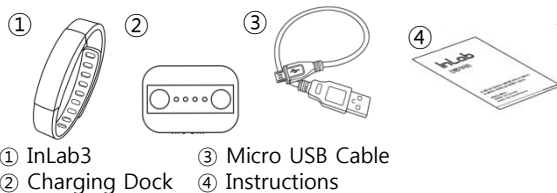


# InLab

## Instructions

- Track your activity with InLab3 on your wrist

### 1. Product Components



### 2. Charging

Once you open your package, charge your InLab Wristband with the cable and dock provided. It takes roughly 60 minutes to fully charge.



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### 1. Product Components

Wristband can be replaced by a band of several materials. (metal, leather and so on)

\* Visit [www.store.inbody.com](http://www.store.inbody.com) to buy the band.



### 2. Charging

**Warning**

Keep the charge port clean in order to prevent rust.

**Note**

Please paste the charging cradle on the product according to directions. If the direction is not correct, the charging cradle is not attached to the product.

### 3. Installing the InBody App

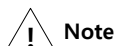
Connect this product with the InBody App to transfer and monitor your data conveniently on your smartphone.



- 1) Search "InBody" in the Google Play Store or the Apple App Store.
- 2) Download the app.
- 3) Load the app and follow the instructions on-screen to sync this product with your phone.

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### 3. Installing the InBody App



#### Note

- This product is compatible with Android 4.3(Jellybean) with BLE or newer and iPhone 4S or newer.

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### 4. Powering Up

You can turn on the display by double-tapping InLab3.



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### 4. Powering Up



#### Note

- Display will turn off after 5 seconds of inactivity.
- If your InLab3 does not turn on, charge your InLab3 as instructed on page 2 until fully charged. Try turning on your InLab3 again.

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### 5. Syncing InBody Band with InBody App

Install the InBody App on your smartphone as instructed, and connect the product to the app over Bluetooth.

- 1) InLab3: InLab3: After fully charging, tapping the screen twice, and then turn the power on.
- 2) InBody App: On the InBody App, go to Settings > Devices and select the InBody Band to bring up the setup screen.
- 3) InBody App: Tap the Settings button on the InBody App. In the Bluetooth registration request window, tap the "OK" button and proceed as instructed on the app.
- 4) InLab3: When the connection is established, the time will sync with your smartphone.

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### 5. Syncing InBody Band with InBody App



#### Note

- You may experience difficulties linking your InLab3 if there are other InLab3 present.
- The time on your InLab3 will automatically sync with your smartphone.

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### 6. InBody Band Modes

If you tap the screen twice, the current time and achievement will appear in sequence as shown in the picture below.

Current time 1:25

Achievement



Hour: Light on

Minute: Light blink

50 %

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### 6. InBody Band Modes



#### Note

- If the battery is low, the red light will blink on the screen.

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## 7. Data Management

Your data automatically uploads to your smartphone when you sync the InLab3 with the InBody App.



### Note

- Sync occurs when the InLab3 and your smartphone are within 2 meters. Range may vary depending on environment.
- The InLab3 resets daily at midnight. Data will be stored for 7 days if not uploaded to smartphone.

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## 7. Data Management



### Note

- InLab3 starts counting steps after the 7th step.
- The time on the InLab3 syncs with your phone's time once the InLab3 is connected to the InBody app.

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## 8. General Precautions

Please read these safety warnings carefully to ensure your personal safety and to prevent property damage.

- Do not disassemble or modify the equipment, including internal parts, without written consent from the manufacturer. This may cause electric shock or injury, product malfunction, inaccurate results, and will void the manufacturer's warranty.
- Do not place the InLab3 near a bathtub, sink, sauna, pool, or stream room. Exposure of the InLab3 to excessive moisture could result in information/failure/explosion.
- Keep the charge port from contacting necklaces, keys, coins or any metals.

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## 8. General Precautions

- Keep out of reach of children. The InLab3 can be a choking hazard.
- Do not cover the InLab3 with any fabrics while it is charging. Doing so may cause a fire.
- Risk of explosion if battery is replaced by an incorrect type. Dispose of used batteries according to the instructions.
- Please use InLab3 properly as instructed in this manual.

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## 9. Usage Warnings

- This product is water-resistant.
- Do not swim with the InLab3 on or use it in water.
- Do not place the InLab3 in salt water/chemicals.
- Preferred operating temperature: 10 °C ~ 40 °C
- The InLab3 failures, of which water labels are discolored due to the user's negligence, are not subject to warranty.
- Excessively bending the InLab3 may cause damage to the product.
- Do not drop/shock the InLab3. Such impact may result in damage.

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## 9. Usage Warnings

- Use a lint-free cloth to gently wipe the external surface of the equipment about once every week. Be careful not to scratch the LCD screen.
- The InLab3 is classified as Class B electromagnetic radio equipment and can be used anywhere.
- Do not use the InLab3 if you have life-sustaining medical implants as the radio waves emitted by the InLab3 may interfere with the implants.
- Specifications and instructions may change without prior notice.

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## 10. Others

Disposal of old Electrical & Electronic Equipment (Application in the European Union and other European countries with separate collection system.) This symbol indicates that this product shall not be treated as household waste. Instead, it shall be handed over to the applicable collection point for the recycling of electrical and electronic equipment.



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## 10. Others

By ensuring this product is disposed of correctly, you will help prevent potential negative consequences for the environment and human health, which could otherwise be caused by inappropriate waste handling of this product. For more detailed information about recycling this product, please refer to local governing ordinances and recycling plans.

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## 10. Others

Data Displayed	Time, Activity Goal Tracking, Battery Life
Data Storage	7 days
Battery Life	Approx. 5 days
Battery Capacity	32 mAh
Recharging Time	Approx. 1 hour
Charging Connector	Micro USB, Charging Dock
Dimensions	68 mm (W) x 101.3 mm (L) x 11 mm (H), Thickness: 9.6 mm
Weight	12.8 g

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## 10. Others

\* Specifications may change without prior notice.

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Color	Black, Blue, Pink, S-Grey, Ivory, Red, Brown, Light Blue
Communication Method	Bluetooth 4.0 Low Energy (BLE)
Input Power	Operating Voltage : 3.7 VDC, Charge Voltage : 5.0 VDC
Operation Environment	(10 ~ 40) °C, (30 ~ 75) %R.H., (70 ~ 106) kPa
Expected Service Life	3 years (Depending on the battery charge cycles)
Frequency Used	2 402 MHz ~ 2 480 MHz
No. of Channels	40
Wattage	1 mW and below

## 10. Others

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FCC ID : F6OINLAB3

### FCC Information

This device complies with part 15 of the FCC Rules.

Operation is subject to the following two conditions:

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

## 10. Others

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:

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## 10. Others

Note : This equipment may generate or use radio frequency energy. Change or modification to this equipment may cause harmful interface unless the modifications are expressly approved in the instruction manual. The user could lose the authority to operate this equipment if an unauthorized change or modification is made.

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

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## 10. Others

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- 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.



### Caution

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

# InBody

InBody  
Customer Service: (323)932-6503  
Website : [www.inbodyusa.com](http://www.inbodyusa.com)