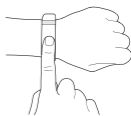


Navigation

You can flip through the menus by simply tapping the display or touching both electrodes at the same time.

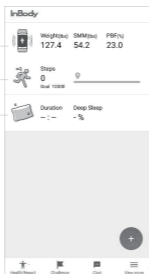


InBody App

InBody Test result

Activity summary

Sleep analysis



InBody Test

Settings

Syncing with the App

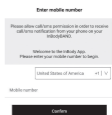
1. Download InBody App

Search “InBody” in the Apple App Store or the Google Play Store and click download.



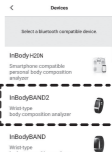
2. Register Your InBody App

- 1) Run the InBody App and enter your mobile phone number to start registration.
- 2) Enter your gender, height, age, and password.
- 3) Press done to complete the registration.



3. Setting InBody BAND 2

- 1) Select “InBody BAND 2” on the device setting screen and press the “SET” button.
- 2) Enter your weight and press confirm.
- 3) Complete setting “InBody BAND 2”.



4. Transferring Data

Once InBody BAND 2 is paired with the app, steps and sleep data will be automatically updated.

※ If you want to update again due to update failure, you can update it through “Sync” in “+” menu at the bottom right of the main screen.



5. InBody Test

- 1) Press “+” button at the bottom right of the main screen.
- 2) Select “BAND2” in InBody Test.
- 3) Enter your current weight and press the “OK” button to start measurement.
- 4) When the measurement screen appears, place two fingers on the electrode.
- 5) After InBody Test is completed, the test result will be automatically saved in the app.



InBodyBAND2

Quick Start Guide



Please read the following instructions before use.

- Charge the battery prior to use.
- During the test, your hands **MUST NOT** come in contact with each other.
- For accurate measurements, please enter the correct personal information in the “InBody” App.

※ Detailed Guide Download: inbody.com/global/customer/load.aspx

InBody BAND 2 Screen

12:00

Date:
Date & Time



Heart Rate:
Heart rate measurement



InBody Test:
Body composition
measurement



Active Minutes:
Duration of
walking/running

PBF

Percent Body Fat:
Percent Body Fat display
after InBody Test



Calories Burned:
Calories burned from
activities

SMM

Skeletal Muscle Mass:
Muscle Mass display after
InBody Test
※ Default output for InBody Test is PBF.
To change, go to App > Settings >
Screen Setting



Distance:
Daily walking and
running distance



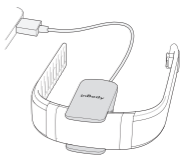
Step Count:
Daily step count



Battery Display:
Current remaining
battery life

Charging

1. Charge the InBody BAND 2 by connecting the device to the included charging cable and plugging the USB connector into a USB port.
2. Once the InBody BAND 2 is securely connected to the charging cable, it will automatically turn on while charging.



- ※ A full charge requires approximately 1 hour.
- ※ Bluetooth will not work while charging.

Powering Up

1. To turn on the InBody BAND 2, press and hold the electrodes while wearing it on your wrist.
2. To wake the screen, press the electrodes with two fingers or raise your wrist.

