

# DIGITAL MUTI MESURE BATHROM SCALE

## INSTRUCTION MANUAL



Dear consumer, Please read these instructions carefully before use in order to avoid damage due to incorrect use and to better understand the functions of this product. Please pay particular attention to the safety guide. If you pass the device on to a third party, these Operating Instructions must also be handed over. Please keep them for future references.

## IMPORTANT SAFEGUARDS

- Please read these instructions carefully before use.
- Keep present instructions for future references.
- Only use the appliance for domestic purposes and household or similar applications such as:
  - staff kitchen areas, in shops, offices and other working environments;
  - By clients in hotels, motels and other residential type environments;
  - Environment type like :
    - Farm Houses • Bed and Breakfast.
- Only use the appliance in the way indicated in these instructions.
- Never use this unit near bathtub, shower, wash-hand basins or other containers with water.
- Never use this apparatus near water projections.
- Never use this apparatus with the wet hands.
- Inform potential users of these instructions.
- Never leave the appliance unsupervised when in use.
- The appliance must be used only for its intended purpose. No responsibility can be taken for any possible damage caused by incorrect use or improper handling.
- Children and persons with disabilities are not always aware of the danger posed by the use of appliances.
- This device can be used by children aged 8 years and older and adults, with reduced physical, sensory or mental capabilities or lack of experience and knowledge, if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.

- This device is not a toy, do not leave small children or people with disabilities to play with.
- Cleaning and maintenance must not be made by children without supervision.
- In order to ensure your children's safety, please keep all packaging (plastic bags, boxes, polystyrene etc.) out of their reach.
- Caution ! Do not allow small children to play with the foil :  
**THERE IS A DANGER OF SUFFOCATION !**
- Never immerse the appliance in water or any other liquid for any reason whatsoever.
- Never place it into the dishwasher.
- Never use the appliance near hot surfaces.
- Never use the appliance outside and always place it in a dry environment.
- Never use accessories, which are not recommended by the producer. They could constitute a danger to the user and risk to damage the appliance.
- This appliance is not intended to be operated by means of an external timer or separate remote-control system.
- Incorrect operation and improper use can damage the appliance and cause injury to the user.
- This device, designed for home use, complies with standards relating to this type of product.
- The appliance must be used and rested on a table or flat & stable surface.
- The item is not to be used, if it has been dropped or if there are visible signs of damage.
- Regarding the instructions for cleaning, thanks to refer to the below paragraph of the manual.
- This appliance is only intended for household use.

## GENERAL INFORMATION

The symbol "OPEN BOOK" means a recommendation to read important things contained in the record.



The symbol "BIN" crossed out, abbreviation WEEE (Waste of Electrical and Electronic Equipment) means that at the end of life, it should not be discarded with household waste, but filed to the sorting of the locality. Waste recovery can help preserve our environment.



The symbol "CE" is the guarantee of compliance with harmonized European standards, voluntary, reflecting the essential requirements into technical specifications. These standards are not mandatory but are guarantees of compliance with essential requirements.



The symbol ROHS (Restriction of use of some Hazardous Substances) on the Environmental Protection, certifies that for each of the five hazardous substances • Lead • Mercury • (hexavalent) chromium • products for protection against flames PBB and PBDE, the peak concentration is equal to or less than 0.1% of the weight of homogeneous material, and 0.01% for the 6th • cadmium.



The symbol "TRIMAN" indicates that the consumer is invited to dispose the product as part of a separate collection (eg recycling bin, waste, voluntary intake point).



For more information : <http://www.quefairedemesdechets.fr>

## PRECAUTIONS FOR USE

- Do not use the appliance if the glass part, or any other part, is broken or damaged in any way.
- Handle and / or move the device with care.
- Do not pour any liquid on the device.
- Do not step on the scale with shoes, or with wet feet or wet socks.
- Do not place any objects on the scale which could damage the glass and / or the appliance.

