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WARNING!



Button cell batteries can
cause serious injury or
death if swallowed.
Dispose of safely!
Store batteries out of
reach of children!

Visit TheBatteryControlled.com.au

- SWALLOWING MAY LEAD TO SERIOUS INJURY OR DEATH IN AS LITTLE AS 2 HOURS DUE TO CHEMICAL BURNS AND POTENTIAL PERFORATION OF THE OESOPHAGUS.
- DISPOSE OF USED BATTERIES IMMEDIATELY AND SAFELY. FLAT BATTERIES CAN STILL BE DANGEROUS.
- EXAMINE DEVICES AND MAKE SURE THE BATTERY COMPARTMENT IS CORRECTLY SECURED, E.G. THAT THE SCREW OR OTHER MECHANICAL FASTENER IS TIGHTENED. DO NOT USE IF COMPARTMENT IS NOT SECURE
- IF YOU SUSPECT YOUR CHILD HAS SWALLOWED OR INSERTED A BUTTON BATTERY, CALL THE 24HOUR POISONS INFORMATION CENTRE ON 131126 OR IN NZ 0800 764 766 OR CONTACT YOUR COUNTRIES EMERGENCY DEPT.

BODY FAT/ HYDRATION MONITOR SCALE

Instructions for Use



Dear Customer

The Body Fat/Hydration Monitor scale is specially designed to test Body fat/hydration/muscle/bone and weight. Please read this user manual before use.

■ User-friendly Tips

1. During Weighing

- (1). The device is designed to allow auto step on. Please always ignore the first reading and only start taking effective record from the second time weighing.
- (2). Always remove your shoes and socks, wipe your feet clean before using.
- (3). Step on the weighing platform gently.
- (4). It is advisable to weigh at the same time of the day.
- (5). Result could be misleading after intensive exercise, excessive dieting or under extreme dehydration condition.
- (6). Always weigh/use the scale on a hard and flat surface. When you are weighing, please keep still.
- (7). The measured data of the following people may have deviation:
 - Children under 10 or adult over 70 (can only use the device under normal weighing mode)
 - Body building athletes or other occupational athletes.
- (8). People with the following conditions should not use the device:
 - Pregnant women
 - Those with symptom of edema
 - Those on dialysis treatment
 - Those who use heart pacemaker or with other implanted medical device.

2. Safety Warning

- (1). The Fat% Hydration% content evaluated by the Fat Monitor Scale is only for reference (not for medical purpose). If your Fat% Hydration% content is over/below normal level, please consult your doctor for more advice.
- (2). Keep away from strong electro-magnetic field when using the scale.
- (3). Do not use on slippery surfaces.

■ Features/Specifications

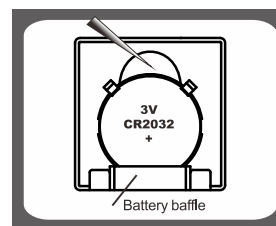
1. Size of LCD:74*35.6mm
2. High precision strain gauge sensor
3. Multifunction: test body fat %, body hydration %, body muscle%, body bone% and suggest calorie intake requirement.
4. Built-in memory for 12 different users
5. Optional normal weighing mode (bypassing parameter setting): Auto step on weighing and consecutive add-on weighings
6. Low battery and overload indication
7. Last immediate memory recall
8. Compare current result to the last record

■ Performance Index

| Item Index | Weighing Capacity | Fat% | Hydration% | Muscle% | Bone% | Calorie |
|-------------|-------------------|----------------|-----------------|-----------------|----------------|---------|
| Index Range | 150kg 330lb | 4.0% ~60.0% | 27.5% ~66.0% | 20.0% ~56.0% | 2.0% ~20.0% | |
| Division | 0.1 kg 0.2lb | 0.1 % | 0.1 % | 0.1 % | 0.1 % | 1KCAL |

■ To Install or Replace Battery

1x3V CR2032 lithium battery (included). Remove isolation sheet before use;



