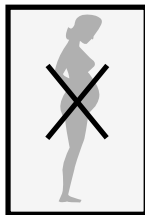
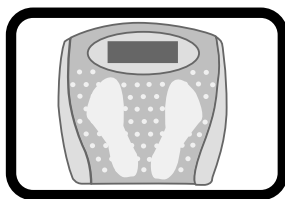

PRECAUTIONS

- Position the scales on a flat, hard surface.
- Clean your scales with a damp cloth but do not allow the water to enter into the scale. Avoid using solvents or abrasive products.
- Remove the battery when the scales are not going to be used for a long time.
- Do not dismantle the scales.
- Avoid exposing the scales to shocks or excessive vibrations; be careful not to drop them on the floor.
- This product is intended for household use only, it is not suited to professional use, in a hospital or medical environment.
- Stand with you feet in the position shown below.



WARNING! This product is not suitable for people who have body implants such as pacemaker, artificial limbs, contraceptive devices, metal plates or screws nor is it suitable for pregnant women.

RECOMMENDED BODY FAT LEVELS

The recommended body fat levels for men and women are as follows:

	MALE	FEMALE
LOW	6% - 10%	14% - 18%
OPTIMAL	11% - 17%	19% - 22%
MODERATE	18% - 25%	23% - 30%
OBESITY	OVER 25%	OVER 30%

It's considered unhealthy for men to have a body fat percentage below 4 percent and women to have a body fat percentage below 12 percent. A body fat percentage of over 20 percent for men and over 30 percent for women is also considered unhealthy.

INTRODUCTION

HOW IT WORKS

Bioelectrical Impedance Analysis or BIA is considered one of the most exact and easiest methods of calculating body fat. A person inputs their age, gender and height, then steps barefoot onto the scales. Electrodes in the foot sensor pads send a very low, safe current through the body. Weight is calculated automatically along with body fat content in less than a minute.

QUICK VIEW



FUNCTION KEYS

MODE:

- Turns the unit on and off.
- Confirmation button for Body Fat function, toggles from Height, Age, Gender for Body Fat analysis.
- Recalls the memory.

▲ OR ▼:

- Changes value of height and age.
- Toggles between male and female.
- Selects memory in Memory mode & Recall mode.
- Clears contents of the user memory in Recall mode.

BEFORE USE

INSERTING THE BATTERY

1. Unclip the battery cover located on the underside of the scales.



2. Clip 1 PP3 9V battery to the battery clip and slide the battery into the battery cover as shown.



3. Replace the cover.

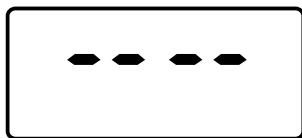


We recommend the use of Ever Ready Energizer batteries.

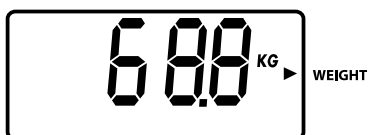
OPERATION

BASIC WEIGHING MODE

1. Simply step onto the scale and stand still while the scales computes your weight.



2. Your weight will be displayed on the LCD screen



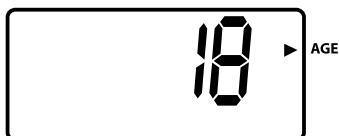
3. The scales will turn off automatically after use.

BODY FAT MEASUREMENT MODE

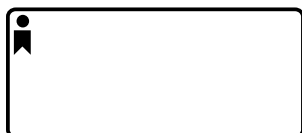
1. Press the [MODE] button to enter Body Fat measurement mode, the height will be displayed flashing on the screen.



2. Press the [▲ OR ▼] button until your height is displayed.
3. Press the [MODE] button to confirm height input, the age setting will be displayed flashing on the screen.



4. Press the [▲ OR ▼] button until you age is displayed.
5. Press the [MODE] button to confirm age. The gender icon will start to flash.



6. Press the [▲ OR ▼] button to toggle between Male and Female icons.

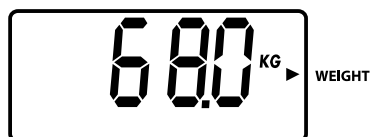
7. Press the [MODE] button, the scales will emit 1 long beep to confirm all settings.

The **R** icon will be displayed on the display and the Height and Age figures will be shown on the screen, the screen changing every 1 second.

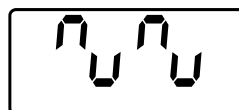
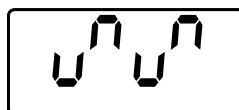


8. Step onto the scales with bare feet and stand still while your weight is measured.

The weight will be displayed for 2 seconds.



9. The scales will then start to measure body fat. The following pattern will be shown on the display during the process.

