SKULPT®

CHISEL

Measures Body Fat Percentage and Muscle Quality

PRODUCT MANUAL

SK**U**LPT™
a better **U**

Table of Contents

Getting Started

What's included

Your Skulpt Chisel package includes:

1. **Skulpt Chisel**

2. **Charging Cradle & Cable**

3. **Spray Water Bottle**

Meet your Chisel

Chisel Front

Chisel Back

SKULPT
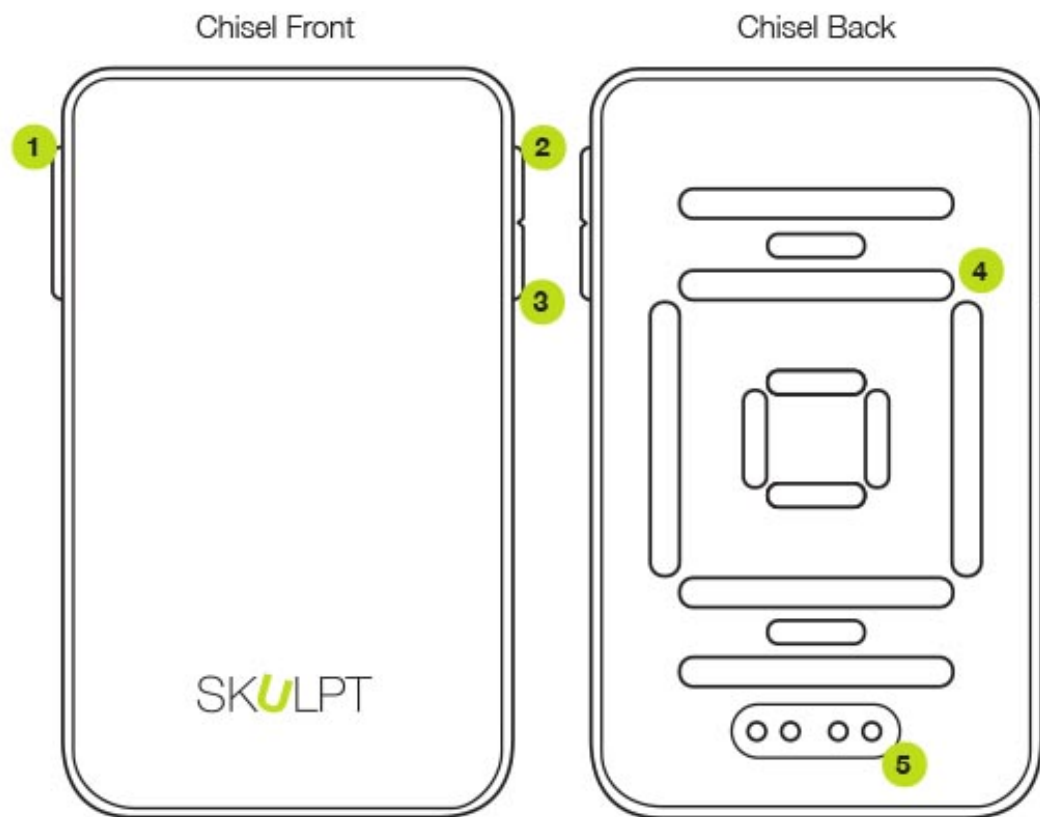
1. **ON/OFF** (Hold for pairing)
2. **Retry** (During Remote Control)
3. **Continue** (During Remote Control)

