



# AIM

Personalized Smart Fitness Trainer

## PRODUCT MANUAL AIM 2

SKULPT™  
a better U

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# Getting Started

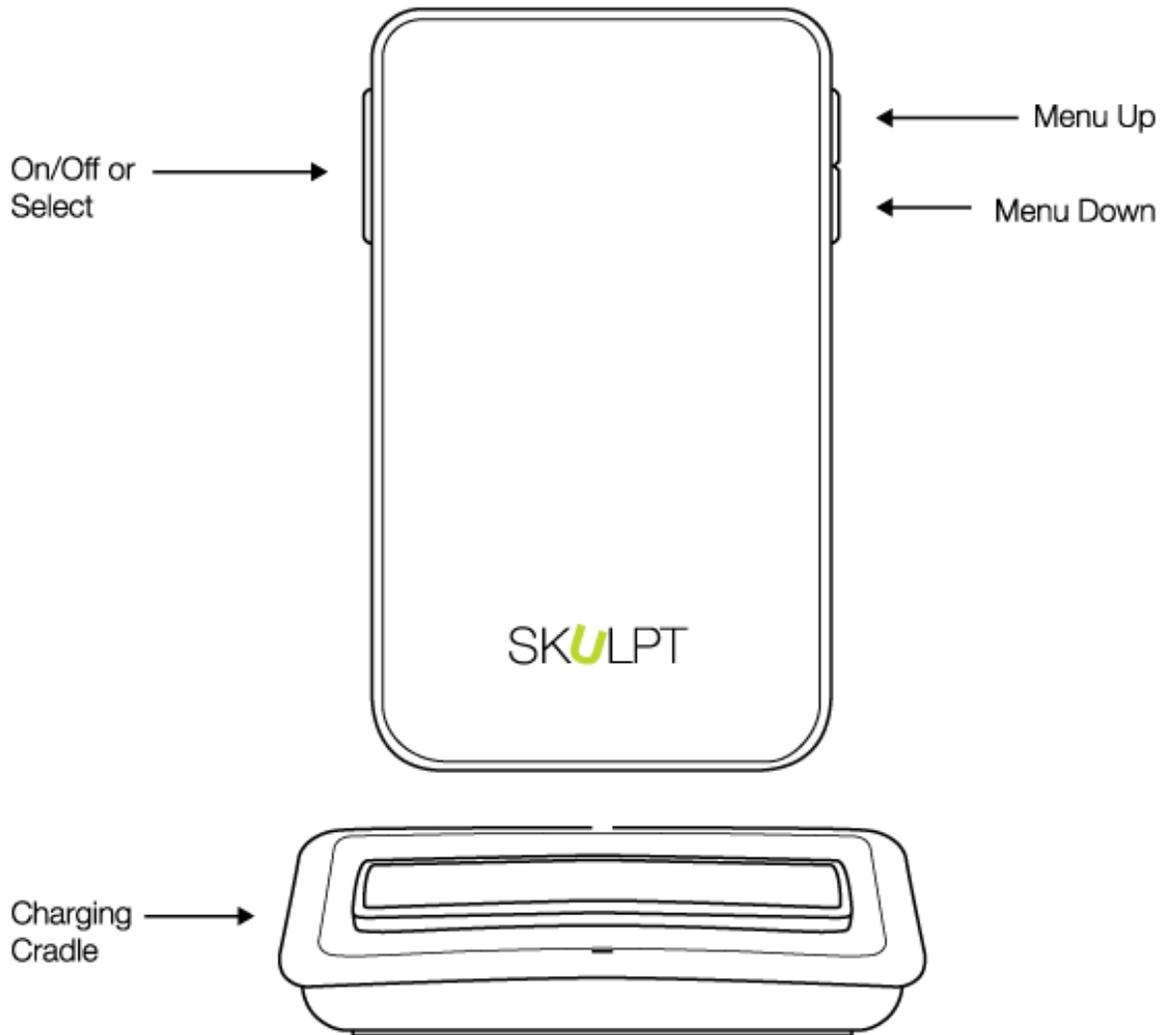
What's included

Your Skulpt Aim® package:



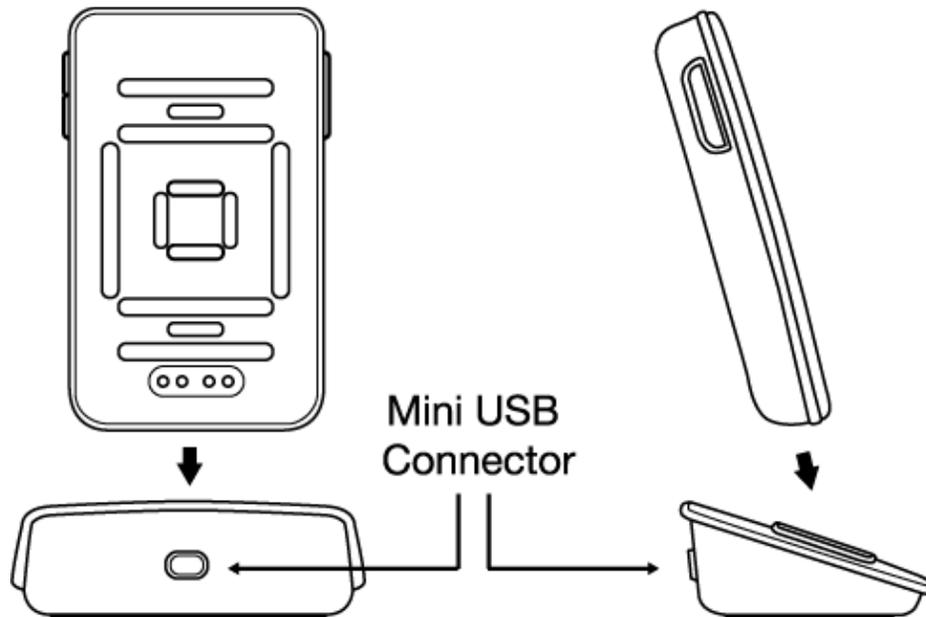
1. Skulpt Aim
2. Charging Cradle & Cable
3. Spray Water Bottle

Meet your Aim



## Power Up

A full charge takes 2 hours.



To charge it, place your Aim inside the cradle, to ensure the four pins on the back of Aim are making contact with those in the cradle. Plug in the Mini USB cable into the Mini USB connector on the charging cradle. Plug in the other end of the cable (USB) into the USB port on your computer (or similar device). The USB must be powered from a UL 60950-1 listed device.

# Setting up your Skulpt Aim® on a Mobile Device

## Mobile Device Requirements

The Skulpt Aim is compatible with select mobile devices that support Bluetooth 4.1 technology. This includes iPhone 5 or newer models (OS version 8.3 or newer), as well as Android phones, with OS 4.3 or newer.

## Installing and Using the Skulpt app

You can find the Skulpt app on the iOS App store or Google Play store by searching for “Skulpt” or clicking on the links below. If you already have the Skulpt app installed, check for available updates to make sure you have the latest version.

1. Download the Skulpt app:

iPhone:

<https://itunes.apple.com/us/app/skulpt/id934977538?ls=1&mt=8>

Android:

<https://play.google.com/store/apps/details?id=com.skulpt.aim&hl=en>

2. Open the app on your mobile phone.
3. Select “Sign Up” to create an account.  
NOTE: If you have an existing account, select “Log In” and enter your existing credentials.
4. On the next few screens, enter some basic personal information as required.

## iOS/Android Sync

Once you’ve entered your basic profile information, follow the instructions on your app to pair your Aim with your app:

1. Make sure that your Bluetooth is turned on.
2. Turn on your Aim.
3. Select “Add New User” from the menu on the Aim.
4. You will see a PIN appear on your Aim. Enter this PIN into your Skulpt app.
5. Wait until the sync is complete, and tap “Continue”.