## SPECIFIC CHARACTERISTICS OF THE DEVICE

- This bathroom scale uses bioelectric analysis technology (BIA) which measures body fat and water levels by sending a low-power (safe) electrical signal through the body.
  - The signal is analysed by the system to determine the levels of fat, water, muscle and bone.
  - This system uses high precision sensors, more precise than those in traditional calculations.
- In addition to benchmarks like weight and body fat%, this bathroom scale calculates and displays BMI (body mass index) parameters.

*Note : The body mass index is a tool invented by doctors to assess the health risks of being overweight.*

Weight alone is not enough to diagnose obesity or overweight, because it is not the same thing as weighing 90 kilos if you are 1.50m or 1.90m ...

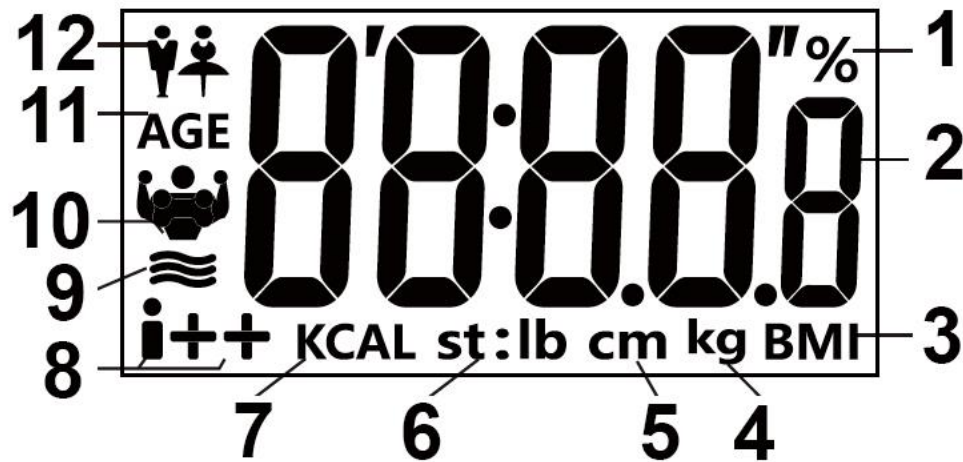
The body mass index is calculated by dividing the weight by the height squared. Thresholds were then established to assess areas at risk, in particular cardiovascular disease.

BMI is a reliable method for adults 20 to 65 years old, but cannot be used for pregnant women, nursing mothers, endurance athletes, or people with high muscle mass.

- Personal data can be saved in the device memory for up to 10 people.

## KNOW YOUR DEVICE


### SCREEN SYMBOLS




1. Logo displayed for Percent measurements.
2. LCD digits.
3. BMI. Body Mass Index
4. Unit of weight in Kg.
5. Unit in cm for the height of the users
6. Unit of weight in pounds.
7. Unit in Kg Calory to express the Basal Metabolism.
8. Symbols for % fat ; i- for Slim ; i - - for Skinny ; i for Normal ; i + for overweight ; i + + for obesity.
9. Symbol for % of water
10. Symbol for % Fat, Muscle and Bone.
11. Symbol used for the age of the user
12. Symbol used for the user's male or female gender.


### Symbol detail

 Fat%


 Bone%


 Muscle%

 Thin

 Slim

 Normal

 Heavy

 Overweight

## IMPLEMENTATION

- Open the battery compartment under the scale and install 2 LR03 or AAA batteries (not provided).
- Place the device on a flat and level surface.
- During weighing, when the screen displays "0.0", Press "▲" or "▼" to increase or decrease the measurement of the various parameters.
  1. Choose the desired weight unit kg / lb / with the "Unit" key
  2. Enter the Gender - Female or Male
  3. Enter the size
  4. Enter the age

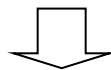
### 1. Conventional weighing

Place the scale on level ground

Press the scale which will turn on automatically

Stand, without moving, on the scale and it will display the result.

When the batteries are installed, the LCD will first display "8888".



Then, the LCD screen displays "0.0 kg".

