

# **Electronic Body Fat/ Hydration Scale**

## **USER'S MANUAL**

Your Health, Our Concern!

Thank you for choosing our electronic body fat scale.  
To ensure proper operation and to maintain the life and accuracy of the scale, please read this user's guide carefully.

## Key features

- This product adopts advanced BIA (bioelectrical impedance Analysis) technology. BIA measures body hydration and body fat percentage by sending a safe, low-level electrical signal through the body. This signal is analyzed by a computer to determine the body fat and hydration percentage .It is more precise than traditional calculations.
- Use high precision sensor to obtain more exact weight.
- Use high quality tempered glass and elegant support feet for sleek modern style.
- Personal data can be stored in the memory of the unit for up to 10 people .It is very convenient to use.

## Button operation



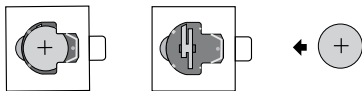
SET key: power on, menu select and confirm

▲Key: Up

▼Key: Down

## Operation

● Open the battery cover on scale base, and install the batteries.



● Put the scale on hard flat floor .Make sure it level.

● Under the weighing condition, when the display shows “0.0”, you can press the button of back scale to choose units (kg /lb /st:lb)

## How to Measure your body weight

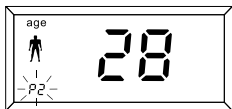
Weight only:



- ① Tap on scale gently, display will show “8888” then show “0.0” within 5 seconds.
- ② Stand on the scale erectly and maintain your balance. Display will indicate your weight.
- ③ After weighing, the scale will be auto off if no further using.

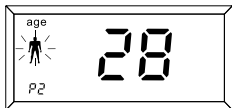
## How to measure body weight + fat + hydration

### 1. Set personal data

1.1 Press “SET” key to power on, when the display show “0.0”, press “SET” again, then using “▲” or “▼” key to select your personal data code no. from P0-P9. Once reaching the no. you wish to use, Press “SET” to confirm.



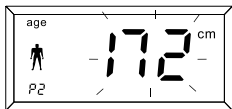
1.2 Press “▲” or “▼” to choose “” Male or “” female, then press “SET” to conform



1.3 Press “▲” or “▼” to choose age (10-80), press “SET” to confirm.



1.4 Press “▲” or “▼” to choose height (100-220 ), “press “SET” to confirm.



1.5 After finishing the step 1.4, the scale will display “0.0”, it is ok to measure body weight, fat, hydration percentage.

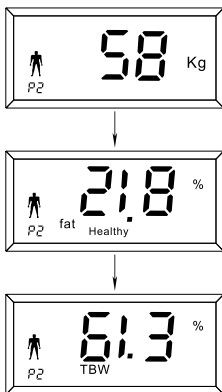
## 2 Taking weight and body fat & hydration percentage readings.

2.1 When you use the scale, use your personal data code no. Press "SET" to power on, the display show "0.0", and "▲" or "▼" to reach your personal data no. then press "SET" key to confirm, scale will indicate "0.0" back.



2.2 Stand bare foot on scale, maintain contact with electrodes.

2.3 Your weight will be display first. Continue to stand erectly on platform, then your body fat and hydration percentage will appear on the display after flash "0000"



## 2.4 Body fat percentage normal ranges:

### Body Fat Ranges for Standard Adults

Age	Female			
	Body fat percentage			
	Under fat	Healthy	Overfat	Obese
12-20	<18%	18-28%	28-33%	>33%
21-42	<20%	20-30%	30-35%	>35%
43-65	<21%	21-31%	31-36%	>36%
66-100	<22%	22-32%	32-37%	>37%

Age	Male			
	Body fat percentage			
	Under fat	Healthy	Overfat	Obese
12-20	<15%	15-21%	21-26%	>26%
21-42	<17%	17-23%	23-28%	>28%
43-65	<18%	18-24%	24-29%	>29%
66-100	<19%	19-25%	25-30%	>30%

## 2.5 Body hydration percentage normal ranges:

### The comparison sheet of hydration measured and hydration standard level

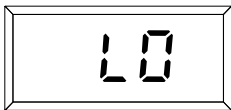
Age	Male	Female	Corresponding denotation	
	66.0-60.5%	66.0-59.9%	Optimal Hydration	Weight scope of hydration: 37.8-66.0%  Hydration Increment: 0.1%
	60.4-57.1%	59.8-56.4%	Slight Dehydration	
	57.0-53.6%	56.3-53.0%	Moderate Dehydration	
	53.5-50.2%	52.9-48.6%	Dehydration	
	50.1-37.8%	48.5-37.8%	Severe Dehydration	
	66.0-59.1%	66.0-55.0%	Optimal Hydration	
	59.0-55.7%	54.9-51.6%	Slight Dehydration	
	55.6-52.3%	51.5-48.1%	Moderate Dehydration	
	52.2-48.8%	48.0-44.7%	Dehydration	
	48.7-37.8%	44.6-37.8%	Severe Dehydration	

Because of differences in geographic areas and locations, the body fat percentage standards and hydration percentage standards can vary. This sheet is for reference only.

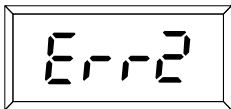
Please remember your personal data code no. You do not need to program personal data the next time you use scale. You can use the personal code no. you have already stored.

## Caution

1. Personals with pacemakers should not use this product.
2. Personals with metal implants will be unable to obtain accurate readings.
3. To ensure accuracy, we suggest using scale at the same time every night (19:00-21:00).
4. "LO" on scale display indicate that the battery is out of power. You should install a new one.



5. The "Err" on scale display indicates overload. Scale "Err2" display indicates body fat percentage measurement error.
6. If body fat percentage is less than 5%, indicator displays "Err2" If more than 50% indicator displays "Err2" If impedance measuring makes an error, indicator will display "Err2".



## **Note:**

1. You should place scale on clear, flat surface before use.
2. Do not place scale on wet, severely hot or extremely cold surfaces.
3. Do not jump or stomp on scale. Do not attempt to disassemble the scale.
4. To avoid falling off scale, do not stand on the edge of scale.
5. Do not wear shoes when standing on the scale to avoid glass and electrode wear out.
6. Never submerge the unit in water. Use alcohol to clean the electrodes and glass cleaner to keep them shiny, applied to a cloth first; avoid soaps.
7. For home use only. Not for professional use. Body fat percentage and hydration percentage is reference only. You should consult a doctor when you undertake any diet or exercise program.
8. Check battery if scale malfunction. If necessary, install a new battery. For other problems, please contact your local franchiser or contact our company for repair.