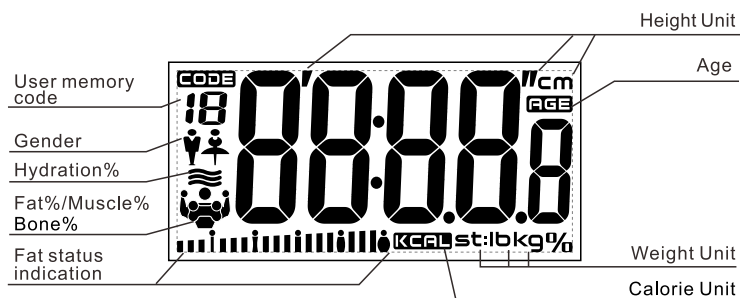
Open the battery case cover at the bottom of scale:

1. Take out the used battery with the aid of an object with pointed end, as shown in picture.
2. Install new battery by putting one side of the battery beneath the battery baffle and then pressing down the other side.

Key Illustration

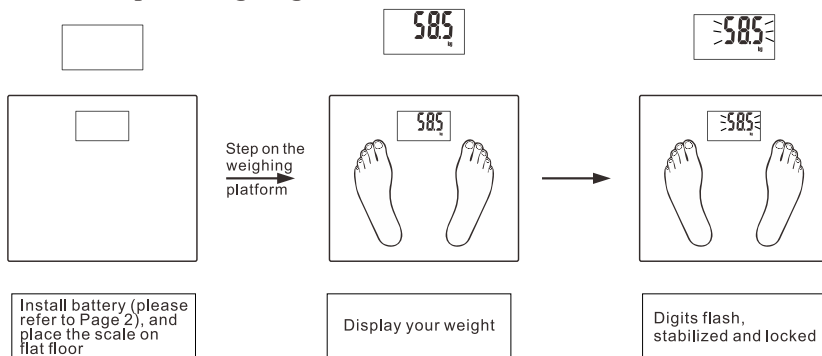
- SET : Turn on the scale and prompt to next parameter.
(Please refer to the Setting Personal Parameter overleaf)
- ▲ : Advance the value by one interval each press. Continuous pressing will speed up the advance of value.
- ▼ : Decrease the value by one interval each press. Continuous pressing will speed up the decrease of value.

LCD Display



Optional Normal Weighing Mode (bypassing parameter setting)

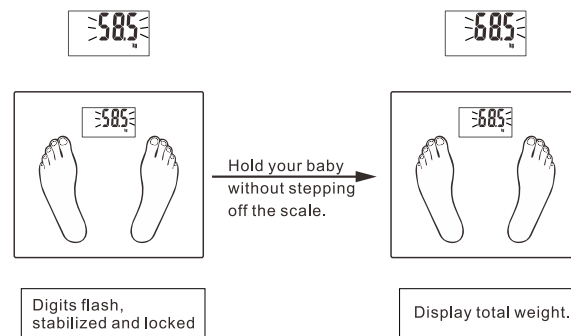
1. Auto step on weighing



2. Consecutive add-on weighing

After digits stabilize, more additional loadings can be conducted. Ensure each add-on loading has to exceed 2kg to get a new reading.

Example: If you want to get a weighing value of your baby, you can weigh yourself first, and then hold your baby together, without stepping off the scale. Then you will get the total weight reading. Subtracting the previous reading of yourself from the new reading, you will get the difference as your baby's weighing value.