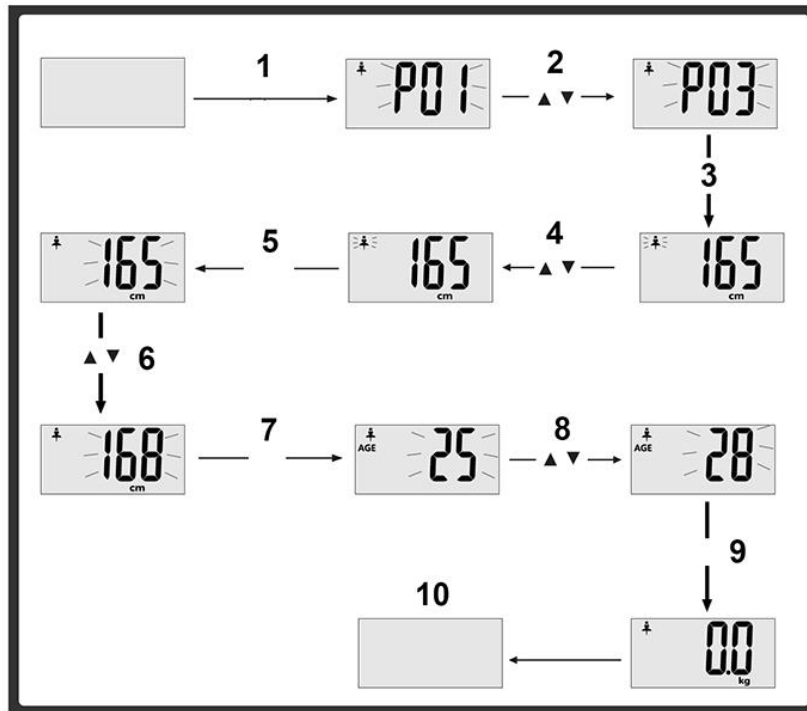
It is then possible to weigh yourself, A first time as a test. Your true weight will be displayed the second time.



*Notes : The scale will automatically turn off if there is no weighing 30 seconds after "0.0" is displayed.*

*Place your feet firmly on the metal strips.*

## 2. Weighing with analysis



Define your settings and personal data

1. Press the “Start / Setting” key on the balance.  
The scale displays the default settings. P01
2. Press “ $\Delta / \nabla$ ” to choose the desired Memory No. (from 0 to 12).
3. Press “SETUP” again to confirm and go to the next function.
4. Press “ $\Delta / \nabla$ ” to choose the user's gender M = Male ; F = Female.
5. Press “SETTING” again to confirm and go to the next function.
6. Press “ $\Delta / \nabla$ ” to set the size.
7. Press “SETUP” again to confirm and go to the next function.
8. Press “ $\Delta / \nabla$ ” to choose the age of the user.
9. Confirm the settings by pressing the platform of the scale.
10. After a few seconds, the scale will turn off automatically.

*Notes : If the setting is inactive for 6 seconds, the settings already set will be stored automatically and the LCD will display "0", which means that the body fat measurement will begin.*

*If the LCD display shows "0" while adjusting the parameters, press "Setting" for 3 seconds to return to the mode setting.*

