



Body Fat Scale
Instructions for use



The scale is specially designed to test your body weight, body fat, hydration, muscle and bone percentages and to help you keep a close eye on the daily changes of your body fat, hydration, muscle, bone and weight. Based on the analysis of your height, weight, age, etc., it calculates your daily energy requirement, and can be used as a helpful tool to control your weight. Please read this instruction manual carefully before use.

■ Features / Specifications

- Indicates body weight, percentages of body fat, hydration, muscle, bone and daily calorie intake
- Tempered glass weighing platform
- Capacity: 150 kg / 330 lb
- Graduation: 100 g / 0.2 lb
- Memorizes information of 12 different users
- Auto on
- Low battery and overload indicators
- Requires one 3V lithium battery CR2032 (included)
- Platform dimensions: 30.2 x 30.2 x 1.7 cm
- Screen dimensions: 74 x 35.6 mm

■ Helpful Tips

- A. The device is designed to allow auto step on. The first time you use the scale please ignore the initial reading as this may reflect the factory settings. The scale will be accurate as of the second use.
- B. For better results, always remove your shoes and socks.
- C. It is advisable to always take measurement at the same time of the day.
- D. Readings can be misleading after intensive exercise, excessive dieting or under extreme dehydration.
- E. Always weigh/use the scale on a hard and flat surface. When you are on the weighing platform, please keep still.

- F. For children under 10 or adults over 100, the scale can only be used in regular weighing mode.
- G. For adults over 70, body builders or people with extreme fitness levels, there may be deviations in the measured data.

■ Warning!

The body analysis weighing mode, called Bioelectrical Impedance Analysis (BIA), which is used by this scale, determines your body fat proportion by transferring a harmless signal all the way through your body.

- A. This scale provides body analysis measures for a majority of people, but people with the following condition should never use this scale under this weighing mode:
- Pregnant women
 - Those with symptoms of edema
 - Those on dialysis treatment
 - Those who use heart pacemakers or other implanted medical devices

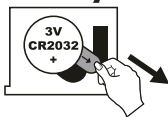
These people should only use a scale under the regular weighing mode, which will indicate only your body weight.

- B. The fat and hydration percentages content evaluated by this body fat scale **is only for reference** (not for medical purpose). If your fat and hydration percentages content is over/below normal level, please consult your doctor for more advice.
- C. Keep away from strong electro-magnetic fields when using the scale.

■ Performance index

	Capacity	Fat %	Hydration%	Muscle %	Bone %	Calorie
Index Range	150 kg 330 lb	4.0% ~60.0%	27.5% ~66.0%	20.0% ~56.0%	2.0% ~20.0%	
Graduation	100 g 0.2 lb	0.1%	0.1%	0.1%	0.1%	1KCAL

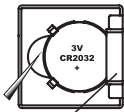
■ Battery



Requires one 3V lithium battery (CR2032).

Please remove the isolation sheet from the battery contact before first use.

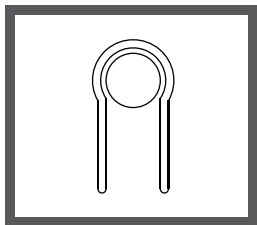
■ To install / Replace battery



Take out the used batteries with the help of a sharp object ,as shown in picture.

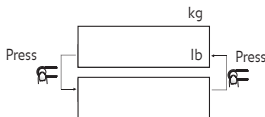
Install new batteries by putting one side of the battery beneath the battery compartment and then pressing down the other side.

■ Setting weight unit



This scale is available in "kg" or "lb". You can set to the one you prefer by pressing the unit conversion button on the back of the scale (picture shown on the right). Press the unit conversion button when scale is powered off. LCD shows current weight unit. Press the button again to convert to another weight unit.

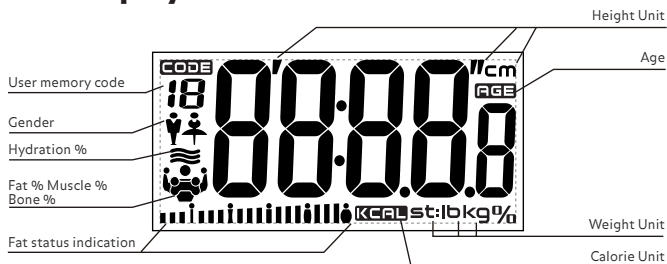
After selecting the preferred unit, the scale will auto-off after 3 seconds. The selected weight unit will be activated the next time you turn on the scale.



- When setting "lb" as weight unit, the default height unit is feet/inch.