4. **12 Sensors**
5. **4 Charging Pins**

Power Up

Charge your Chisel for 2 hours before use.
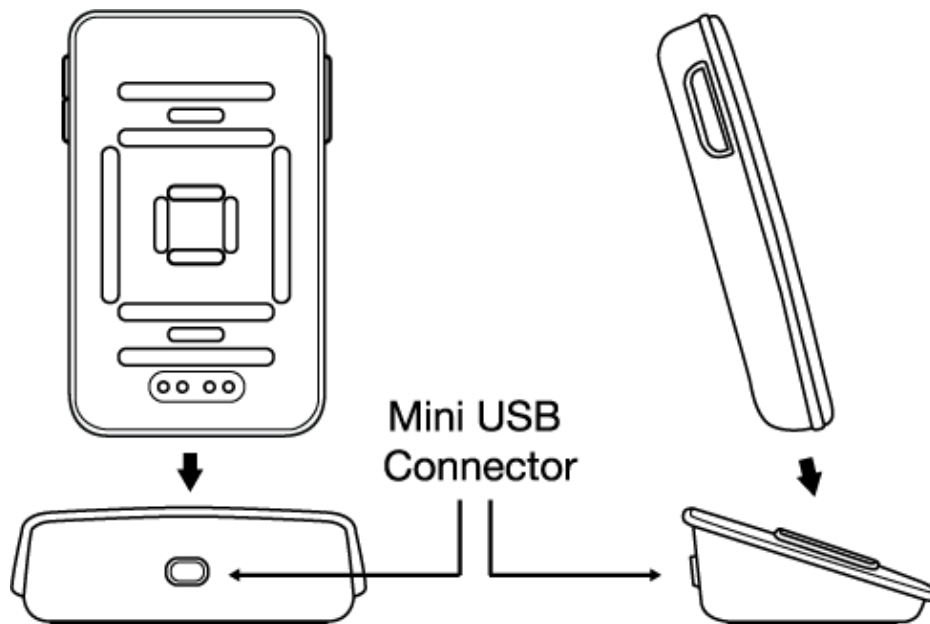
Mini USB
Connector

To charge it, place your Chisel inside the cradle and ensure the four pins on the back of the Chisel 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 through a wall charger. The USB must be powered from a UL 60950-1 listed device.

Setting up your Skulpt Chisel on a Mobile Device

Mobile Device Requirements

The Skulpt Chisel is capable of setting up and syncing with select mobile devices that support Bluetooth 4.1 technology. This includes iPhone 5 or newer models, as well as Android phones, which have the Jellybean 4.3 or later versions of operating system.

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." 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 about yourself as required, and Pair your app with your Chisel as instructed on the app.**

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 Chisel

Taking Measurements

To take a measurement, select the plus sign on your app. You can then select whether you want to measure a Single Muscle, Quick Test (3 muscles for total body fat and total MQ), or All Muscles.

1. **Use the spray bottle provided to spray the sensors with water. This will help the sensors make better contact with your skin.**

2. **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.**

3. **When the measurement is being taken, your Chisel's light ring will pulse in color, and turn to a solid color when the measurement is ready. Additionally, you will see a measuring progress bar on your app, and your results will show up on the app as soon as the measurement is ready.**

What Chisel Measures

Chisel 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, thighs, 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 Chisel as intended. This is not a medical device. It is intended for fitness use only.

Understanding your Measurements

The MQ or Muscle Quality score is a measure of your muscles' fitness that was designed to be intuitive. It's based on a rating scale, similar to the IQ, where 100 represents the average score. Higher MQ relates to stronger, leaner, and more fit muscles.

This score already takes into account your gender, and the specific muscle group that you are measuring.

34	85	115	130	145
NEEDS WORK	AVERAGE	FIT	ATHLETIC	SKULPTED
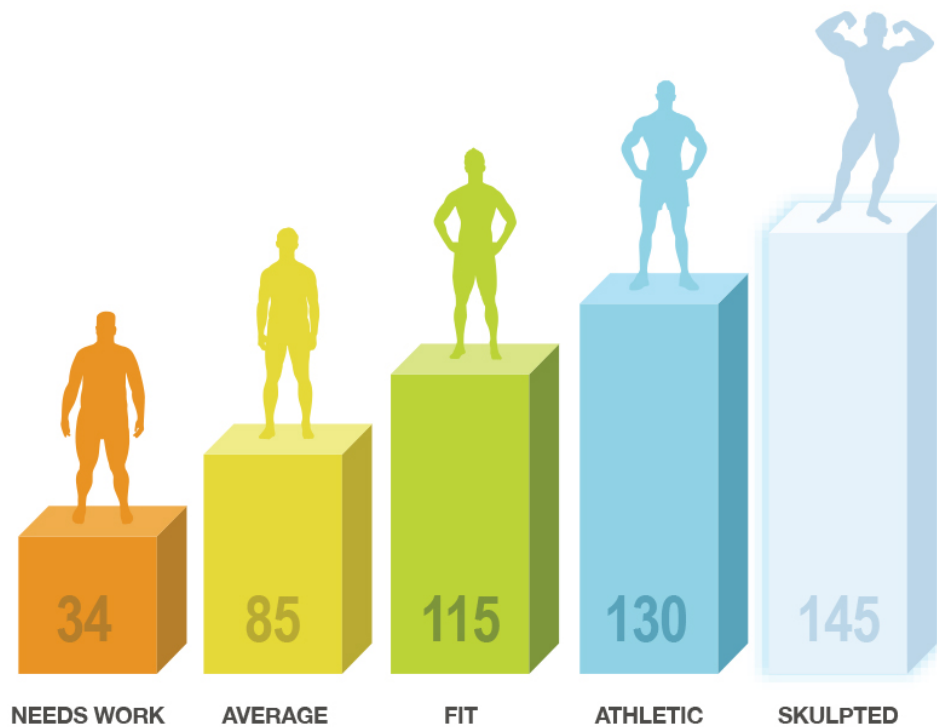
The fat percentage measurement by individual muscle is a measure of the subcutaneous fat over the specific muscle you're measuring.

