



OPERATION INSTRUCTION AND GUARANTEE INFRARED MULTIFUNCTION BODY SCALE

1. Specifications

- 1) Maximum load: 150kg / 330lb.
- 2) Minimum load: 2kg / 4,4lb.
- 3) Display resolution for weight measurement: 0,1kg / 0,2lb.
- 4) Unit: Kg, lb, st.
- 5) Body fat range: 1 to 60% / 0,1% (precision).
- 6) Body water range: 20 to 75% / 0.1% (precision).
- 7) Body muscle range: 10 to 50% /0.1% (precision).
- 8) Calorie range: 0 to 9999Kcal / 1Kcal (precision).
- 9) Storage positions: 16 persons.
- 10) Input range for age: 6 to 100 years (If the age is lower than 16, he belong to child, otherwise belong to adult. The age of athlete is from 16 to 50 years).
- 11) Input range for body size: 8 to 240 cm.
- 12) Temperature range: -10 to 60, or 14 to 140F
- 13) Time format: 24hours.
- 14) Calendar: 2.000 to 2099.
- 15) Weight precision: +/- 500g.
- 16) Transfer Space: 2m.
- 17) Power supply: Weight Platform: 3×AAA batteries.
Handhold Unit: 3×AAA batteries.
- 18) Five Keys: P/ ▲, ATH/▼, UNIT, SET, MODE.
- 19) Three Working Modes: CLOCK, WEIGHT (WT), and ANALYSIS.

2. Operation

1. Clock Mode

When you put into the battery, the display unit is in the clock mode and shows "CLOCK + time+ date + room temperature".

You can press the SET key to set the time and date. The sequence is Year → Month → Day → Hour → Minute. Press the ▲ and ▼ key to adjust it and press the SET key to confirm it. You can press the UNIT key to change the temperature unit: °C and F in the clock mode.



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2. *Weight Mode*

- 1) Place the weight unit platform on a level, slip-proof floor.
- 2) When the display unit is on the CLOCK mode, press the MODE key to enter the weight mode. The display unit shows "WT+HELO+8888", and then "WT+ HELO+'----'Kg". The display unit is ready for receiving the data from the weight unit.
- 3) Tip on the middle of the glass platform using one foot. The lamp of weight platform emits the red light. When the lamp of weight platform emits the green light and the display unit shows "WT+HELO+'0.0'Kg".
You can press the Unit key to change the weight unit: kg → lb → st.
The scale is ready for weight measurement.
- 4) Now carefully mount the platform of scale. Stand as still as possible until the weight reading is shown on the display.
- 5) After reading your weight, please leave the scale. The display will return to zero. If no operation, the display unit will automatically return to the Clock mode after a few seconds.

3. *Input the personal data*

- 1) Before you use body analysis function, please input your personal data., When the display unit is on the Clock mode, press the MODE key twice to enter the Analysis mode. The display unit shows "WT-FT...".
- 2) Press the Set key to enter the personal data setting. The data include Person Position, gender, age and height. Press the ▲ key or the ▼ key to adjust it, and then press the "SET" key to confirm it.
- 3) After completing programming, the display unit will return to the analysis mode. You can start to measure. Or if you want to program other storage locations with data of different persons, please repeat the programming process according to the instructions above.

4. *Analysis Mode*

- 1) Place the weight platform on a level, slip-proof floor.
- 2) In the Clock mode, press the MODE key twice to enter the analysis mode. The display unit shows 'WT-FAT'+ 'P1'+gender+'----'+ '----'. It means the display unit is ready for receiving the data from the weight unit.
- 3) Press the P/▲ key to start to access the storage location containing your personal data. Press the ▲ key or the ▼ key to select it, and then press the "SET" key to confirm it.
- 4) Tip on the middle of the glass platform using one foot. A soft whistling tone sounds and the lamp of weight platform emits the red light. When the lamp of weight platform emits the green light and the display unit shows "0.0".
- 5) Use two hands to hold the display unit and the finger of hand contact with the metal electrode. Now carefully mount the glass platform of the scale. Stand as still as possible until the reading is shown on the display.



