

## 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 . If you can not resolve the problem, please contact your dealer for consultation.
10. Do not use it for commercial purpose.

• The actual item may vary from the photographs/illustrations.

# anko

## BODY FAT/ HYDRATION MONITOR SCALE

### Instructions for Use

CE

MODEL NO.:43115792

Dear Customer,

Welcome to use our Body Fat/Hydration Monitor Scale.

This product is specially designed to test body fat/hydration/muscle/bone, help keep a close eye on the daily change of your body fat, hydration, muscle, bone and weight, providing information for your reference. Base on the analysis of your height, weight and age etc., it tells your daily energy requirement, and helps control your weight. Please read this instruction carefully before use.

## ■ USER-FRIENDLY TIPS

### 1. During Measuring

- A. 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.
- B. Always remove your shoes and socks, wipe clean your feet before using.
- C. Step on the weighing platform gently.
- D. It is advisable to take measurement at the same time of the day.
- E. Measured result could be misleading after intensive exercise, excessive dieting or under extreme dehydration condition.
- F. Always weigh/use the scale on a hard and flat surface. When you are measuring, please keep still.
- G. The measured data of the following people may have deviation:
  - Children under 10 or adult over 100 (can only use the device under normal weighing mode)
  - Adult over 70, children aged 17 and younger.
  - Body building athletes or other occupational athletes.
- H. 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

- A. 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.
- B. Keep away from strong electro-magnetic field when using the scale.
- C. It could be slippery if you weigh on a wet surface. Moreover, if the weighing platform surface is glazed, never step on the edge of the scale and do keep balance during your weighing.

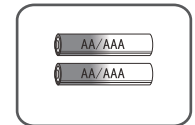
## ■ FEATURES/SPECIFICATIONS

1. Using high precision strain gauge sensor
2. Optional normal weighing mode : Auto step on weighing and consecutive add-on weighings
3. Built-in memory for 12 different users
4. Multifunction: test body fat %, body hydration %, body muscle%, body bone%, BMI and suggest calorie intake requirement.
5. Low battery and overload indication
6. Body fat % range:4.0%~75.0%, measurement division:0.1%

## ■ TO REPLACE BATTERY AND CHARGE

1.5V(AA/AAA)batteries(Not included)

Open the battery cover. Install new batteries by putting one side of the battery down first and pressing down the other side.(Please observe the polarity)



## ■ WEIGHT UNIT SETTING

Switch on the scale and press the UNIT button at the back of scale to convert weight unit.

Remark:

The unit system of scale depends on scale destination or the requirement of distributor.



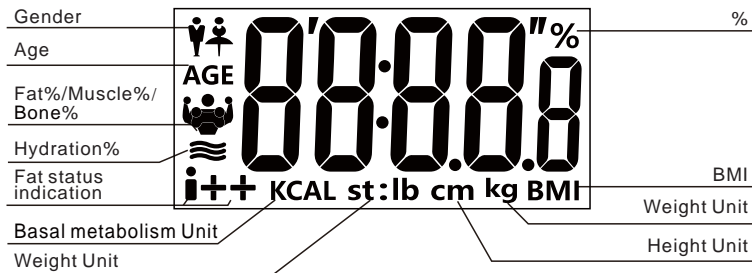
Back of the scale

## ■ KEY ILLUSTRATION

- SET (ON/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 ICONS INDICATION

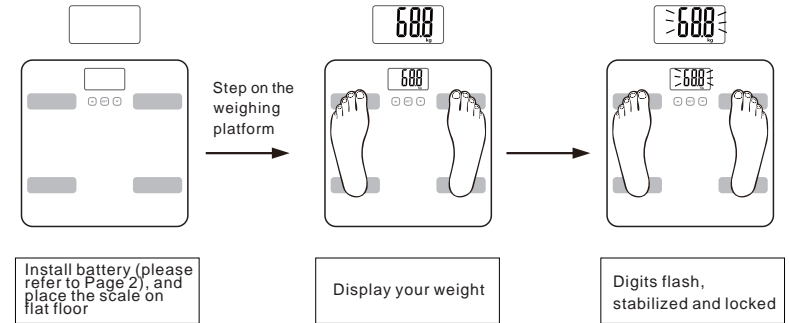
(Note: LCD display differs from one to another, so below picture is indicative only.)



