



Digital Body Fat & Hydration Monitoring Scale 63-8712-8

Operating Instructions

1 ⚠ Warning!

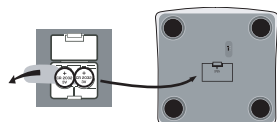
The following people should not use this scale:

- People who have an implanted electronic device, such as a pacemaker,
- Pregnant women.

- For people who are either trying to lose weight or to increase their weight, it is important that they do it in consultation with a doctor or personal trainer.
- Fluctuations in the readings can depend on several factors. If you have any doubts concerning your health, seek medical advice.
- This device is for domestic use only, and is not suitable for children under 18 or elite athletes whose metabolism differs from untrained people.

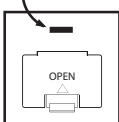
2 Preparation

Remove battery protection tab at back of scale.



Select unit of measurement at back of scale.

If you change the unit of measurement, you must restart scale.



3 Start & Weighing

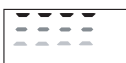
Press on scale with foot.



Wait for "0.0 KG" to be displayed before standing on scale.



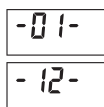
Your weight will be displayed after dotted flashing lines are shown.



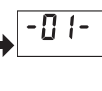
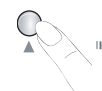
4 Programming personal data

USER NUMBER

Press SET. Start to select user number.



Press ▲ (UP) button to select. Press SET button to confirm.



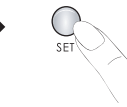
GENDER



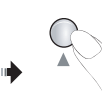
Press ▲ (UP) button to select.



Press SET button to confirm.



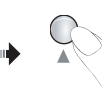
AGE



Press SET button to confirm.



"HIGH" - Height



Press SET button to confirm.



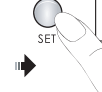
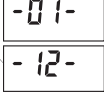
WEIGHING MODE

Display shows personal data one-by-one, and then returns to weighing mode. If programming is interrupted, display will blink for 10 seconds and return to weighing mode.



5 Body Fat & Hydration Measurement

Select USER NUMBER with ▲ button. Press SET button to confirm.



After selection, 0.0 KG and all personal data will be displayed for 3 seconds



Dotted flashing lines will be shown.



Step on the scale with bare feet.



If data is not correct, press SET to reset.

Your weight will be displayed.



"0000" is shown, and the 0s disappear one-by-one.



Weight + personal data



OFF - The scale turns off automatically.



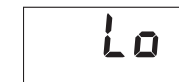
Body fat% + body water%



5 seconds

6 Problems

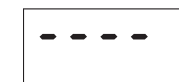
"Lo" - Low battery. Replace with new battery.



"Err" - Poor contact with sensors. User's feet must be bare.



"---" - Scale is overloaded OR error occurred during body fat measurement.



Start again - If the scale does not function properly, try to turn off the power supply by removing the batteries. Then replace the batteries and start again.

Body Fat Percentage Chart						
	Age	Lack	Less	Normal	Much	High
Male	<18	<8%	8.1-13%	13.1-19%	19.1-24%	>24%
	18-39	<12%	12.1-17%	17.1-23%	23.1-28%	>28%
	40-60	<15%	15.1-20%	20.1-26%	26.1-31%	>31%
	>60	<18%	18.1-23%	23.1-29%	29.1-34%	>34%
Female	<18	<10%	10.1-15%	15.1-21%	21.1-26%	>26%
	18-39	<14%	14.1-19%	19.1-25%	25.1-30%	>30%
	40-60	<16%	16.1-21%	21.1-27%	27.1-32%	>32%
	>60	<19%	19.1-24%	24.1-30%	30.1-35%	>35%

Hydration Percentage Chart						
	Age	Lack	Less	Normal	Much	High
Male	<18	<53.5%	53.5-57.8%	57.9-63.1%	63.2-67.4%	>67.5%
	18-39	<50.0%	50.0-54.3%	54.4-59.5%	59.6-63.9%	>64.0%
	40-60	<47.4%	47.4-51.7%	51.8-56.9%	57.0-61.3%	>61.4%
	>60	<44.7%	44.7-49.0%	49.1-54.3%	54.4-58.7%	>58.8%
Female	<18	<51.8%	51.8-56.0%	56.1-61.3%	61.4-65.7%	>65.8%
	18-39	<48.2%	48.2-52.5%	52.6-57.8%	57.9-62.2%	>62.3%
	40-60	<46.5%	46.5-50.8%	50.9-56.0%	56.1-60.4%	>60.5%
	>60	<43.9%	43.9-48.1%	48.2-53.4%	53.5-57.8%	>57.9%

Important Information

- For best results, try to weigh yourself at the same time and under similar conditions.
- Your scale is a precision measuring instrument, and should be treated with care. Protect it from jolts, moisture, dust and chemicals. Avoid fluctuations in temperature. Keep the scale away from sources of heat such as stoves, furnaces and heating elements.
- The scale is designed for measuring personal body weight. Do not use the scale to weigh other objects.
- This scale is not for medical or commercial use.
- Do not place objects on the scale when it is not in use.
- It is recommended that the scale be stored in its original packaging when not in use.
- Clean the scale with a soft, moist cloth. Do not use chemicals.
- Avoid environmental interference such as vibrations, electrical currents and magnetic fields.

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