



**Body Analysis  
Glass Scale**  
Instructions for use



This body analysis scale is specially designed to evaluate your body weight, body fat, hydration, muscle, bone and BMI and to help keep a close eye on your body composition. 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.

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## ■ **Features / specifications**

1. Indicates body weight, percentages of body fat, hydration, muscle, bone, BMI and daily calorie intake
  2. Memorizes information of 12 different users
  3. Tempered glass weighing platform
  4. Capacity: 330 lb / 150 kg
  5. Accuracy: 0.2 lb / 100 g
  6. Auto on
  7. Low battery and overload indicators
  8. Requires two AAA batteries (included)
  9. Platform dimensions: 11.9" x 11.9" x 0.8" / 30.2 cm x 30.2 cm x 2.2 cm
  10. Screen dimensions: 2.9" x 1.5" / 74 mm x 40 mm
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## ■ **Helpful tips**

- A. This body analysis scale 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.
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## ■ Warnings

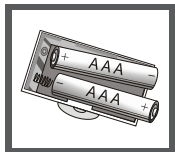
The body analysis weighing mode, called Bioelectrical Impedance Analysis (BIA), which is used by this scale, determines your body fat proportion by transferring a harmless signal all the way through your body.

- 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.

## ■ To install / replace batteries



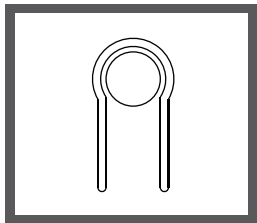
Requires 2 AAA batteries (included)

- 1- Open battery case cover on the back of scale.
- 2- Take out the used batteries.
- 3- Install new batteries by putting one side of the battery then pressing down the other side. Please take note to the polarity.

- Do not dispose of batteries in fire. Batteries may explode or leak.
- Do not mix old and new batteries.
- Do not mix alkaline, standard (carbon-zinc), or rechargeable batteries.
- Please dispose the batteries according to local municipal regulations.

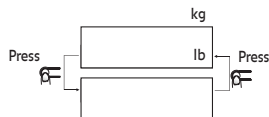
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## ■ Setting weight unit



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 on. 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.

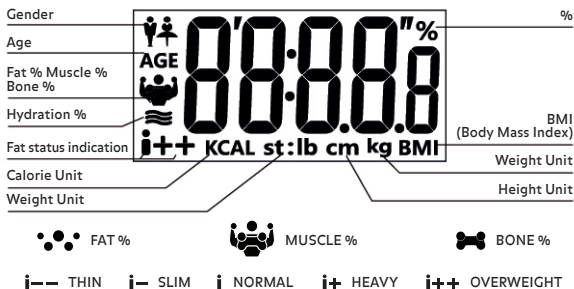
## ■ Key illustration

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.

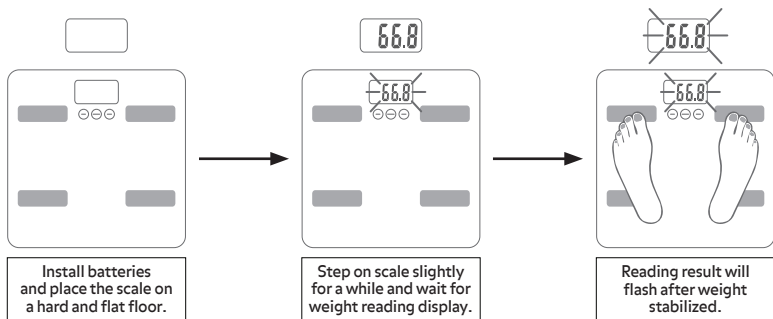
▼ : Decrease the value by one interval each press. Hold down button to decrease more quickly.

## ■ LCD display



## ■ Regular weighing mode (indicates body weight only)

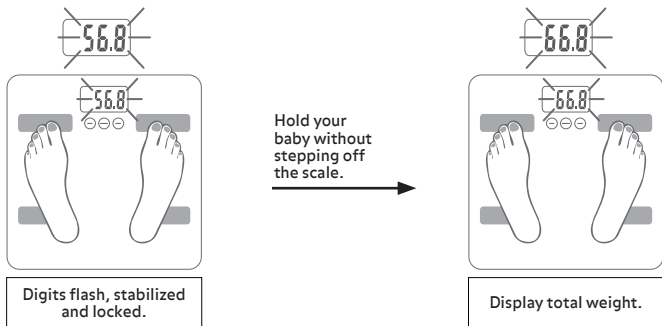
### 1. Auto step on weighing



## 2. Consecutive add-on weighing

After digits stabilize, additional loads can be added. Ensure each add-on load exceeds 4.4 lb (2 kg) 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, BMI and daily calorie intake)