- |          |                |            |
|----------|----------------|------------|
| ●●● Fat% | ☠ Bone%        | 🏋️ Muscle% |
| i-- Thin | i- Slim        | i Normal   |
| i+ Heavy | i++ Overweight |            |

## ■ OPTIONAL NORMAL WEIGHING MODE

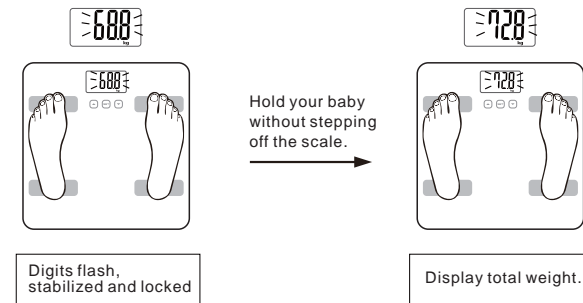
### 1. Auto step on weighing



### 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/ BASAL METABOLISM MEASURING MODE

### (1) Setting personal parameters

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

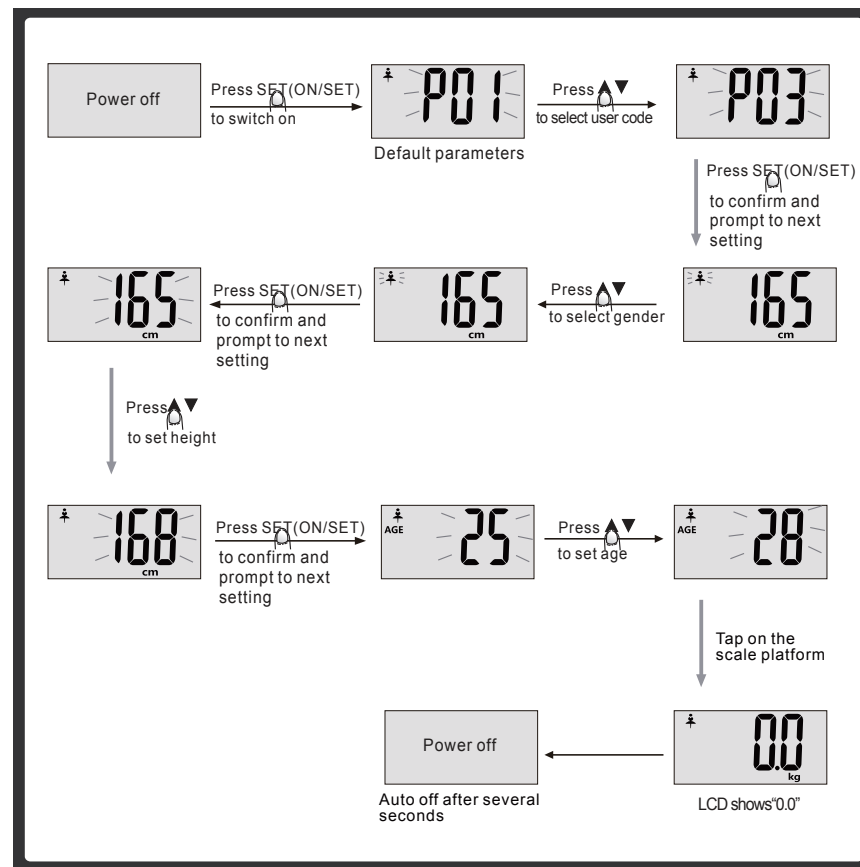
Memory	Gender	Height	Age
1	male	165cm/5'05.0"	25