Your app will then prompt you to measure your total body fat percentage and Muscle Quality, by taking three measurements. Follow the instructions on the app to continue.

## Using your Aim

### Taking Measurements

During setup, your app will tell you which muscle to measure. Otherwise, you'll need to select the specific muscle you wish to measure from your Aim or the remote control feature on your app.

1. Select the muscle you want to measure using the menu on your Aim device.
2. Use the spray bottle provided to spray the sensors with water. This will help the sensors make better contact with your skin.
3. Place the device against the appropriate muscle as directed on the app, and make sure all of the sensors are making contact with your skin. The app will show you where to place the device.
4. When the measurement is being taken, your Aim's light ring will turn from red to green, and when the measurement is ready, you will see the results on your Aim's screen.
5. When the Aim and app are within range and Bluetooth is turned on, your Aim will automatically sync the results with your app.

### What Aim Measures

Aim measures your fat percentage and muscle quality (MQ) of up to 12 individual muscle groups, on each side of your body (left/right). The 12 muscles are: biceps, triceps, shoulders, forearms, chest, abs, upper back, lower back, quads, hamstrings, calves, and glutes.

For a total body fat percentage, or total body MQ reading, you'll need to measure three muscles: triceps, abs, and quads.

Only use the Skulpt Aim as intended. This is not a medical device. It is intended for fitness use only.

## Understanding your Measurements

Muscle Quality is a measure of the strength of your muscle, relative to its size. It is based on a scale from 0 to 100, where a score of 50 is considered average. A higher Muscle Quality relates to stronger, leaner, and more fit muscles.

After taking a measurement, your score is categorized into one of five fitness categories:

0-20 MQ: Needs Work

20-40 MQ: Fair

40-60 MQ: Good

60-80 MQ: Fit

80-100 MQ: Athletic

The fat percentage measurement for an individual muscle is a measure of the subcutaneous fat over the specific region you're measuring.

## Using the App

The app is used to track your progress over time, see an overview of your scores by muscle, and get tailored fitness and nutrition guidance based on your unique physiology.

## Care and Use Tips

Keep the following tips in mind when caring for your Aim:

- Clean and dry the Aim regularly using a damp cloth. Do not use any chemical-based cleaners to clean your Aim.
- If you notice any signs of skin irritation or experience any discomfort, please discontinue use.
- Measure yourself first thing in the morning, specifically before any workouts.

## When Not to Use Aim®

We do not recommend using the Aim in the following scenarios:

- If you have an electrical implant such as a heart pacemaker.
- If you are pregnant.
- In the shower. The Chisel is water-resistant, but it is not waterproof.

# Battery, Light Ring, and Profiles

## Battery and Power

Your Aim comes equipped with a rechargeable lithium-ion battery. With normal use, your Aim should last about 1-2 weeks on a single 2-hour charge. Do not attempt to change the batteries. Opening the device to tamper with the batteries may cause harm and will void the warranty. In the event you need to dispose the device, please follow the laws applicable to your location.

## Light Ring

Your Aim has a light ring around its edge with LED lights.

When taking a measurement, the light ring will turn from red to green to show when the measurement is ready.

## Users and Guests

Each Aim supports up to 6 different users. Each user can sync to their own app, and track results on their own app.

Aim also has a “Guest” profile. This profile enables users to take measurements without tracking their results. Measurements taken on the guest profile will not be synced to the app.

# Updating your Aim

## Bluetooth/Firmware Update

Skulpt may release free updates for your Aim. It is recommended that you keep your Aim updated. The latest feature enhancements and product improvements are made through updates.

Updating your Aim will take just a few minutes, and requires your battery to be at least 50% full. We recommend that you charge your Aim prior to updating.

## Updating Aim on iPhone/Android

You can update your Aim through the Skulpt app on your iPhone or Android phone.

