

It is compatible with iOS and Android.



Fitrus

USER GUIDE

Version 1.0

OSD
ONESOFTOIGM

Reading this user manual before use will help ensure safety and proper usage.

01 FUNCTION

 **Fitrus**

 **Fitrus A**



 **Fitrus Light**



 **Fitrus+**



Body Fat



Body Fat Mass



Skeletal Muscle Mass



BMI



Body Water



Basal Metabolic Rate



Heart Rate



Stress



Surface Temperature



Blood Pressure

Fitrus+



Fitrus Light



Fitrus A



02 FEATURES

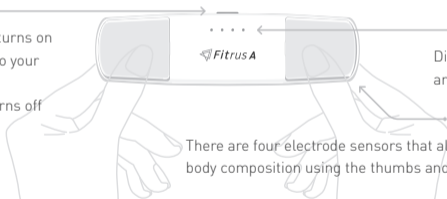
FRA-W10 Size 10×2.9×1.2cm | Weight 25g

Fitrus A

Power button

Pressing the button lightly turns on the device and connects it to your smartphone.

The device automatically turns off after measurement.



LED Indicator

Displays remaining battery and measurement notification.

Four electrode sensors

There are four electrode sensors that allow you to measure body composition using the thumbs and index fingers of both hands.

COMPONENTS



USB Charging Cable |



User Manual

FRL-B10 Size 13x3.5x1.2 cm | Weight 40g

 **Fitrus Light**

Power button

Pressing the button lightly turns on the device and connects it to your smartphone. The device automatically turns off after measurement.

Heart rate & stress measurement sensor

It can measure heart rate and stress levels.

Four electrode sensors

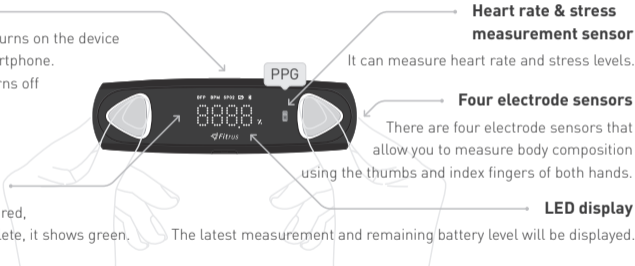
There are four electrode sensors that allow you to measure body composition using the thumbs and index fingers of both hands.

Charging indicator light

During charging, it displays red, and when charging is complete, it shows green.

LED display

The latest measurement and remaining battery level will be displayed.



COMPONENTS



USB Charging Cable



User Manual

FR-B30 Size 12.6×3.4×1.36 cm | Weight 40g



Four electrode sensors

There are four electrode sensors that allow you to measure body composition using the thumbs and index fingers of both hands.

Touch sensor

You can change what appears on the display with a light touch.



Temperature sensor

You can measure skin or object temperature. (Non-contact)



Blood pressure & heart rate & stress measurement sensor

It can measure blood pressure and heart rate and stress levels.

OLED display

The latest measurement and remaining battery level will be displayed.

Power button

Pressing the button lightly turns on the device and connects it to your smartphone. The device automatically turns off after measurement.

COMPONENTS





USB Charging Cable |



User Manual

03 APP



Search for **Fitrus 3.0** on  Google Play Store or  Apple App Store to download the app.
This free app helps you control device more effectively.



You can also download the **Fitrus 3.0** app on your smartphone using a QR code.

<https://thefitrus.com/app/> 



The **Fitrus 3.0** app is compatible with Android version 5.0 or higher, iOS version 12.0 or higher, and it operates as efficiently as possible on Smartphone.

Note that it may not be supported on some Android tablets and iPads.

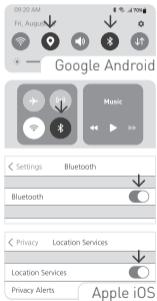
04 HOW TO USE



- 1 Turn on the GPS and Bluetooth on your smartphone, and open the **Fitrus 3.0** app.

It does not require direct Bluetooth connection between the smartphone and device.

Do not enter a PIN number. When you open the app and turn on the device, it will automatically connect.



- 2 Open the **Fitrus 3.0** app.
The measurement results from device are recorded and stored in the **Fitrus 3.0** app.



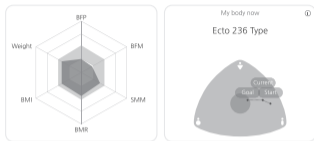
- 3 Press Sign up and enter your user information.



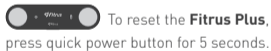
- 4 Please press the power button on the device to turn it on, and then press the **Start** button on the smartphone screen.



The device will automatically turn off when the measurement is complete.



- 5 You can check the measurement results through the **Fitrus 3.0** app.



For more details, access the web manual through the QR code.