### 1. Setting personal parameters

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

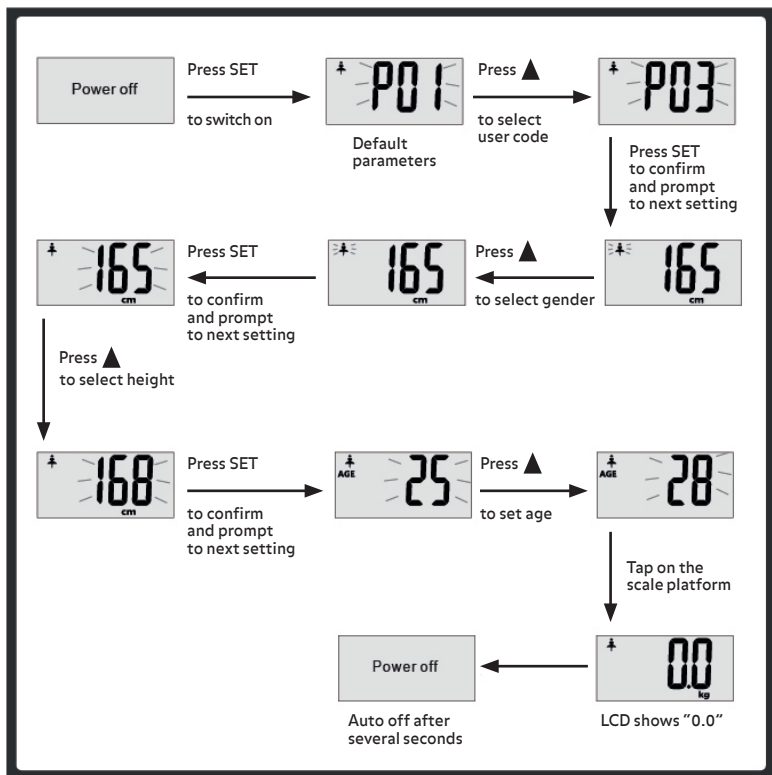
User	Gender	Height	Age
1	Woman	165 cm / 5'05.0"	25

- ② Parameters can be set in the following range:

User	Gender	Height	Age
1-12	Woman/Man	100-125 cm 3'03.5" - 8'02.5"	10 -100

### ③ Parameter setting

Example: the 3<sup>rd</sup> user, woman, 168 cm, 28 years old, can set her parameters as follow:



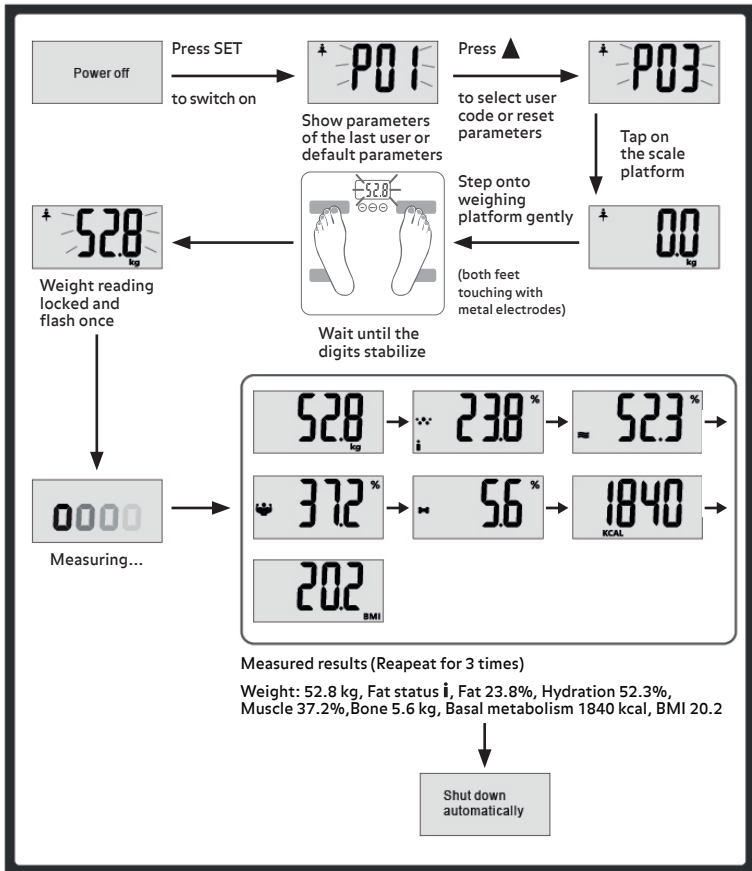
#### Note:

- 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 your user code, gender, height and age.