1. Open your Skulpt app.
2. Turn on your Aim. Make sure that it is within Bluetooth range of your iPhone/Android.
3. Tap the menu button on your Skulpt app.
4. Tap 'Update' to update the firmware.
5. If there is an update available, your Aim will begin to update. If there is no update available, your app will read "No update needed."

**NOTE:** Make sure that your Aim remains near your iPhone or Android phone while finding and updating it.

When your update is finished, your app will say, "Update Complete!"

# Skulpt Aim General Info & Specifications

## Sensors

Your Aim uses sensors to take your fitness measurements. The sensors are: ZAMAK 3 (Zinc Alloy) with Nickel or Gold top plating.

## Size and Weight

	Length	Width	Depth	Weight
<b>Skulpt Aim</b>	4.3"/109.9mm	2.6"/66.1mm	0.79"/20mm	5.3oz/150.3g
<b>Charging Cradle</b>	2.7"/68.2mm	3.4"/86.9mm	1.2"/29.7mm (max)	2.6oz/73.7g

## Environmental Conditions

<b>Operating Temperature</b>	32° to 104° F (0° to 40° C)
<b>Non-operating Temperature</b>	-22° to 140° F (-30° to 60° C)
<b>Water Resistant</b>	Device is water-resistant.
<b>Maximum Operating Altitude</b>	30,000 feet (9,144 m)

## Help

Troubleshooting and assistance for your Skulpt Aim tracker can be found at [WWW.SKULPT.ME/HELP](http://WWW.SKULPT.ME/HELP) or contact us

## Return Policy and Warranty

Warranty information and the Skulpt.me Store Return Policy can be found online at [WWW.SKULPT.ME/RETURNS](http://WWW.SKULPT.ME/RETURNS).

# Definition of Symbols



Symbol 14 -  
Caution - Please refer to the product manual prior  
to using this device.

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CE Mark -  
Skulpt Inc and/or Skulpt Europe Ltd declares that the Skulpt Aim  
is in compliance with the essential requirements and other  
relevant provisions of Directive 1999/5/EC.

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FCC -  
US Federal Communications Commission  
See FCC statement(s)

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Waste Electrical and Electronic Equipment Directive –  
This symbol indicates that when the end-user wishes to discard  
this product, it must be sent to separate collection facilities for  
recovery and recycling per end-user local laws (See battery life).

# Regulatory and Safety Notices

Model Name: Skulpt Aim

FCC ID: 2AF43-13 IC: 20757-13

## USA: Federal Communications Commission (FCC) Statement

This device complies with FCC part 15 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, including interference that may cause undesired operation of the device.

## FCC Warning

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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 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:

- 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.

This device meets the FCC and IC requirements for RF exposure in public or uncontrolled environments.

## Canada: Industry Canada (IC) Statement

IC Notice to Users English/French in accordance with RSS GEN Issue 3:

This device complies with Industry Canada license exempt RSS standard(s).

Operation is subject to the following two conditions:

1. This device may not cause interference, and
2. This device must accept any interference, including interference that may cause undesired operation of the device.

which the receiver is connected.

Cet appareil est conforme avec Industrie Canada RSS standard exempts de licence

(s). Son utilisation est soumise à Les deux conditions suivantes:

1. cet appareil ne peut pas provoquer d'interférences et
2. cet appareil doit accepter Toute interférence, y compris les interférences qui

peuvent causer un mauvais fonctionnement du dispositif

This Class B digital apparatus complies with Canadian ICES-003.

Cet appareil numérique de la classe B est conforme à la norme NMB-003 du Canada.

## EU (European Union)

Declaration of Conformity with Regard to the EU Directive 1999/5/EC

Skulpt Inc. or Skulpt Europe Ltd is authorized to apply the CE Mark on the Skulpt Aim, thereby declaring conformity to the essential requirements and other relevant provisions of Directive 1999/5/EC.

Compliant with the standard R&TTE 99/CE/05

Conforme à la norme R&TTE 99/CE/05



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