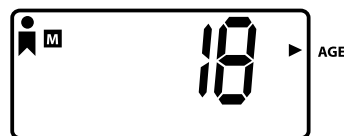


10. The body fat measurement process finishes with 1 long beep. The fat percentage screen and weight screen will be shown on the display, changing every 1 second. The unit will turn off automatically after 8 seconds.



MEMORY FUNCTION

The product features 4 personal memory settings. This allows users to store height, age and gender for all the family.



To Store Memory

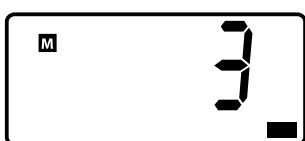
1. Follow steps 1-7 in Body fat measurement mode.
2. Press the [▲ OR ▼] button to select the memory location.
3. If the selected memory location is occupied, it will display a small rectangle below the memory number.



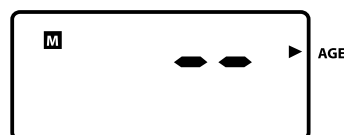
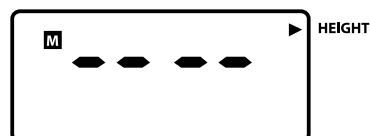
4. Press the [MODE] button to store the settings to the chosen memory location. The scales will confirm this has been done with 1 long beep.

To Recall Memory:

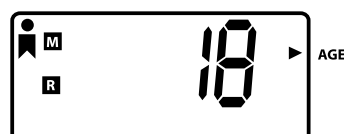
1. When the scales are turned off. Press and hold the [MODE] button for 2 seconds. The scales will enter recall mode.
2. Press the [▲ OR ▼] button to select the required memory location.
3. The memory location will be shown on the display for 1 second. The scales will then cycle through the stored data (height, age and gender). The screen will change once every second.



4. If the selected memory is not occupied, no previous input will be displayed.



5. To clear a memory location, simply press the [▲ and ▼] buttons at the same time.
6. Press the [MODE] button to select your memory settings - the scales will emit 1 long beep and the « R » icon will be displayed on the display. The (height, age and gender) settings will be displayed on the screen, the screen will change every 1 second.



7. Finally, repeat steps 8 to 10 in Body fat measurement mode

OTHER FEATURES

POWER OFF

In the body fat Memory or Recall mode, press & hold the [**MODE**] button for 2 seconds, the unit will turn off.

AUTO OFF FUNCTION

If no button is pressed for 10 seconds, the unit will turn itself off automatically.

METRIC OR IMPERIAL VALUES

To convert the scales from Metric to Imperial display you will find a small switch on the underside of the scales, flip the switch to the opposite position.

TROUBLESHOOTING

ERROR CODES

During use, the scales may show one of the following error codes.

ERROR CODE	MEANING
ERR0	Incorrect initialisation: begin again as explained above.
ERR1	Unstable weight: begin again.
ERR2	Overload: remove weight immediately.
ERR3	Body impedance exceeds the limit (100 ohm - 1kohm): begin again. For certain skin types an Err3 reading may occasionally appear. In this case you may need to dampen your feet to improve the contact with the electrode
ERR4	Percentage of body fat above the 5%-50% bracket: begin again.
BAT LO	Battery failure: replace it.

SPECIFICATIONS

- Uses the **BIA method** for an analysis by bioelectrical impedance.
- Weight capacity: 140kg or 308lb or 22St
- Weight increments: 100g/200g
- Body fat range: 5% to 50%
- Body fat increments: 1%
- Height range: 100.0 to 199.9cm (3'3.4" to 6'6.7")
- Age range: 10 to 80 years
- Individual data memories: 4
- Power 1 PP3 9V battery

Please note that the specifications are subject to change without notice.

SUPPORT

CUSTOMER SERVICE HELPLINE NUMBER 0870 873 0076
SPARE PARTS NUMBER 0870 873 0095

OPENING HOURS
MON-THU 8 AM - 6 PM
FRI 8 AM - 4 PM
SAT-SUN CLOSED

ADDRESS
12 Thames Road
Barking
Essex
IG11 0HX

GUARANTEE

This product is guaranteed for twelve months from the date of original purchase. If any defect arises due to faulty materials or workmanship the unit will be either replaced, a refund will be given, or the unit will be repaired free of charge (where possible) during this period by the dealer from whom you purchased the unit.

- The guarantee is subject to the following provisions:-
- The guarantee is only valid within the boundaries of the country of purchase.
- The product must be correctly installed and operated in accordance with the instructions contained in this manual
- It must be used solely for domestic purposes
- The guarantee does not cover accidental damage, misuse, cabinet parts, or knobs
- The guarantee will be rendered invalid if the product is resold or has been damaged by inexpert repair.
- The manufacturer disclaims any liability for incidental or consequential damages.
- The guarantee is in addition to, and does not diminish, your statutory or legal rights.