



INSTRUCTIONS FOR USE

ATTENTION

- Read carefully the instructions before using the appliance for the first time and keep it for future enquiries.
- Keep all plastic bags and packaging components out of the reach of children. They are potentially dangerous.
- Place the scale on a horizontal, rigid surface.
- Do not place on carpets or any other soft surface, as the weigh given would be error.
- Ensure the surface where you place the bathroom scale and the platform of the scale is dry to avoid slipping.
- Do not jump on or off the scale.
- The appliance switches off automatically after a few seconds.
- It is advisable to always weigh yourself at the same time, preferably before breakfast.

IMPORTANT

- The scale is a sensible electronic instrument. Some appliances of high frequency such as mobiles, radio stations, remote controls and microwaves, can cause disturbs if the scale is used too close to them .Keep it far away of these points if you notice irregularities on the display.
- Designed for personal use only.
- Do not immerse the body of the appliance in water .If necessary clean the scale with a damp cloth.
- When cleaning do not use chemical or abrasive products, such as metallic scourers, which may deteriorate the surfaces of the appliance.

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- The scale works with one battery type CR2032 of 3V .(Included)
- Get one CR 2032 lithium put in the battery seat of the back of scale .Then, with the scale on, you can select the desired weigh measure by pressing the button at the bottom, next to the words "UNIT":kg (kilograms)-lb(pounds)-st:lb(stone:pounds) .

GETTING WEIGHED


- Press and release the "SET" button and wait for the digit "0.0" to appear in the display .
- Get straight on the scale by putting one foot slowly on the platform and then the other. Stand for a few seconds until your weight shows on the display and flashes, and then stays on.

SET PERSONAL DATA


- The scale has the optional function of weighing and finding out your water and body fat percentage, to do this you must fist insert and program in the memory the following data : sex ,age and height. The scale has a memory with capacity for 10 people.

- To insert the data in the memory follow the next steps.
- Press ON button "SET" and wait for the display shows "0.0", Press "SET" again, one of the programmed memories between 01 and 10 it will appear flashing on the display. Also, the symbol of man or woman and the word "USER" will appear on the display. Next and using the setting buttons "▲" or "▼" search "01" to introduce the data of the first person and press "SET" to memorize. The symbol of man or woman will appear flashing.
- Using the same buttons "▲" or "▼", set the age increasing or decreasing the numbers and press "SET" to memorize. It will flash a certain height in centimetres (cm) or feet and inches, depending if you have chosen the weight in kg (kilograms) or lb (pounds) or st:lb (stone:pounds).
- The data of the first person are already memorized. Wait for the digits "0.0" appear on the screen and then the scale switches off.
- Repeat all the process with all the people that are going to use the scale.

GETTING WEIGHED AND OBTAINING WATER AND BODY FAT PERCENTAGE

- Once all the data have been introduced into the memory, to find out your water and body fat percentage, follow these steps.
- Press and release the "SET" button and wait for the digits "0.0" appear on the display. Press "SET" again, and next use the "▲" or "▼" pushers until your memory number appears on the screen. Wait for the digits "0.0" appear on the screen.
- Get on the scale and remain still. First your weigh will appear flashing on the screen. Wait a few seconds. Then, your body fat percentage will be shown next to the symbol  with one of the following indications:

- UNDERFAT
- HEALTHY
- OVERFAT
- OBESE

Next, it will appear the water percentage with the symbol . Both percentages and the weigh result will vary and next the scale switches off. The adjoining tables will give an orientation of the water and body fat percentages.

- The water and body fat percentages belong to some standard parameters and are shown in the display as result of the inserted data and the weight result.

BEAR IN MIND THAT

- If "EEEE" shows on the display it means the maximum weight of the scale has been exceeded.
- If "Err" shows on the display it means it has been a mistake with the results of fat or water.
- You must proceed to change the battery when the "Lo" symbol shows on the display.

To do that, open the lid placed in the back side of the appliance and change the battery.

- Change the battery having in mind that “+” indication must be visible once the battery is place.

ENVIRONMENT PROTECTION

- Dispose the appliance according to the local garbage regulations.
- Dispose the batteries according to the local garbage regulations.
- Never throw away the appliance or the batteries to the normal rubbish bin ,So you will help to the improvement of the environment.
- Place batteries in a special container, which provided for worn batteries.



Body fat %								
Age	FEMALE				MALE			
	Underweight	Healthy	Overweight	Obese	Underweight	Healthy	Overweight	Obese
12 - 20	<18	18 - 28	28 - 33	>33	<15	15 - 21	21 - 26	>26
21 - 42	<20	20 - 30	30 - 35	>35	<17	17 - 23	23 - 28	>28
43 - 65	<21	21 - 32	31 - 36	>36	<18	18 - 24	24 - 26	>29
66 - 100	<22	22 - 32	32 - 37	>37	<19	19 - 25	25 - 30	>30