Fat/Hydration/Muscle/Bone/Calorie Measuring Mode

1. Setting personal parameters

- (1). At the first time when you install battery and switch on, all default parameter are set as follow:

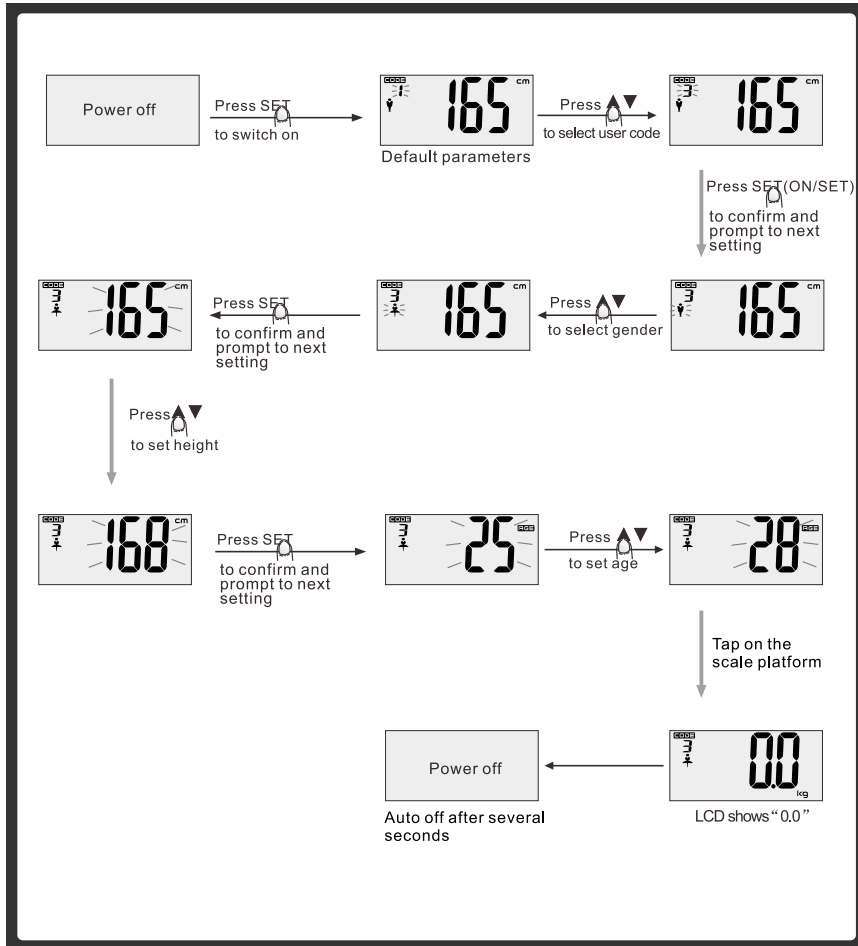
| Memory | Gender | Height | Age |
|--------|--------|---------------|-----|
| 1 | Male | 165cm/5'05.0" | 25 |

- (2). Parameters can be set in the following range:

| Memory | Gender | Height | Age |
|--------|-------------|------------------------------|--------|
| 1~12 | male/female | 100~250cm 3'03.5"~8'02.5" | 10~100 |