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The display unit will show the below reading;

Weight + Body fat

Body muscle + Water

Kcal + Bone

In this time, you can press the SET key to hold and see it.

6) You can leave the platform of scale. You can press the Mode key to switch to the Clock mode. Or the scale will automatically switch to the Clock mode after 20 seconds if no operating.

7) In the Analysis mode, you can press ATH/▼ to enter the athlete mode, press again to cancel it.

3. Display messages of the scale

■ CLOCK

The unit is in the clock mode.

■ WT

The unit is in the Weight mode.

■ WT-FAT

The unit is in the Analysis mode.

■ OVERLOAD

If the maximum load of the scale of 150kg(330lb) has been exceeded, then the LCD will show "O-Ld".

Remark: Immediately unload the scale so that the sensors will not be damaged.

■ LOW BATTERIES

If the batteries of display unit are spent, the following icon "LO-1" will appear in the LCD.

If the batteries of main unit are spent, the following icon "LO-2" will appear in the LCD. Please immediately replace the two batteries with 2 new ones of the same type.

■ FAULTY MEASUREMENT

If an uncertainty has occurred during measurement, for instance due to movement during the measuring process, then the following icon "Err" will appear on the LCD.



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4. Explanation on the Corporal Analysis

MODE/ FEATURE	DESCRIPTION
Body Fat % BF	<p>WHAT IS BODY FAT PERCENTAGE?</p> <p>Body fat percentage is the amount of body fat as a proportion of your body weight.</p> <p>Everybody needs body fat to be healthy. Body fat is vital to basic bodily functions such as regulating body temperature, storing vitamins and cushioning joints. Yet, too much fat can damage your health. Reducing excess levels of body fat has shown to reduce the risk of certain conditions such as high blood pressure, heart disease, diabetes and cancer.</p>
Body Water % BW	<p>WHAT IS TOTAL BODY WATER PERCENTAGE?</p> <p>Total Body Water Percentage (TBW%) is the total amount of fluid in the body expressed as a percentage of total weight.</p> <p>Water plays a vital role in many of the body's processes and is found in every cell, tissue and organ. Maintaining a healthy TBW% ensures the body functions efficiently and reduces the risk of developing associated health problems. Being well hydrated will also help concentration levels, sports performance and general well-being.</p> <p>As a general guideline, the average TBW% ranges for a healthy adult are: Female 45 to 60% Male 50 to 65%</p> <p>For athletes, the figure is approximately 5% above these ranges, as they have greater muscle mass, and skeletal muscle contains more water than fat (adipose) tissue.</p>
Muscle Mass BM	<p>WHAT IS MUSCLE MASS?</p> <p>The weight of muscle in your body.</p> <p>Muscles play an important role because they act as the body's engine in consuming energy (calories). As you exercise more, your muscle mass increases, which in turn accelerates the rate of energy or calories consumed. Increasing your muscle mass will raise your metabolic rate, helping you reduce excess body fat and lose weight the healthy way. Track your progress with Body Composition Monitor as you increase your activity levels.</p>
Daily Caloric Intake KCAL	<p>WHAT IS DAILY CALORIC INTAKE?</p> <p>Daily caloric intake is the estimated number of calories that can be consumed within the next 24 hours to maintain current weight based on your Basal Metabolic Rate (BMR).</p> <p>WHAT IS BASAL METABOLIC RATE?</p> <p>The Basal Metabolic Rate (BMR) is the daily minimum level of energy or calories your body requires when resting (including sleeping) to function effectively. About 70% of calories consumed every day are used for your basal metabolism. The more vigorous the activity levels, the more calories are burned. Increasing your muscle mass helps raise your BMR, which increases the number of calories burned and helps to decrease body fat levels. You can track your progress on a Body Composition Monitor.</p>
Bone Mass BON	<p>WHAT IS BONE MASS?</p> <p>This feature indicates the weight of bone (bone mineral level, including calcium or other components) in the body.*</p> <p>Research has demonstrated that exercise and the development of muscle tissue are related to stronger, healthier bones. While bone structure is unlikely to undergo noticeable changes in a short period, it is important that you develop and maintain healthy bones by having a balanced diet and plenty of exercise.</p> <p>* Body Composition Monitors do not directly measure bone density. Please consult a physician if you are concerned about osteoporosis.</p>



