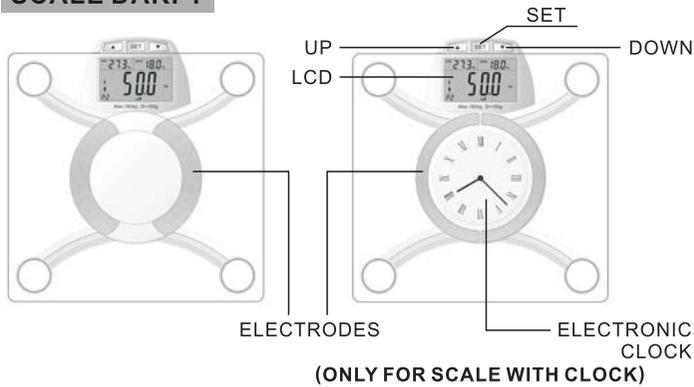


BODY COMPOSITION ANALYZER

USER GUIDE

Please read this instruction carefully before using it

SCALE DARFT



MEASURE RANGE

Body weight, fat, water, muscle, BMI (body mass index), KCAL, bones, visceral Fat.

WORK THEORY

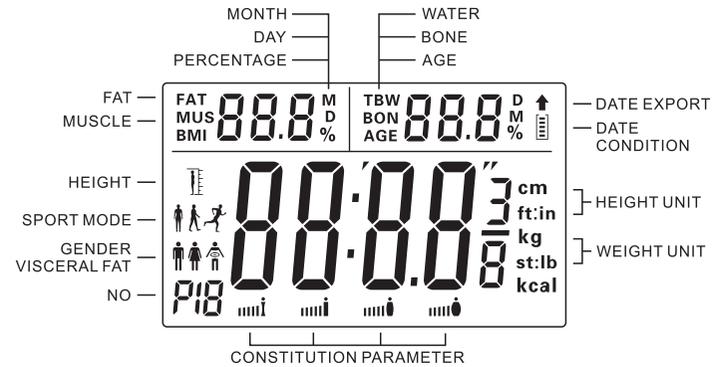
This device is based on the BIA (Bioelectrical impedance Analysis) technology. To measure body bioelectrical impedance, it makes the results much accurate with newly measuring technology. The reason is that human body fat can not be conductive, but muscle and water is a good conductor. The device measures human body bioelectrical impedance to calculate the composition of human body.

SPECIFICATION

- 95.0 x 60mm Back light LCD Display
- Unit: KG, LB, ST
- Weigh continuously
- 10 sets parameter (from P0 to P9), P0 for guests
- 315 memory spaces can be used. 35 memory spaces for each set parameter

- After operation, a graph of health will be shown as well as human fat in the same time
- Three modes: Normal people, amateur player, professional player
- Capacity: 150KG/180KG (optional)
- MIN weight: 5KG
- Muscle division: 0.1%
- Weight division: 0.1KG/0.2LB
- Fat division: 0.1%
- Water division: 0.1%
- Bone division: 0.1%
- Age range: 10~99
- Height range: 100~220CM
- Default: P0, male, 170CM, 30 years old
- Working temperature: 10~40°C
- Working humidity: 20%~90%
- Storage temperature: -10~50°C
- Power: DC 6V (4 x AAA Batteries)

LCD DISPLAY INSTRUCTION



CAUTION

SAFETY PRECAUTIONS

- Pacemaker users/wearers, or other medical implants with electronic components, are not recommended to use this scale.
- Please don't make judgments by yourself when the result is used to make diet and sport plan.
- Please don't use it on the smooth and wet floor.
- Please don't stand on the edge of scale or jump onto it, you may be hurt.
- Please don't allow child to move it for avoiding hurt.
- Please put the batteries in the right position. Please put batteries out if you will not use it for a long time.
- Please keep your body and feet dry when you use the scale.