- 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:

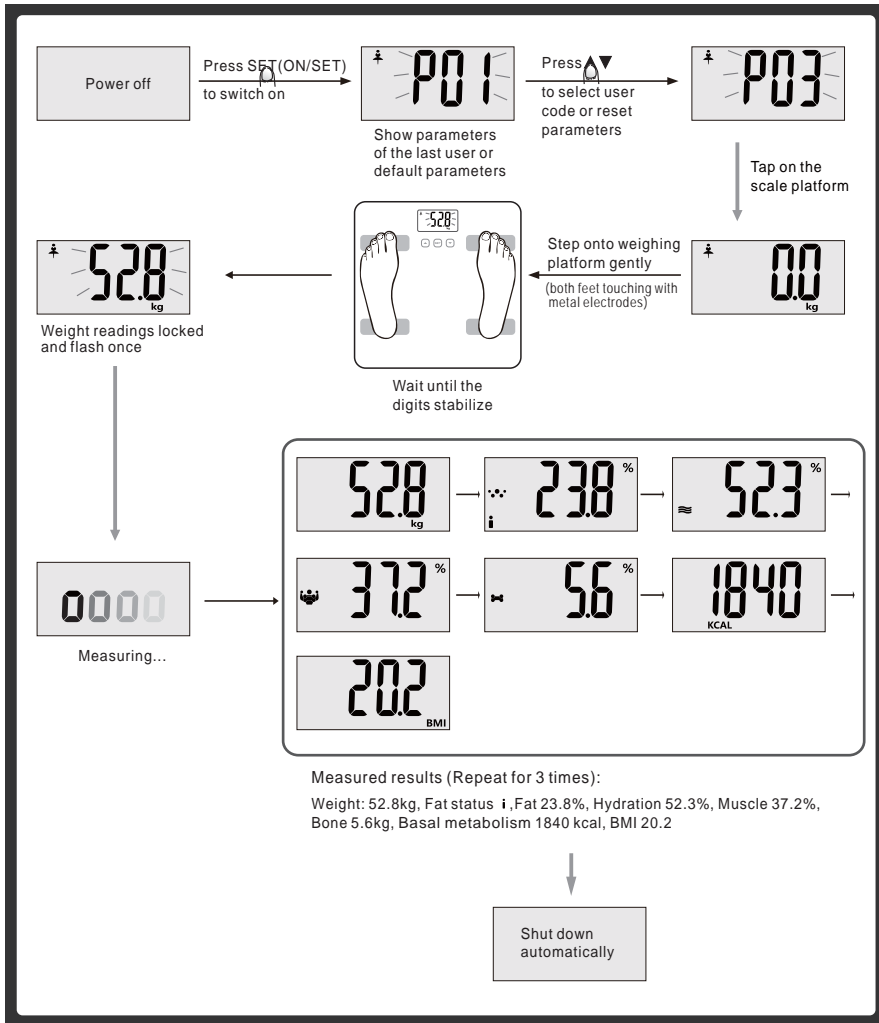
- During parameter setting, if idle for 6 seconds, the parameters already set will be memorized automatically and LCD shows "0", meaning body fat measuring will be started.
- If LCD prompt to show "0" during parameter setting, press SET (ON/SET) for 3 seconds to return setting mode, then you can set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