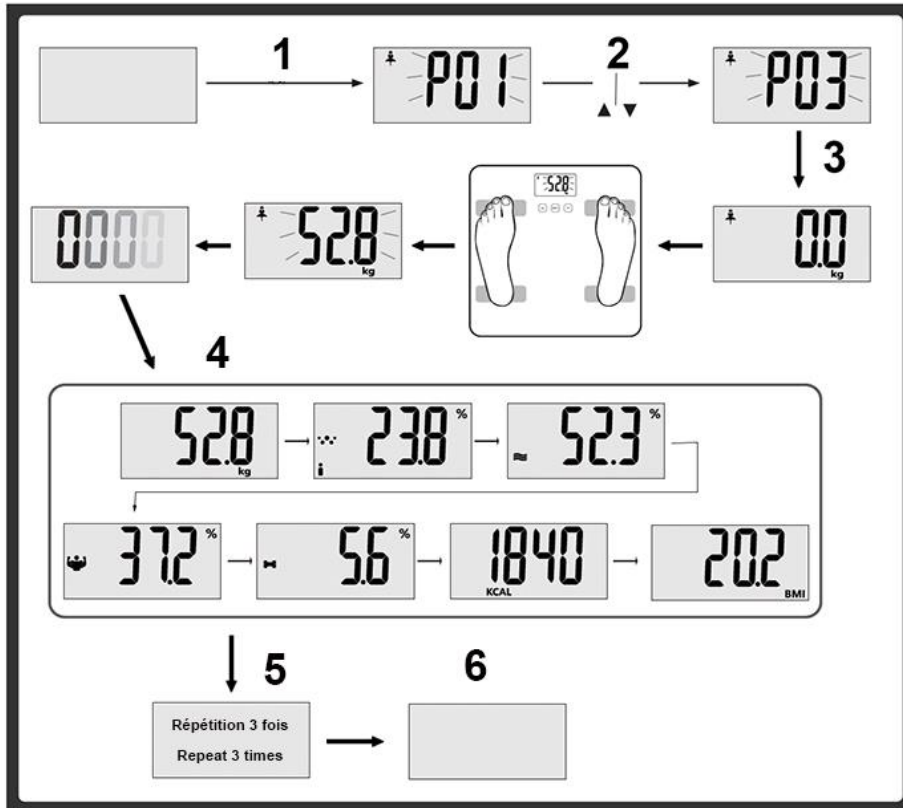
*It is then possible to redefine the user code, gender, size and age.*

## Start measuring the parameters of a user

Make sure that your feet are in contact with metal electrodes on the scale platform, otherwise, body mass cannot be measured.

*Note : Remove shoes and socks before stepping on the scale.*

Example below : the 3rd user is a woman measuring 168cm, and aged 28.



1. Press the “ On / Setting ” key on the balance.

The scale displays the default settings. P01

2. Press “ $\Delta$  /  $\nabla$ ” to choose the desired Memory No. (03).

3. Press “SETTING” again to confirm and go to measurement.

Step onto the scale barefoot and stand, without moving.

After "0000" is displayed, the indications for weight, body fat, water, muscle, bone and body mass index will appear on the screen 1 by 1, and 3 times.

Notes: The test results will appear 3 times in succession before the scale automatically turns off.

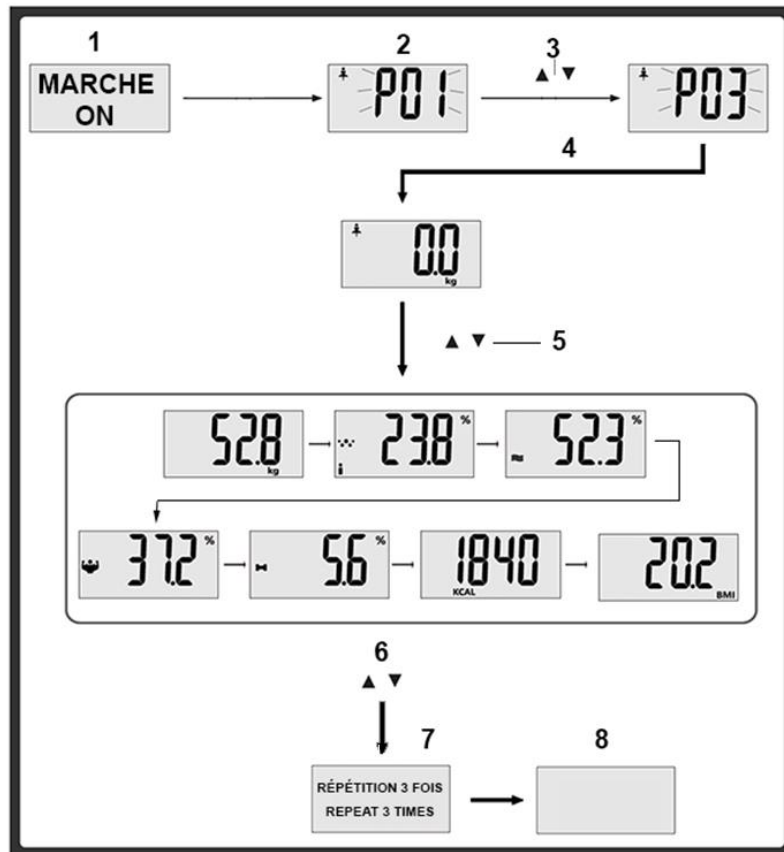
To use a code already saved, press “ $\blacktriangle$ ” or “ $\blacktriangledown$ ” to display the corresponding number on the screen.