<https://manual.onesoftdigm.com> 🔍

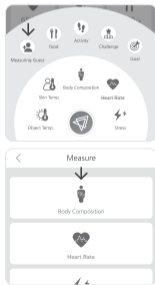
05

ADDITIONAL ACTION WITH THE APP



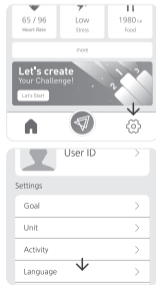
GUEST MEASUREMENT

In the **Fitrus 3.0** app, you can measure with various people such as family, friends, colleagues, and more, using the **Measuring Guest** icon.

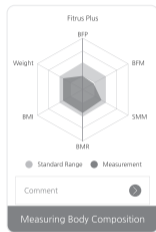


LANGUAGE SETTINGS

In the **Fitrus 3.0** app, you can select various languages such as the system default, Korean, English, and Japanese on the **Settings > Language** screen. If you set it to the system default, the app language will match your smartphone language. Currently unsupported languages will be displayed in English.

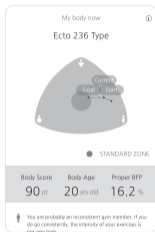


BODY COMPOSITION



Analyzes biometric information to support effective health management.

SOMATOTYPE



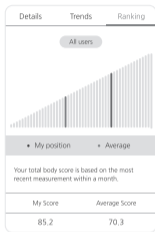
Provides personalized health guidance based on body type and biometric information.

TRENDS



Shows intuitive changes to motivate exercise and dietary habits.

RANKING

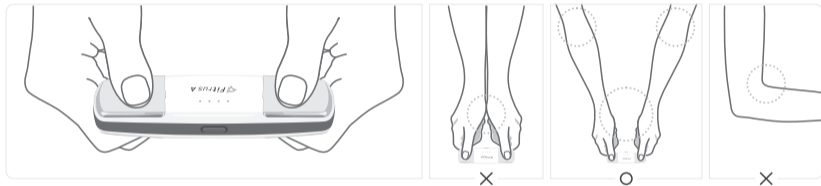


You can enjoy a healthy competition based on body composition scores and step counts.

CHALLENGES



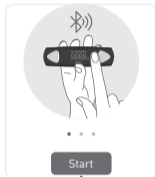
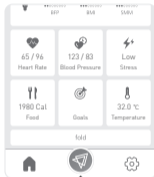
You can achieve shared goals with family, friends, and all together.



Hold the four electrodes with your thumbs and index fingers, stretch your arms forward. Keeping your elbows straight, and avoid touching your hands together. To obtain accurate results, it is important to maintain the appropriate measurement posture during the bioelectrical impedance analysis, where a microcurrent is consistently passed through the body.

CORRESPONDING PRODUCT

 Fitrus A Fitrus Light Fitrus+



Put your finger on the mini square sensor on the front of the device.
Cover the sensor completely and don't press too hard.

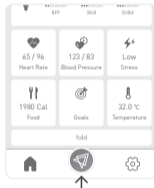
CORRESPONDING PRODUCT



Fitrus Light



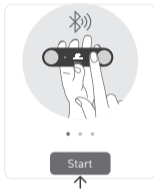
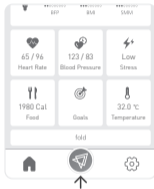
Fitrus+



Place the rounded sensor on the back of the device close to the skin or object, approximately 2 to 5 cm away. When measuring the temple, you can obtain a value similar to the body temperature.

CORRESPONDING PRODUCT





Put your finger on the mini square sensor on the front of the device.
Cover the sensor completely and don't press too hard.

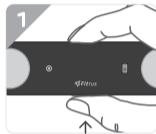
CORRESPONDING PRODUCT

Fitrus⁺

10

ONE-TOUCH FUNCTION

The **temperature** can be measured without a smartphone and checked directly with the OLED display.



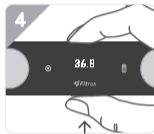
Please turn on the power button.



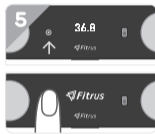
Gently press on the touch sensor for 3 seconds to activate the one-touch function.



Select skin or object temperature with the touch sensor and press the power button.



Measure the temperature and check the results. Measurement can be performed repeatedly by pressing the power button.



Press on the touch sensor again for 3 seconds to disable the one-touch function.

CORRESPONDING PRODUCT



Fitrus⁺



BATTERY CHARGING



You can charge the device using the included USB cable.

 Usable for 20 days | Charging time is 3 hours

It is recommended to fully charge the device upon receipt. Measure after separating the device from the charger.