(3). Parameter setting

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



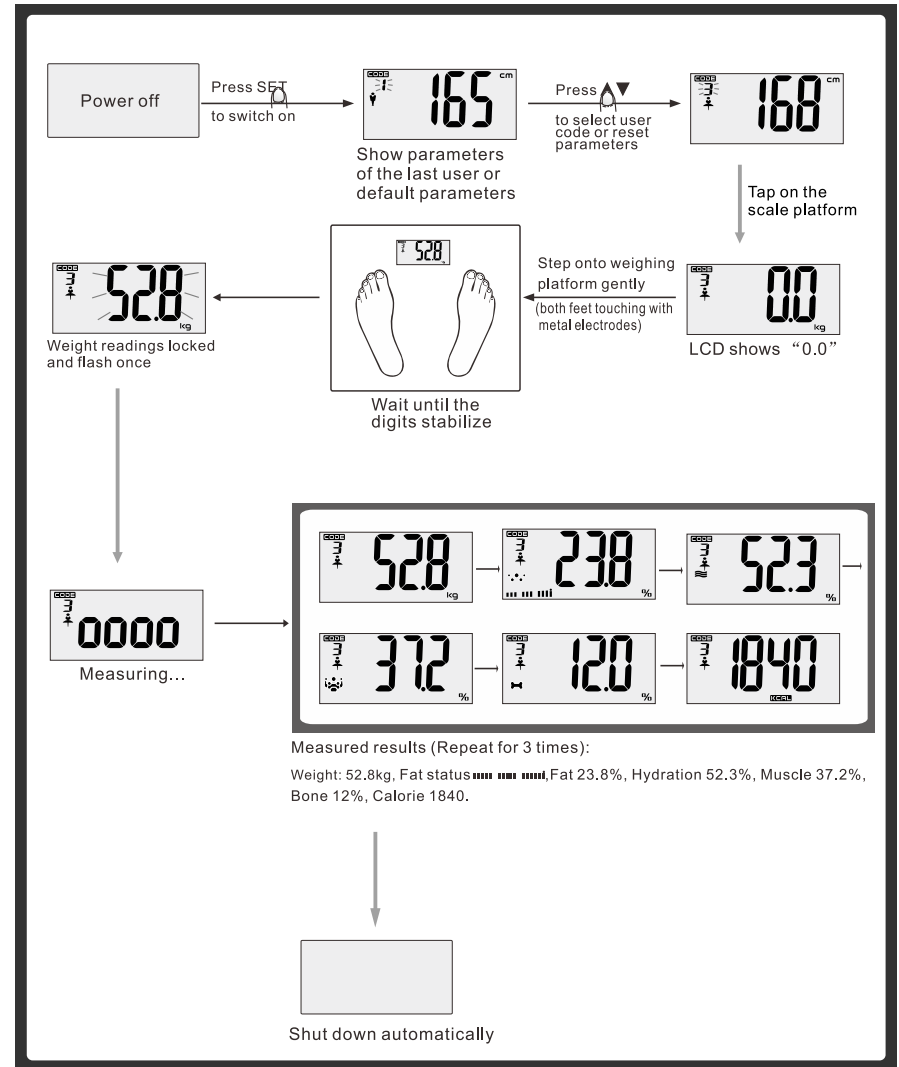
NOTE:

- During parameter setting, if idle for 6 seconds, the parameters already set will be memorized automatically and LCD shows "0", meaning body fat measuring will be started.
- If LCD prompt to show "0" during parameter setting, press SET(ON/SET) for 3 seconds to return setting mode, then you can set user code, gender, height and age

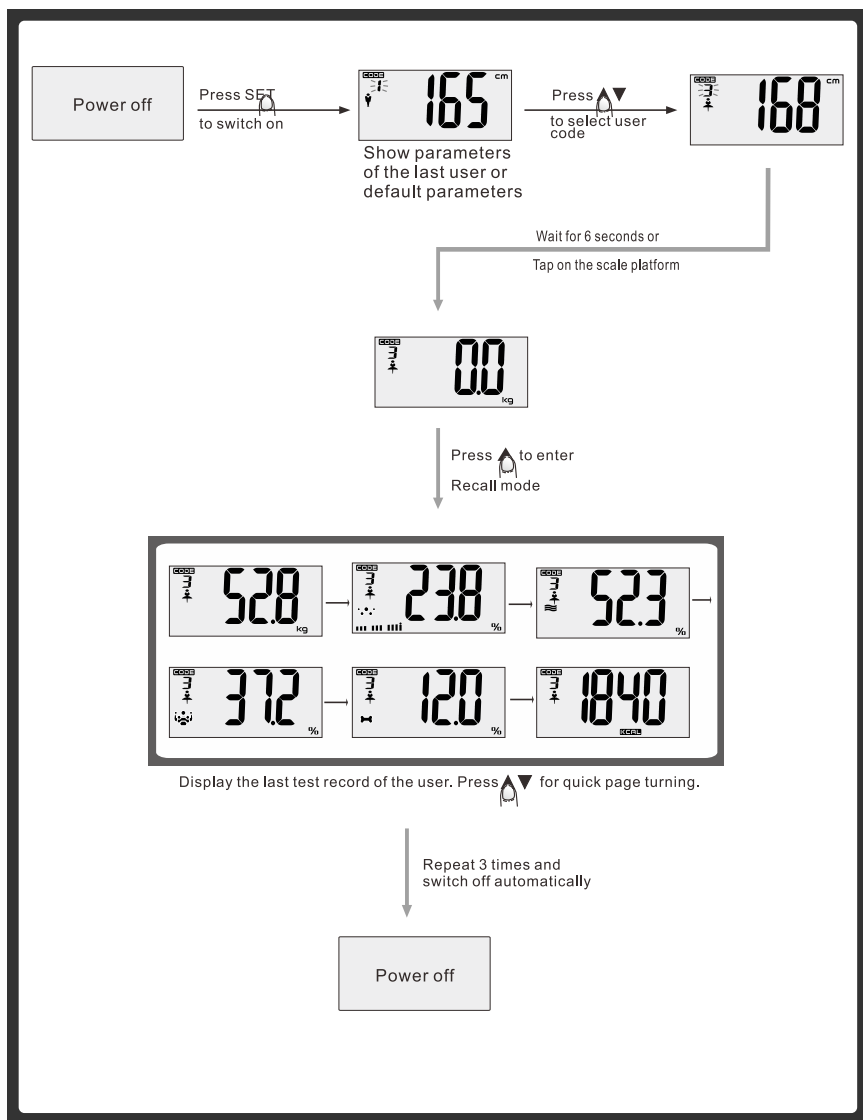
1. To Start Measuring (Make sure your feet are touching with metal electrodes on the scale platform, or body fat can not be measured.)

