between imperial or metric units of measurement.

1. Briefly press your UA Scale with your foot to turn it on.
2. Press  until you see **Unit**, and then press  to select it.
3. Press  until you see the your preferred unit of measurement, and then press  to select it.



You can also change this setting in UA Record. On the UA Scale settings screen, tap **Units**, select your preference, and then tap **Ok**.

## Turning sound on and off

You can turn off the audio cues if you prefer not to hear them.

1. Briefly press your UA Scale with your foot to turn it on.
2. Press  until you see **Sound**, and then press  to select it.
3. Press  until you see your preferred sound setting, and then press  to select it.



You can also change this setting in UA Record. On the UA Scale settings screen, tap **Sound** to toggle the setting.

## Choosing a different language

Besides English, you can choose from some of the supported languages.



- Make sure you have Bluetooth enabled on your phone.
- Make sure your device is in close proximity to your phone.

1. Briefly press your UA Scale with your foot to turn it on.
2. On your phone, open the UA Record app.
3. On the main screen of the UA Record app, tap .
4. Tap **SCALE** > **Language**.
5. Select your preferred language and then tap **OK**.

## Resetting your UA Scale

Resetting your UA Scale clears all data stored on your UA Scale including the profiles.

1. Briefly press your UA Scale with your foot to turn it on.
2. Press  until you see **Reset**, and then press  to select it.
3. Press  to confirm.

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