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MODE/ FEATURE	DESCRIPTION
Adult	Adults age 16 and older with inactive to moderately active lifestyles.
Child	Children (6~15) with inactive to moderately active lifestyles.
Athlete	"Athlete" is involved in intense physical activity of approx. 10 hrs per week and has a resting heart rate of approx. 60 beats-per-minute or less. People involved in a "Lifetime of Fitness" and are very fit, but not currently active 10 hrs per week, are also considered "athletes." Not intended for professional athletes or bodybuilders.

5. Analysis Guidelines

Body Fat

Age (years)	Women				Men			
	Under -weight	Normal	Slightly over -weight	Over -weight	Under -weight	Normal	Slightly over -weight	Over -weight
6-11	11-13%	14-23%	24-27%	>27%	7-9%	10-19%	20-23%	>23%
12-15	12-15%	16-24%	24-29%	>29%	9-11%	11-20%	21-24%	>24%
16-39	17-20%	21-28%	29-33%	>33%	10-12%	13-20%	21-25%	>25%
40-60	20-24%	24-32%	33-37%	>37%	13-15%	16-23%	24-29%	>29%
over 60	21-24%	25-35%	36-40%	>40%	15-17%	18-26%	27-31%	>31%

Age (years)	Women			Men		
	Under -weight	Normal	Over -weight	Under -weight	Normal	Over -weight
Athlete 16-50	<13%	14-26%	>26%	<3%	4-17%	>17%



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Body Water, Muscle Mass, Bone Mass and Daily Consumption Calories

Age (years)	Women				Men			
	Normal Values				Normal Values			
	Body Water	Muscle Mass	Bone Mass	Calories (kcal)	Body Water	Muscle Mass	Bone Mass	Calories (kcal)
6-11	54-65%	24-34%	15-19%	1.500-2.000	56-67%	25-36%	15-19%	1.600-2.200
12-15	54-64%	28-38%	14-18%	2.000-2.400	58-69%	32-44%	15-19%	2.200-2.700
16-39	50-60%	32-38%	15-19%	2.000	55-65%	38-44%	16-20%	2.300
40-60	45-55%	30-36%	15-19%	1.800	50-60%	36-42%	16-20%	2.100
over 60	40-55%	29-35%	14-18%	1.600	45-60%	34-40%	15-19%	1.800
Athlete 16-50	52-64%	34-41%	15-19%	2.600	58-70%	41-48%	16-20%	3.000

6. Security Notes

The scales multifunction are not suitable for the following people:

- Children under the age of 6 years.
- People undergoing dialysis treatment.
- Individuals with symptoms of fever, edemas.
- People with cardiovascular medication.
- People who use a heart pacemaker or another type of medical implant with electronic components.
- Pregnant women.

7. Notes on Handling Batteries

- Keep batteries away from children. They are not a toy!
- Never throw batteries into a fire or immerse in water.
- When inserting a battery, ensure the correct polarity.
- Do not open the batteries by force.
- Avoid contact with metallic objects(rings, nails, screws etcetera.). There is a danger of short-circuiting! As a result of a short-circuit batteries may heat up considerably or even catch fire. This may result in burns.
- If a battery leaks do not rub the liquid into your eyes or mucous membranes. If hands come into contact with the liquid they should be washed thoroughly and eyes rinsed out with clear water; if symptoms persist please consult a doctor.
- Deposit the used batteries in a container qualified for such effect.