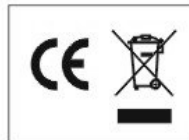


Note

1. People with pacemakers should not use this product.
2. People 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. You should place scale on clear, flat surface before using.
5. Do not place scale on wet, severely hot or extremely cold surfaces.
6. Pls operate with care. Do not attempt to disassemble the scale.
7. To avoid falling off scale, do not stand on the edge of scale .
8. Do not wear shoes when standing on the scale to avoid glass and electrode wearing out or being damaged.
9. 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.
10. For home use only. Not for professional use, the correlative parameter is reference only. You should consult a doctor when you undertake any diet or exercise program.
11. Check battery if scale malfunction. If necessary, install a new battery.



Electronic Complex Measurement Scale (Weight • Fat • Hydration • Muscle • Bone)

User's Manual

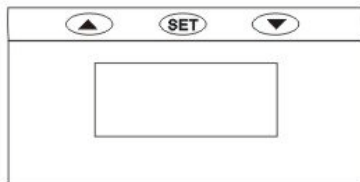


Thank you for choosing our electronic complex measurement scale. To ensure proper operation and to maintain the life and accuracy of the scale, please read this user's manual carefully before operating it.

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, hydration, muscle, bone 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.

Button operation



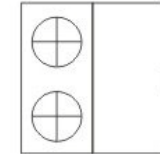
SET key: power on, menu select and confirm

▲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 show "0.0", you can press "▲" or "▼" to select units kg/lb/st:lb.

How to measure your body weight

Weight only:

- 1 Tap on scale gently, the LCD will display "0.0" after showing "8888".
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 use the body weight +fat + hydration + muscle + bone

1. Set personal data:

- 1.1 Press "set" key. Use "▲" or "▼" key to select personal key from P0-P9. Once reaching the number you wish to use, press "SET" to confirm.



1.2 Press “▲” or “▼” to choose male “♂” or female “♀”, then press “SET” to confirm.



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”, then it is ok to measure body weight, fat, hydration, muscle and bone.

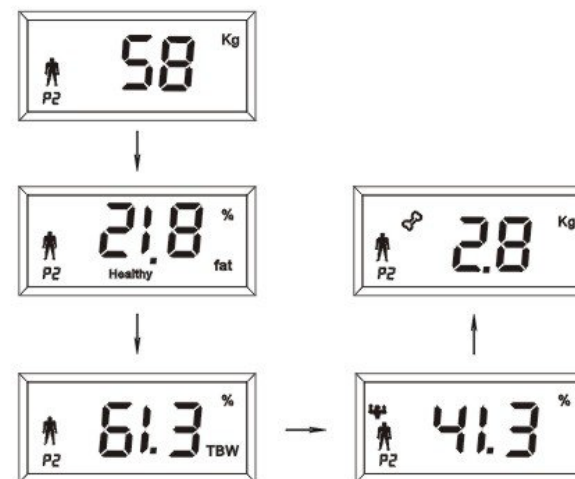
2. Taking body weight, fat, hydration, muscle and bone readings:

2.1 When you use the scale, use your personal key. Press the “▲” or “▼” key to select it, wait for a moment, scale will indicate “0.0”.



2.2 Carefully step onto the glass platform (shoe and socks off), and maintain contact with electrodes.

2.3 Body weight will be displayed first, continue to stand erectly on platform, after moving “0” four times, fat percentage, hydration percentage, muscle percentage and bone weight will appear on the display one by one, recycle 3 times.



Parameter reference

●Body fat percentage normal ranges:

| Age | Female | | | |
|--------|---------------------|---------|-------------|-------|
| | Body fat percentage | | | |
| | Under Weight | Healthy | Over Weight | 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 Weight | Healthy | Over Weight | 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% |

●Body hydration percentage normal ranges:

| Age | Male | Female | Corresponding Hydration level | |
|------|------------|------------|-------------------------------|---------------------------------------|
| <=30 | 66.0-60.5% | 66.0-59.9% | Optimal Hydration | Weight scope of hydration: 37.8-66.0% |
| | 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 | |
| >30 | 66.0-59.1% | 66.0-55.0% | Optimal Hydration | Hydration rate degradation: 0.1% |
| | 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 | |

●Muscle rate normal ranges for reference:

| Muscle percentage | | |
|-------------------|----------------|----------------|
| | Female | Male |
| Moderate | >34% | >40% |

●Body bone normal ranges for reference:

| Female | | | |
|-------------|-----------|---------|----------|
| Body Weight | Below45kg | 45-60kg | Over60kg |
| Bone Weight | >1.8kg | >2.2kg | >2.5kg |

| Male | | | |
|-------------|-----------|---------|----------|
| Body Weight | Below60kg | 60-75kg | Over75kg |
| Bone Weight | >2.5kg | >2.9kg | >3.2kg |

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

Please remember your personal key. You do not need to program personal key the next time you use scale. You can use the personal key you have already stored.

Errors Indicator

- 1 When LCD display "LO" indicate that the battery is out of power. Pls replace battery.



- 2 When LCD display "EEEE" indicates overload and "Err2" indicates body fat percentage measurement error.
- 3 If body fat percentage is less than 5%, indicator displays "Err2".If more than 50% indicator displays "Err2",or if impedance measuring makes an error, indicator will display "Err2".



Battery Installation

- Use 2pcs CR2032 lithium batteries(Included)
- When changing the batteries, please open the battery cover on the back of scale, put 2pcs CR2032 lithium batteries in the battery compartment (Positive pole + facing up or towards you), then close the battery cover tightly.