THIS BALANCE IS INTENDED FOR WEIGHING ONLY PEOPLE.

EACH PERCENTAGE EXPRESSED IS INDEPENDENT.

THE TOTAL OF ALL PERCENTAGES FOR THE SAME PERSON CAN EXCEED 100% BECAUSE MUSCLE, BONE CONTAIN WATER AND FAT. THE WEIGHT OF MUSCLES OR BONES EXPRESSED IN % TAKE ALL OF THE DIFFERENT ELEMENTS INCLUDING PART OF THE PERCENTAGE OF WATER & GREASE ALREADY EXPRESSED.

**To Re-appear the last measurements taken**



1. Press the “On / Setting” key on the balance.
2. The scale displays the default settings. P01
3. Press “Δ / ▽” to choose the desired Memory No. (03).
4. Wait 6 seconds or lightly tap the surface of the body scale. The scale displays 0.0kg.
5. Press “Δ / ▽” to choose the mode : RECALL MODE.
6. Press “Δ / ▽” to possibly speed up the display.
7. The indications of weight, body fat, water, muscle, bone and body mass index will appear on the screen 1 by 1, and 3 times.
8. After a successive display of 3 times the scale will turn off automatically.

## CLEANING & MAINTENANCE

1. Never use an abrasive cleaner.
2. Keep the device away from all sources of heat and from an excessively humid environment.
3. For an accurate result, place the scale on a level, solid and non-slippery floor.
4. Clean the scale only with neutral detergent and a damp cloth or sponge.
5. Remove the batteries if the scale will not be used for a long time and store the scale in a clean, dry place.
6. Do not attempt to disassemble or repair the balance.
7. Use the scale with care. Do not drop or jump on it.



### **Low battery**

To be replaced by new batteries.



### **Overload**

The weighing exceeds the maximum capacity of the scale.



### **% fat too low**

The % fat is too low. Increase nutritional intake.



### **High % of fat (Overweight)**

Overweight detected. Retest to verify the result.



### **too high % of fat**

Change your diet and exercise more.

*Notes : The % of fat is an index of the fat content of the human body. The fat content in the human body should not exceed one certain level, an overabundance of fat will bring bad effects on the metabolism and various diseases can occur. Consider that old adage: "Obesity is the hotbed of disease".*

## BASIC METABOLISM

Basal Metabolism (BM) is the minimum energy required for any human body and, to support the life of organs. It should be measured when the person is awake, extremely calm and unaffected by muscle activity, too high or too low ambient temperature, food, mental stress, etc.

In body tissue, muscles make up about 40% of the body.

A person's basal metabolism is determined by the % of muscle. For the same weight, people with less fat and more muscle will have a higher basal metabolism and will consume more energy.

Therefore, muscle exercise is the best way to improve the basal metabolism.

The higher is the basal metabolism, the easier it is to stay lean.

## SPECIAL PROBLEMS

1. If the weight exceeds the maximum capacity of 150kg, "Err" will be displayed on the screen. Get off the scale immediately or it could be damaged.
2. If "Lo" is displayed, you need to replace the batteries.
3. If "Err2" is displayed, it means that the scale is unable to give the body mass index (either it is less than 5% or it is greater than 50%)
4. This device is an electronic instrument and it may be affected by radio transmitting devices used nearby (such as cell phones, radios, walkie-talkies, and microwave ovens).
5. If the screen is not displayed correctly or gives incorrect information, move the device away from any source of interference or turn off the source in question while using the scale.