HOW TO USE

- Please keep your feet clean and stand on with barefoot
- It will be preferable to weigh in the same condition and time everyday
- Please keep your feet on electrode only
- Please don't use it after fierce exercise
- Please keep it away from mobile phone and microwave instrument
- The result is just a reference for child, aged people, pregnant woman and professional player

NOTE

- Please don't disassemble it by yourself
- Please don't wash the scale under the water
- Please don't wash it with hot water or volatile oil
- Wiping it with wet soft cloth or detergent, then clean with dry cloth
- Please don't overload 20% of the max weight

PREPARATION BEFORE USE

SET BATTERY

1. Put the scale back up.
2. Set the batteries (4 x AAA) in the right electrode pole
Please change battery when "LO" is showed on the screen

AUTO POWER-OFF

If not used, it will be powered off after about 15 seconds
If overloaded, it will be powered off
Faulty operation would make it power off

CORRECT STORAGE METHOD

Please keep it away from direct sunshine and heat objects
Please keep it away from the place where has great dramatic temperature change
Please keep it away from wet place
Please use it on smooth and hard floor

Software installation: (only be suitable for models with USB function)

Please down the PC end computing analysis software from company website, this software can be used under WINDOWS system.
After decompression, please double click the installation icon, and operate to go further according to computer prompt.

USING METHOD

FUNCTION OF BUTTON

- In setting mode, press "▲" to increase; Press "▼" to decrease.
- In weighing mode, use "▲" or "▼" to change unit.
- After the user number (P0, P1...P9) flashes 3 seconds or height /age flashes 10 seconds, the device will go to the fat measure mode automatically. When pressing "SET", the screen will display water, fat and weight you measured last time. Then press "▼" to show muscle, bone, visceral fat data; Press "▲" to show BMI, calories data.

SETTING TIME

Date and time settings: After long press SET about 2 seconds, it will go to time setting mode, then the year flashing, press "▲" or "▼" to adjust up or down, press SET button to confirm the year, then the month flashes, press "▲" or "▼" to adjust month. Using the same method to set the date and time. After setting, it will go to the weighing mode. If not use in 15 seconds, the scale will be powered off automatically.

CHANGING UNIT

When the screen show 0.0KG, press "▲" or "▼" to change unit between KG, ST and LB.

WEIGHING MODE

Press SET when the scale is turned off, it will show "8888" for a second. After that, the scale will show "0.0KG". People stand on it and wait for 3-5 seconds. The exact weighing date will be showed on screen. The date will stay on screen for 10 seconds. Then it will turn off again.

SET PERSONAL DATE

1. Choose a user number (from P0-P10)
Press SET to start setting mode, press “▲” or “▼” choose the user number, then press SET to confirm setting, LCD will prompt to next parameter setting “gender” at the same time.
2. Input gender
Press “▲” or “▼” to choose gender, then press SET to confirm setting, LCD will prompt to next parameter setting “sport” mode at the same time.
3. Input sport mode
Press “▲” or “▼” to choose sport mode, then press SET to confirm setting, LCD will prompt to next parameter setting “height” at the same time.
4. Input height
Press “▲” or “▼” to adjust height, then press SET to confirm setting, LCD will prompt to next parameter setting “age” at the same time.
5. Input age
Press “▲” or “▼” to adjust age, then press SET to confirm setting, LCD will prompt to “0.0” (weighing mode).

MEASURING

1. Press SET to turn it on, choose the right person or set a personal data, then you can measure.
2. when LCD display “0.0KG”, you can step on the scale gently (ensure to remove your socks or shoes). While stepping on, please keep your feet on the metal electrodes. LCD prompts to show your weight, fat, water, muscle, bone, visceral fat, BMI and calories data. The scale will be powered off automatically after the data shows two times.
3. if the fat result is wrong, the screen will show “ERR1”. Please check if your parameter setting is wrong or if you step on the electrode pole properly.

Data Download (only suitable for model with USB function)

Please firstly open this software, the main user interface should be as below:

Connecting the scale and U disk, pressing “▼” under time displaying status (or under the power-off status). The progress bar on scale begins to run, showing the data is transferred, after the data is transferred OK, the scale will return to time displaying pattern or power off. If the data transfer is failed or the U disk is not connected well, the LCD on scale will show “USB” prompt.