## (2) To Start Measuring

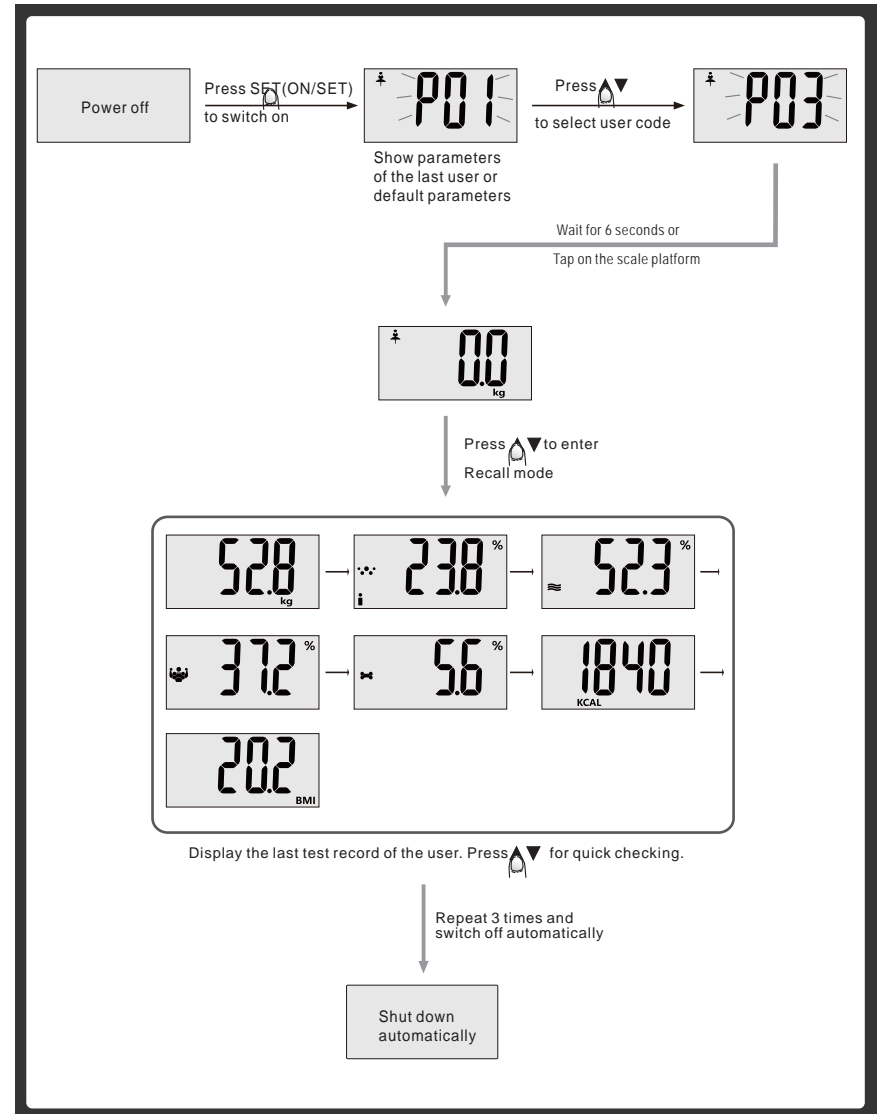
(Make sure your feet are touching with metal electrodes on the scale platform, or body fat can not be measured.)

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 have more nutritional diets 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.
- The fat content in human body is of a certain level, overabundance of fat will bring bad effects on metabolism, thereby, various illnesses may invade. Here goes an old saying, "Obesity is hotbed of illness".

### 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:

		Fat%				
Gender	Age	Thin	Slim	Normal	Heavy	Overweight
Male	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%
Female	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
Male		<50%	50-65%	>65%
Female		<45%	45-60%	>60%

- The above Assessment Chart are for reference only. Measurements of body fat for children aged 17 and younger, or for adult aged 70 and older, are recommended only as a reference for observing and analyzing the trends .

## ■ ABOUT BASAL METABOLISM

- Basal metabolism(BM) is the minimum energy required for all human body organs to sustain life. It's measured when person is awake and extremely quiet, and not affected by muscle activity, environmental temperature, food and mental stress ect.
- In the body tissue, muscle that accounts for about 40% of the body, effects BM mostly. In another word, a person's BM is determined by amount of the muscle. When weight is the same, people with less fat and more muscle has higher BM and consumes more energy. Therefore, muscle exercise is the best way to improve BM. Higher BM, easier to keep slim. Daily exercise helps to improve BM.