## Evaluation table

Physical condition according to the fat and water content.

% de graisse						
Age	Genre	Maigre	Mince	Normal	Surpoids	Obésité
		i--	i-	i	i+	i++
≤30	Homme	≤11%	11.1% ~ 15.5%	15.6% ~ 20.0%	20.1% ~ 24.5%	> 24.5%
	Femme	≤16%	16.1% ~ 20.5%	20.6% ~ 25.0%	25.1% ~ 30.5%	> 30.5%
> 30	Homme	≤15%	15.1% ~ 19.5%	19.6% ~ 24.0%	24.1% ~ 28.5%	> 28.5%
	Femme	≤20%	20.1% ~ 25.0%	25.1% ~ 30.0%	30.1% ~ 35.5%	> 35.0%

Age		% d'Eau		
		Low	Normal	High
Homme	< 40	< 50%	50~65%	> 65%
	40~60	< 48.5%	48.5~63.5%	> 63.5%
	> 60	< 47%	47~62%	> 62%
Femme	< 40	< 45%	45~60%	> 60%
	40~60	< 43.5%	43.5~58.5%	> 58.5%
	> 60	< 42%	42~57%	> 57%

BMI body mass index

< 18.5	Slim
18.5~25	Normal
25.0~30	Overweight
≥ 30	Obese

### **Changing the batteries**

When the screen displays "lo" or the scale no longer turns on, you may need to change the batteries.

Remove the battery compartment cover, located at the rear of the device.

Replace the 2 batteries with new similar ones (not supplied) respecting the direction of polarity indicated.

Close the cover.

### **GUARANTEE**

Before being delivered, all our products are subjected to a rigorous control.

This apparatus is guaranteed 24 months starting from the date of purchase of consumer.

The documents in proof of guarantee are :

- The invoice and
- The filled and stamped warrantee plate (located on side or bottom of the gift box). Without these documents in proof, no free replacement, nor no free repair, can be carried out.

During the warranty period, we deal for free, the defects of the apparatus or the accessories, rising from a defect of materials or manufacture by repair or, replacement. The services within the framework of the guarantee do not involve any extension of the warranty period and does not give right to a new guarantee !

In the event of recourse to the guarantee, bring back the complete apparatus to your retailer, in its original packing, accompanied by the proofs of purchase.

The breakage of parts out of glass or plastic is, in all the cases, not warranted.

Defects on the accessories or the wearing parts (for example: coals of engines, hooks, drive belts, remote control of replacement, teeth brushes of replacement, webs etc) as well as cleaning, maintenance or it replacement of wearing parts are not guaranteed and are thus to pay !

In the event of foreign intervention, the guarantee becomes null and void.

After flow of the warranty period, repairs can be carried out, against payment, by a specialized trade or a repair service.

## **SPECIFICATIONS**

Capacity	: 150 Kg / 330Lb
Graduation	: 0,1Kg / 0,2Lb
Weight rate	: 6Kg / 150Kg – 12Lb/330Lb
Power supply	: 2 x 1,5V LR03 ou AAA batteries (Not provided)
Weight	: 1540Gr

Made in PRC

*The characteristics can change without prior notice.*

This apparatus satisfied EC directives, it was controlled according to all the European current directives, like: electromagnetic compatibility (EMC) and low tension (LVD). This apparatus was designed and manufactured in respect of the last safety regulations and technical specifications.

### **ENVIRONMENTAL PROTECTION**

(Destruction of batteries)

To remove the battery:

- Open the battery compartment and retrieve the battery.
  - THE BATTERY MUST BE REMOVED BEFORE THE UNIT IS GIVEN TO REBUS.
  - BATTERY CONTAINS NICKEL CADMIUM AND / OR LITHIUM AND / OR NICKEL-METAL HYDRIDE, THE BATTERY MUST BE ELIMINATED IN A SAFE WAY.
- DO NOT THROW IN A TRASH CAN, BUT GIVE IN CENTRE OF WASTE.

**Imported by Sotech International  
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