To ensure accuracy, please remove your shoes & socks before stepping on.

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 a new battery.



Over-load Indication

The weighing subject on the platform exceeds the maximum capacity of scale. Please step off to avoid damage.



Low Fat% Indication

The Fat% is too low. Please lead a more nutritional diet and take good care of yourself.



High Fat% Indication

The Fat% is too high. Please watch your diet and do more exercise.



Re-test

Error exists, please re-test to get the correct result.

■ About Fat

1. About Fat%

- Fat% is an index % of fat content in human body.

2. Working Principles

As electrical signal of certain frequency transmits through human body, the impedance of fat is stronger than that of muscle or other human tissues.

Through the use of biological resistance analysis, this product will pass a safe frequency of low voltage electrical current through human body, thus, the Fat% will be reflected according to the resistance differences when the electrical signal transmitting through human body.

3. Fat/Hydration Content Fitness Assessment Chart

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

| Age | Fat(F) | Hydration(F) | Fat(M) | Hydration(M) | Status | 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% | Fat | ● |
| | 30.6-60.0% | 47.7-27.5% | 24.6-60.0% | 51.8-27.5% | Too fat | ●● |
| >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% | Fat | ● |
| | 35.1-60.0% | 44.6-27.5% | 28.6-60.0% | 49.1-27.5% | Too fat | ●● |

- The above information is only for reference

■ About Calorie

1. Calorie & Energy Consumption

Calorie: Energy Unit

The data reading indicates the energy you need to sustain the daily metabolism and ordinary activities required for your weight, height, age and sex.

⚠ ADVISE FOR USE & CARE

1. The platform will be slippery when it is wet. Keep it dry!
2. Keep standing still during the course of weighing.
3. DO NOT strike, shock or drop the scale.
4. Treat the scale with care as it is a precise instrument.
5. Clean the scale with a damp cloth and avoid water getting inside the scale. DO NOT use chemical/abrasive cleaning agents.
6. Keep the scale in cool place with dry air.
7. Always keep your scale in horizontal position.
8. If failed to turn on the scale, check whether battery is installed, or battery power is low. Insert or replace new battery.
9. If there is error on display or can not turn off the scale for a long time, please take off the battery for about 3 seconds, then install it again to remove soft-fault. If you can not resolve the problem, please contact your dealer for consultation.
10. Do not use it for commercial purpose.