- When setting "kg" as weight unit, the default height unit is cm.

■ LCD Display



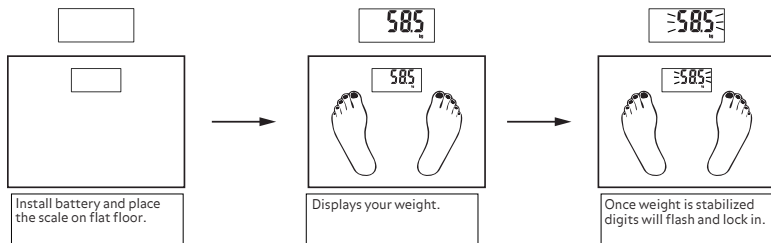
■ Key Illustration

SET : Turn on the scale / Save parameters / Prompt to next parameter.
(Please refer to the Setting personal parameter section)

- ▲ : Advance the value by one interval each press. Hold down button to advance more quickly.
- ▼ : Decrease the value by one interval each press. Hold down button to decrease more quickly.

■ Regular Weighing Mode (indicates body weight only)

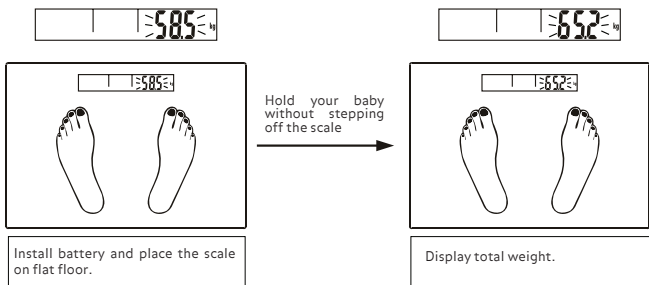
1. Auto step on weighing



2. Consecutive add-on weighing

After digits stabilize, additional loads can be added. Ensure each add-on load exceeds 2 kg (4.4 lb) to get a new reading.

Example: If you want to get the weight of a baby, you can weigh yourself first, and then pick up the baby, without stepping off the scale. Then you will get the total weight reading. Subtracting the original reading from the new one will give you the baby's weight.



■ Body Analysis Weighing Mode (indicates body fat, hydration, muscle, bone and daily calorie intake)

(1) Setting personal parameters

- ① The first time you turn on your scale, the default parameters are set as follows:

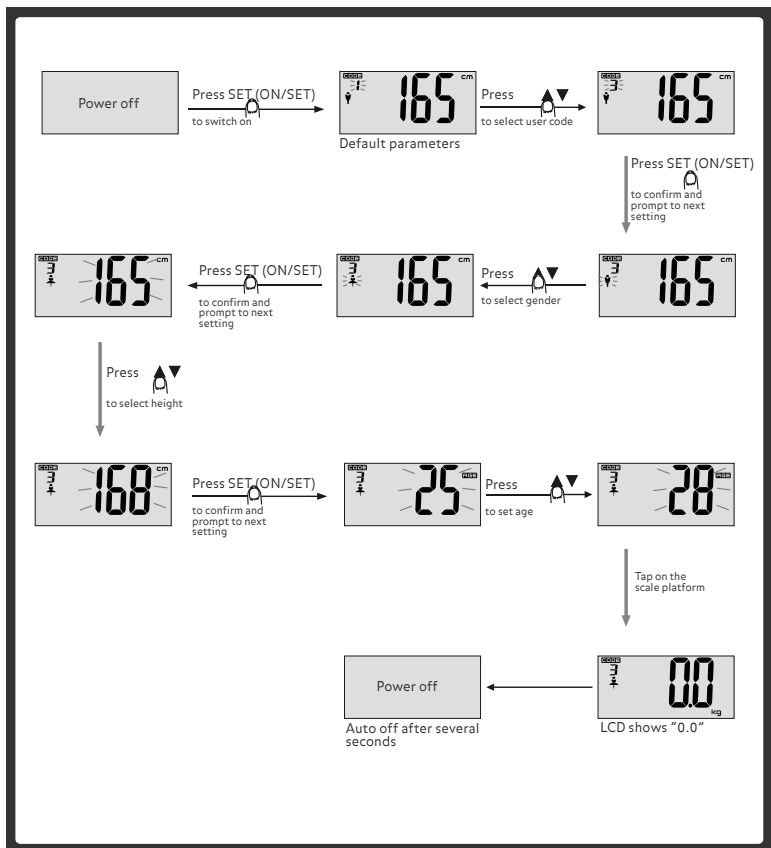
Gender	Height	Age
Masculin	165 cm / 5'5''	25