## 2. To start weighing

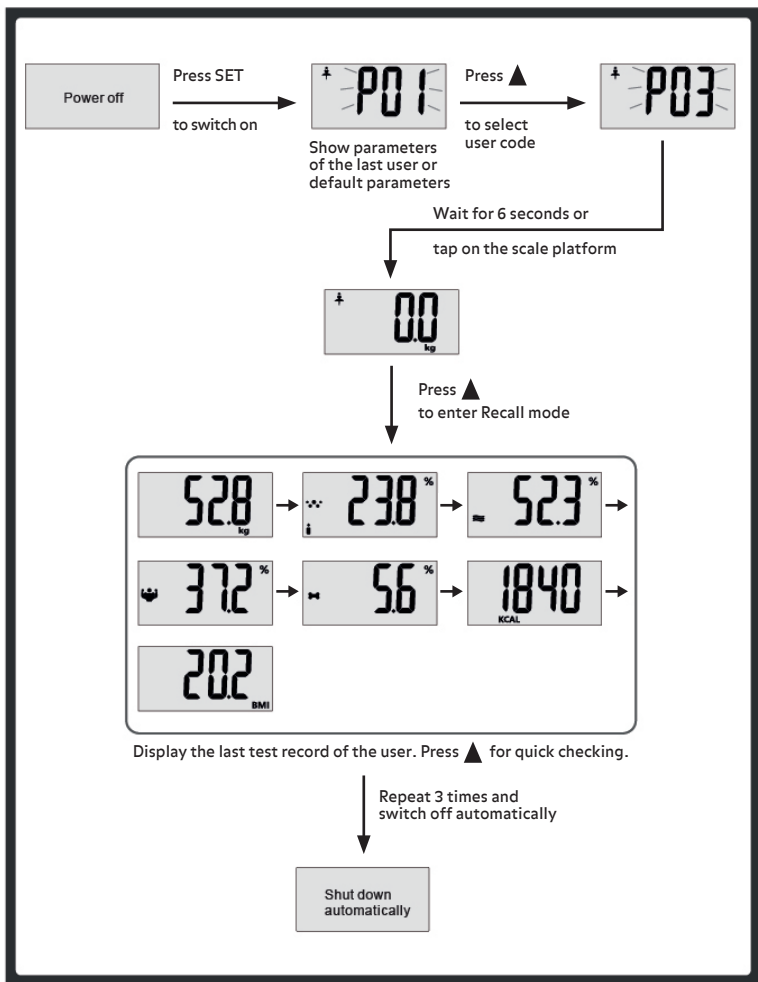
It is really important to remove your shoes and socks before stepping on the scale especially when you are using the scale in body analysis weighing mode. Assure that your feet are well positioned on the metallic sensors, otherwise the scale will not be able to determine your body composition.

Example: the 3<sup>rd</sup> user, woman, 168 cm, 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 batteries.



### 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. Please consult a health care professional.



### High Fat % Indication

The fat percentage is above the outlined performance index and therefore cannot be measured. Please consult a health care professional.



### Re-test

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

## ■ BMI

Body mass index (BMI) is an international standard adopted to measure excess weight and obesity. This measurement is based on two variants: body weight and height. BMI estimates the degree of obesity and thus, makes it possible to assess the health risks (co-morbidity) associated with it.

BMI	Weight Range
< 18.5	Underweight
18.5-24.9	Normal Weight
25.0-29.9	Overweight
30.0-34.9	Weak Obesity
35.0-39.9	Severe Obesity
> 40	Morbid Obesity

$$\text{BMI formula} = \frac{\text{Weight (kg)}}{\text{Height (m)}^2}$$

# ■ 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:

FAT %						
Gender	Age	Thin	Slim	Normal	Heavy	Overweight
Man	10 - 17	< 6%	< 9%	< 26%	< 30%	≥ 30%
	18 - 39	< 6%	< 11%	< 22%	< 27%	≥ 27%
	40 - 59	< 7%	< 12%	< 23%	< 28%	≥ 28%
	≥60	< 9%	< 14%	< 25%	< 30%	≥ 30%
Woman	10 - 17	< 10%	< 20%	< 37%	< 41%	≥ 41%
	18 - 39	< 11%	< 21%	< 35%	< 40%	≥ 40%
	40 - 59	< 12%	< 22%	< 36%	< 41%	≥ 41%
	≥60	< 14%	< 24%	< 37%	< 42%	≥ 42%

HYDRATION %			
Gender	Low	Normal	High
Man	< 50%	50 - 65 %	> 65%
Woman	< 45%	45 - 60 %	> 60%

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

## 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 batteries are installed or battery power is low. Replace the batteries.
11. If there is an error message on the display or if the scale does not turn off, remove the batteries 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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