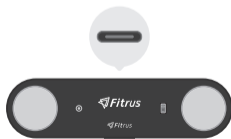
 *Fitrus A*



 *Fitrus Light*



 *Fitrus+*





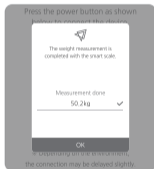
OPTIONAL (SOLD SEPARATELY)

FITRUS SCALE | DIGITAL SCALE

Fitrus Scale

FRS-W10 Size 30x23.5x2 cm | Fitrus Scale is wirelessly connected with the **Fitrus 3.0** app.

If you step on the scale without pairing it with the **Fitrus 3.0** app weight or body composition measurement screen, your weight will be automatically saved without any additional operations. Select the weight or body composition card on the **Fitrus 3.0** app dashboard. Press the **weight measurement** button. When you step on the **Fitrus Scale**, it will measure automatically. Keep still until your weight is displayed, and then step off the scale. Once the results are shown on the **Fitrus 3.0** app, please step off the weighing scale. Once the measurement is complete, pressing the confirmation button will save the recorded weight.



Automatic on/off

Battery

Detects over 5 kg

3 AAA batteries

FRB-B10 Weight 35.6g | It is a fitness tracker that monitors 24-hour blood pressure, sleep and analyzes running.

Charging After removing the strap on the opposite side of the touch sensor, you can charge it by plugging the blue connector at the end into the USB port on your computer or by plugging it into the charger.

Connection On the **Settings** screen, Press **Start Smartband Pairing** to connect.

Power on Long-pressing the touch sensor on the shutdown screen will turn on the power.

Power off Long-pressing the touch sensor on the shutdown screen will turn off the power.

Basic behavior Touch the touch sensor to move the screen. When you run the app, biometric information will be stored.



Running



Step Counter



Sleep Tracking



Blood Pressure



Heart Rate



Temperature



Notifications



You can pull and detach one end of the strap.



Insert the blue connector into the USB port for charging.

Display

Waterproof

Battery

1.14 inch

IP68

Usable for 4 days Charging 2 hours



WARNING



- › Device is not a medical device and is not a product for diagnosis, treatment, healing, and prevention of diseases. It is a home healthcare device based on **bioelectrical resistance analysis (BIA)** and self-developed algorithms.
 - › Do not use it together as it may affect biological devices such as heart rate regulators, cardio-cardiogram medical devices, artificial hearts, and artificial cardiopulmonary devices.
 - › Using the BIA technique, a microcurrent of 50kHz approximately 150 μ A or less is used, so no current is felt during the measurement. Do not use it if current is felt during measurement.
 - › Measurement errors may be severe during pregnancy or menstruation.
For safety, do not use pregnant women, the elderly, or extremely weak mind and body.
 - › If you are extremely obese, underweight, or under the age of 13, the measurement may not be smooth.
If the measurement problem persists, please contact the customer service center within the warranty period.
-
- › The instructions may be changed without your prior consent or notice due to performance improvements such as hardware, software, and product configurations. Some images in the User's Manual may differ from the physical product.



CAUTION



- › Without the acquisition inspection certification of low-power radio frequency equipment, the company or user cannot change frequency, increase output, and change design characteristics and functionality.
The use of low-power radio frequency equipment should not affect flight safety or interfere with legitimate communication. If communication interference is found, it should be discontinued immediately and improved until there is no interference. Legal communication means wireless communication operated under the Communications Management Act. Low-power radio frequency equipment must be subject to legitimate communications or interference from industrial, scientific and medical radio-radiated electrical devices.
- › If you're storing devices for a long time without using them, make sure they're charged to about 40-60% at the right temperature. Batteries are damaged if stored for long periods of time in a discharged state.
- › Do not use near devices that generate powerful electromagnetic waves, such as microwaves.
Measurement errors may occur.
- › Never eat or break down the battery as it contains heavy metals. Keep out of reach of children.
- › Local laws must be observed when disposing of devices, accessories, batteries, etc.



WARRANTY REGULATIONS



› If you experience any problems using the device, please contact the following channels.

✉ **osd.sale@onesoftdigm.com**

-
- › The warranty period is one year after purchase, and if the product defect in normal use according to the instruction manual, it can be exchanged free of charge.
 - › After the warranty period, you can get an exchange for a fee.
 - › In principle, the same product and color are used for product color.
 - › Transportation costs are borne by the customer when exchanging products.
 - › Payable services may be provided during the warranty period under the following circumstances.
 - Failure or damage caused by impact
 - Appearance changes with use
 - Improper use or carelessness, improper repair or alteration
 - Damage to parts caused by water or liquid entering the product



Country of manufacture	Republic of Korea	Current measurement	Approximately 150 μ A or less
Company name Manufacturer	ONESOFTDIGM Co., Ltd.	Frequency range	50 kHz
Communication	BLE 4.2	Measurement range	100~950 Ω
Electricity	DC 5v	Recommended usage range	130~220 cm 30~180 kg
Manufacturing Date	Mark separately	Usage environment	10~40 $^{\circ}$ C 30~75%RH