Using the App

Your Chisel is controlled directly by your app. You will need the app to select the muscle you want to measure, track your progress over time for your total body or each muscle group, and see a fitness 'heat map' based on your strongest muscles or those that need work.

Care and Use Tips

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

- **Clean and dry the Chisel regularly using a damp cloth. Do not use any chemical-based cleaners to clean your Chisel.**

- **If you notice any signs of skin irritation or experience any discomfort, please discontinue use.**

- **Measure yourself first thing in the morning, at a consistent time of day, before working out, for best results.**

When Not to Use Chisel

The Skulpt Chisel sends a small electrical signal through different muscles of your body.

- **We don't recommend using Chisel if you have an electrical implant such as a heart pacemaker.**

- **We don't recommend using Chisel if you are pregnant.**

- **We do not recommend using the Chisel in the shower. While it is water-resistant, it is not waterproof.**

Battery, Light Ring, and Profiles

Battery and Power

Your Chisel comes equipped with a rechargeable lithium-ion battery. With normal use, your Chisel should last about 2-4 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.

LED Light Ring

Your Chisel has light ring around its edge with LED lights. This light ring will turn a different color to represent a different user.

Additionally, when a measurement is being taken, the light ring will pulse in color, and will turn a solid color when the measurement is ready.

Users and Guests

A Chisel device supports one profile at a time that is paired to the user's app. The Chisel can be re-paired to another person's app at any time. If you are sharing your Chisel with another person, please be sure the Chisel is paired with the correct app before use, to ensure the measurements are saved to the correct app.

Chisel will also have a "guest profile" that you can use to measure your clients or friends, without their results being saved to your app progress. With the guest profile, you will have the option to email your results to yourself and/or your guest.

Updating Your Chisel

Bluetooth/Firmware Update

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

Updating your Chisel can take from six to ten minutes, and requires your battery to be at least 50% full. We recommend that you charge your Chisel prior to updating.

Updating Chisel on iPhone/Android

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

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

NOTE: Make sure that your Chisel remains near your iPhone or Android while updating.

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

Skulpt Chisel General Info
& Specifications

Sensors

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

Size and Weight

	Length	Width	Depth	Weight
Skulpt Chisel	4.3"/109.9mm	2.6"/66.1mm	0.79"/20mm	4.3 oz/121.9g
Charging Cradle	2.7"/68.2mm	3.4"/86.9mm	1.2"/29.7mm (max)	2.6oz/73.7g

Environmental Conditions

Operating Temperature   **32° to 104° F (0° to 40° C)**

Non-operating Temperature   **-22° to 140° F (-30° to 60° C)**

Water Resistant   **Device is water-resistant, but not waterproof.**

Maximum Operating Altitude   **30,000 feet (9,144 m)**

Help

Troubleshooting and assistance for your Skulpt Chisel can be found at
WWW.SKULPT.ME/HELP **or contact us at support@skulpt.me**

Return Policy and Warranty

**Warranty information and the Skulpt.me Store Return Policy can be found online
at** WWW.SKULPT.ME/RETURNS**.**

Definition of Symbols

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

. . . .