(special remarks: before data downloading with U disk, please make sure that besides “P0” group, there exists at least 1 group correct weighing data, and U disk is well connected to USB port on scale, press “▼” button, after a beep, LCD backlight works for 15 seconds, this is the communication link time between scale and U disk, the scale will power off automatically after 15 seconds.)



After the data is successfully transferred to U disk, please plug the U disk into the USB port on computer, at this time, U disk icon “

| User | Sex | Data Entries | Download |
|------|--------|--------------|--------------------------|
| P1 | | 0 | <input type="checkbox"/> |
| P2 | | 0 | <input type="checkbox"/> |
| P3 | Female | 11 | <input type="checkbox"/> |
| P4 | Female | 2 | <input type="checkbox"/> |
| P5 | | 0 | <input type="checkbox"/> |
| P6 | | 0 | <input type="checkbox"/> |
| P7 | | 0 | <input type="checkbox"/> |
| P8 | | 0 | <input type="checkbox"/> |
| P9 | | 0 | <input type="checkbox"/> |
| P10 | | 0 | <input type="checkbox"/> |
| P11 | | 0 | <input type="checkbox"/> |
| P12 | | 0 | <input type="checkbox"/> |

Select the DOWNLOAD column for related group to do the data downloading You can see below tip box if the download is OK:

QUIT SOFTWARE

Before quitting the software, please use data export function to backup your measuring data. According to the below step to quit software:

Open the control panel on your computer

Double click "Add, remove program"

Click the name of PC software

Click Quit

Complete the quit operation

ACCURACY ERROR

50Kg: $\pm 300g$ 100Kg: $\pm 400g$ 150Kg: $\pm 500g$

Deviation: Place the weight of 40kg on the 1/4 area of the platform, the max deviation is $\pm 500g$.

INDICATION SYMBOL

Return Zero Error Indicator: Err

Body Fat Error Indicator: Err1

Low Power Indicator: 4.8V \pm 0.2V display "LO"

Overloaded Indicator: Over the max weight +25d, then display EEEE

Without connecting USB: USB

BODY FAT INDICATION

| Gender | Age | Fat Consultation | | | |
|--------|-----------|------------------|------------|-------------|---------|
| | | Slim | Health | Partial Fat | Obesity |
| Man | ≤ 30 | <10.0% | 10.1-21.0% | 21.1-26.0% | >26.1% |
| | >30 | <13.0% | 13.1-23.0% | 23.1-28.0% | >28.1% |
| Woman | ≤ 30 | <20.0% | 20.1-34.0% | 34.1-39.0% | >39.1% |
| | >30 | <21.0% | 21.1-35.0% | 35.1-40.0% | >40.1% |
| | Sign | | | | |

FREQUENTLY QUESTIONS AND SOLUTION

- Question: Why does this scale not work? Why does LCD not display?
Why the data in LCD disappear soon?
Solution: Please check if you take out the insulate plastic film or please check if you did not install batteries or the batteries is low power.
- Question: Why the LCD displays "LO" when I start the scale?
Solution: Low power battery, please change it.
- Question: Why the results are different when I weigh in different time or place?
Solution: Please make sure that you are in the same condition when you use the scale.
Please place your scale in a smooth and hard floor.
- Question: Why the scale displays ERR?
Solution: Please reset the scale and do not stand on it before it displays "0.0".
- Question: Why the body fat scale displays ERR1?
Solution: Please make sure your parameter setting is correct first and make sure your feet touch the electrode pole correctly.
- Question: Why my fat and water data is different when I weigh at different time?
Solution: This scale is based on the BIA (Bioelectrical impedance Analysis) technology. If user's body condition is changed (e.g.: cold, sweating, overeating), the measure result will be different.

ELECTRONIC CLOCK MANUAL (ONLY FOR SCALE WITH CLOCK)

Open the clock lid at the bottom of scale. Press "SET" button, then the minute hand will begin to move to the correct time you want. If the clock can not work, please try to take out the battery and change a new "Lr1130" battery.