- ② Parameters can be set in the following range:

Memory	Gender	Height	Age
1-12	Female Male	100 - 250 cm 3'3'' - 8'2''	10 - 100

③ Parameter setting

Example: the 3rd user, female, 168cm, 28 years old, can set her parameters as follow:



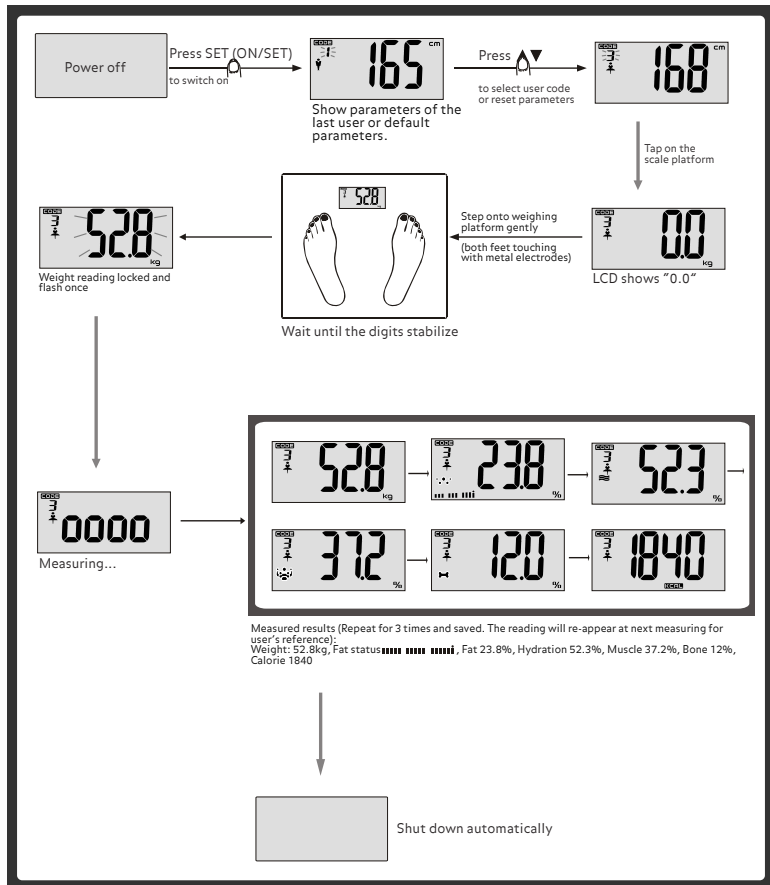
Note:

- If while setting the parameters there are no entries for period of 6 seconds, the parameters already set will be automatically saved and body fat measuring will start.
- If body fat measuring starts before you had time to finish setting your parameters, press SET for 3 seconds to return to the setting mode. You will then be able to set you user code, gender, height and age.