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.

. . . .

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

. . . .

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 Chisel

FCC ID: 2AF43-15 IC: 20757-15

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 dispositive

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.
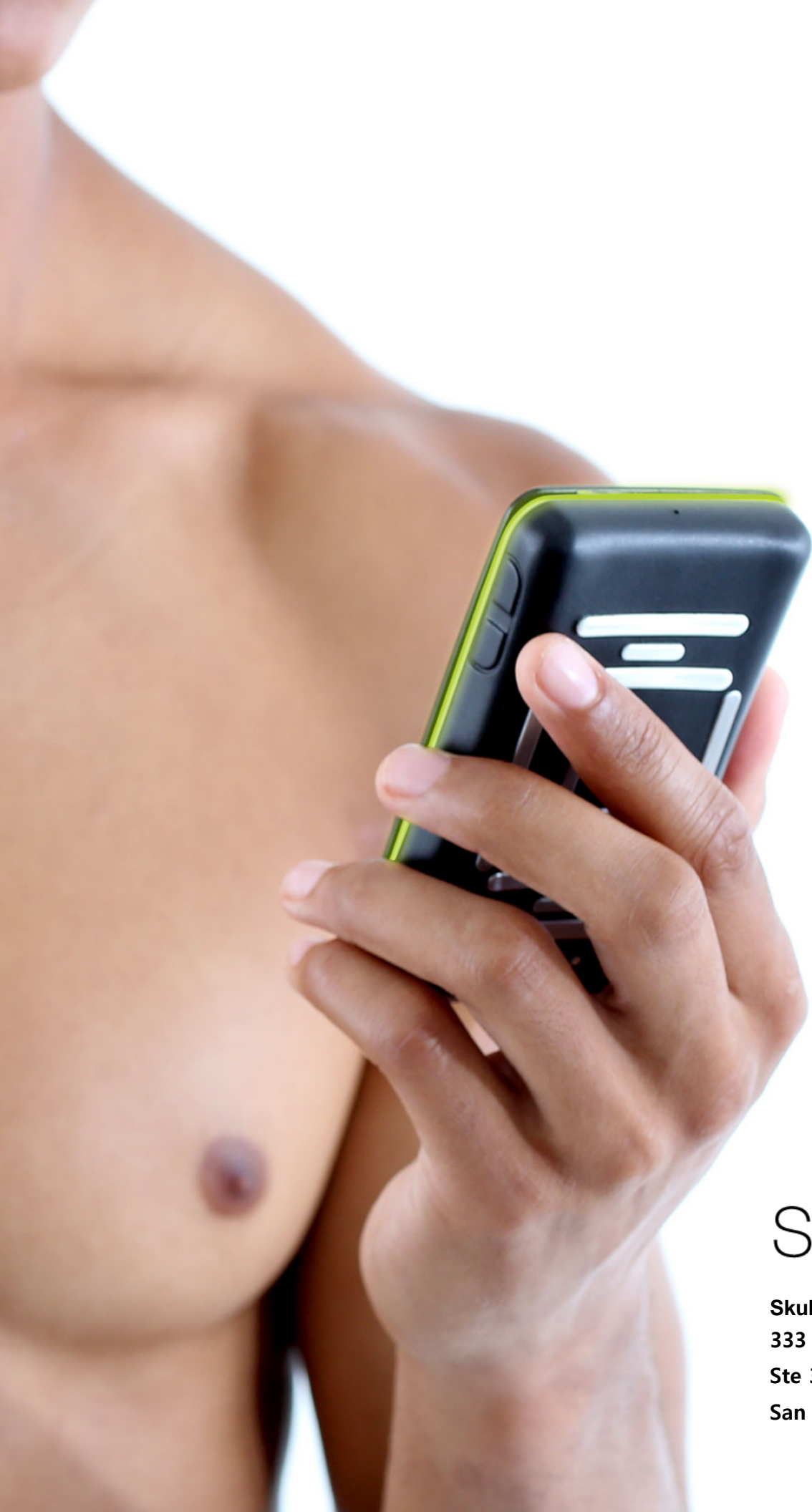
EU (European Union)

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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