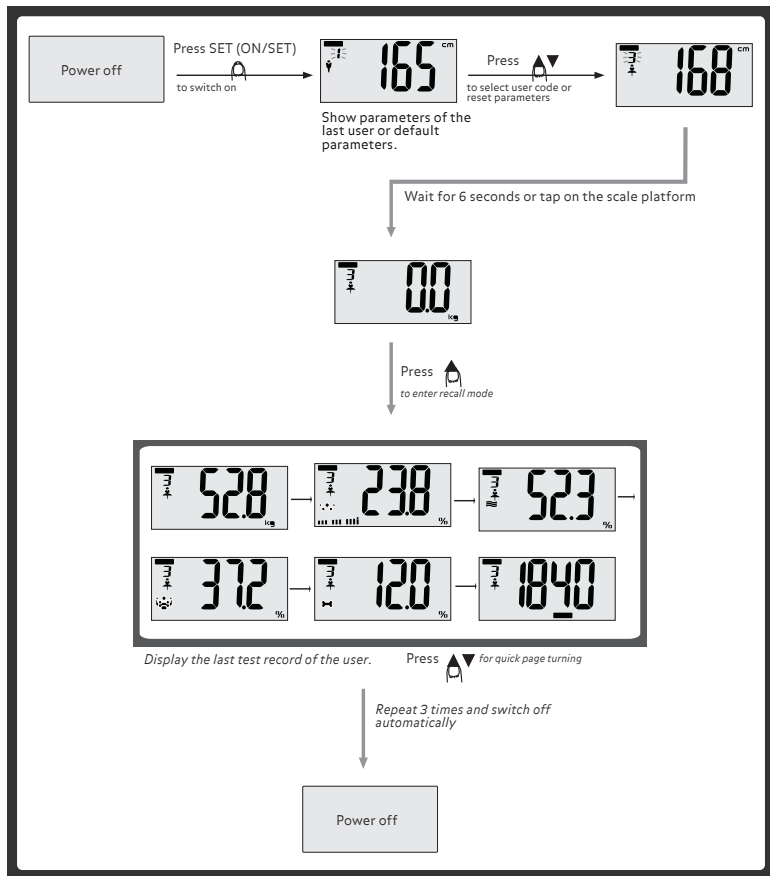
(2) To start weighing

It is really important to remove your shoes and socks before stepping on the scale especially when you are using the scale in body analysis weighing mode. Assure that your feet are well positioned on the metallic sensors, otherwise the scale will not be able to determine your body composition.

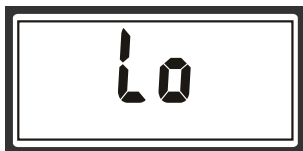
Example: the 3rd user, female, 168cm, 28 years old can measure as follow :



■ To recall test record



■ Warning Indications



Low battery indication

The battery power is running low.
Please replace with new battery.



Overload indication

Maximum weight capacity is 330 lb / 150 kg.
The weighing subject on the platform
exceeds the maximum capability of the scale.



Low Fat % Indication

The fat percentage is below the outlined
performance index and therefore cannot be
measured. (see Performance Index section)
Please consult a health care professional.



High Fat % Indication

The fat percentage is above the outlined
performance index and therefore cannot be
measured. (see Performance Index section)
Please consult a health care professional.



Re-test

Error exists, please step off the scale and
start over.

■ Readings

1. Body Fat Percentage

Body fat scale sends a small and completely harmless electrical current through your body. The electrical current passes more quickly through fat free tissue like muscle than it does through fat. The amount of resistance to the electrical current relates to how much fat-free mass a person has and their body density.

2. Understanding the readings

Fat percentage is an index of fat content in human body.

The same goes for hydration, bone and muscle.

The information provided by the scale is for reference only.

Consult your health care professional for more detailed information.

3. Fat / Hydration Content Fitness Assessment Chart

After weighing, you can use the following Assessment Chart for reference:

	Female		Male			
Age	Fat	Hydration	Fat	Hydration	Statut	Key Line Indication
<30	4.0-16.0%	66.0-57.8%	4.0-11.0%	66.0-61.2%	Too Lean	
	16.1-20.5%	57.7-54.7%	11.1-15.5%	61.1-58.1%	Lean	
	20.6-25.0%	54.6-51.6%	15.6-20.0%	58.0-55.0%	Normal	
	25.1-30.5%	51.5-47.8%	20.1-24.5%	54.9-51.9%	High	
	30.6-60.0%	47.7-27.5%	24.6-60.0%	51.8-27.5%	Too High	
>30	4.0-20.0%	66.0-55.0%	4.0-15.0%	66.0-58.4%	Too Lean	
	20.1-25.0%	54.9-51.6%	15.1-19.5%	58.3-55.3%	Lean	
	25.1-30.0%	51.5-48.1%	19.6-24.0%	55.2-52.3%	Normal	
	30.1-35.0%	48.0-44.7%	24.1-28.5%	52.2-49.2%	High	
	35.1-60.0%	44.6-27.5%	28.6-60.0%	49.1-27.5%	Too High	

*** The above information is for detailed reference only. For more detailed information, consult your health care professional.

BF: Fat % BW: Hydration % BM: Muscle % BONE: Bone %

Advise for use & care

1. To get an accurate weighing reading, please:
 - always weight yourself naked, no clothes, no shoes.
 - always weight yourself at the same time of the day.
 - avoid weighing yourself after a physical activity.
2. The glass platform will be slippery if it is wet.
3. Keep standing still during the course of weighing.
4. DO NOT strike, shock or drop the scale.
5. Treat the scale with care as it is a precise instrument.
6. Clean the scale with a damp cloth and avoid water getting inside the scale.
7. DO NOT use chemical or abrasive cleaning agents.
8. Keep the scale in a cool place with dry air.
9. Always keep your scale in a horizontal position.
10. If the scale does not turn on, check whether the battery is installed or battery power is low. Replace the battery.
11. If there is an error message on the display or if the scale does not turn off, remove the battery for about 3 seconds, then install it again. If you cannot resolve the problem, please contact your dealer for consultation.
12. Not for commercial use.



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