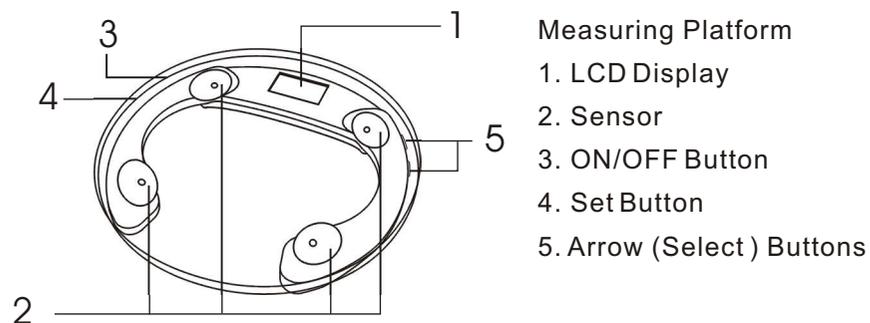


# SBFW012

NOTE: Percentage of body fat measured by this scale only reflects a logical estimation of actual total body composition. There are cases that measuring results are either unstable, unsound or error shown due to health status, dietary, muscle building and/or other factors. People are advised to consult medical professionals when in doubt.



## Specifications:

1. Unit size: 320(D) X 40(H) mm
2. Maximum weight capacity: 160kgs / 352 lbs
3. Weight graduation: 0.1kg / 0.2lb
4. Body fat graduation: 0.1% (range 5-55%)
5. water graduation: 0.1% (range 25-85%)
6. Age range: 20-99
7. Height range: 100-220cm / 3'3"-7'2"
8. Memory position: 01-06
9. Measuring current and frequency: 200 A, 50kHz
10. Illuminated digital readout
11. 4 X AAA Batteries
12. Low battery indication and auto power off

## Battery Installation:

Open the battery cover at the bottom of the scale. Insert 4 brand new AAA batteries properly.

## Operation Environment:

Lay the scale onto a firm and horizontal ground. During measurement, keep the scale away from electromagnetic wave source such as microwave oven, mobile phone or wireless network.

## Measuring Weight Instructions:



1. Tap once on the glass to switch on. "HELO/----" (kg/lb) appears.



- 1.1 When the display changes to 0.0kg, press the "S" button to select "kg" or "lb" mode if necessary.



2. Step onto the scale when 0.0 with "kg" or "lb" appears and stand still for a few seconds. The result will blink on the LCD display.



- 2.1 The scale will turn off automatically after the result has blinked a few seconds.

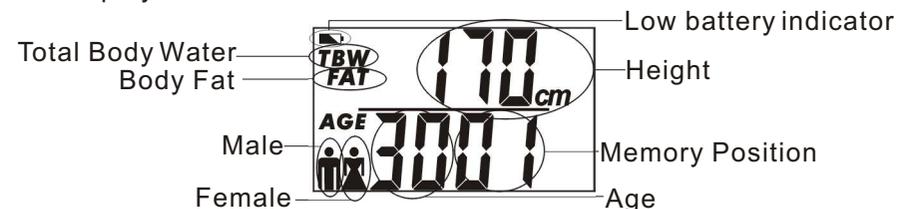


NOTE: For safety sake, do not stand close to the edge of the scale. When the capacity is overloaded, "HELO" and "FFFF" will appear.



## Measuring Body Fat and Water Instructions:

Overall display on the screen:



Before measuring:

1. No strenuous exercise before measurement.
2. No alcohol, caffeine or other diuretics taken.
3. No recent food intake.
4. Empty bladder ( if possible ).
5. To get an optimal result, it is advised to relax and lay flat for 3-5 minutes before measuring.

**Body Fat Measuring Procedures Part A** (This part is for those who are new to this function. For those who have chosen a memory position and stored data already, go to part B for simple instructions.) :



1. Press the "S", "▶" or "◀" button to switch on. Factory pre-set data and memory position (blinking) appears.

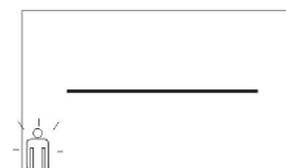


- 1.1 Press the "S" button and the position is automatically entered. If another position is desired, press "▶" or "◀" to select. Press "S" to confirm.

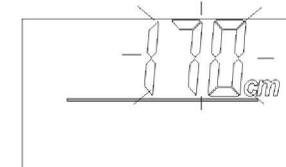


2. "kg" icon blinks after position is entered. Press "▶" or "◀" button to select "kg" or "lb" mode. Press "S" to confirm.

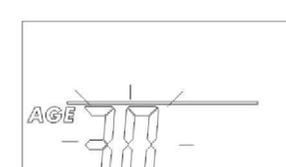
NOTE: If "kg" is chosen, metric unit (centimeters) will automatically be employed for height measurement at step 4 whereas imperial unit (feet and inches) will be used if "lb" is chosen.



3. Gender icon blinks after weight unit is entered. Press "▶" or "◀" to select gender. Press "S" to confirm.



4. Factory pre-set height blinks after gender mode is entered. Press "▶" or "◀" to adjust. Press "S" to confirm.



5. Factory pre-set age blinks after height is entered. Press "▶" or "◀" to adjust. Press "S" to confirm.



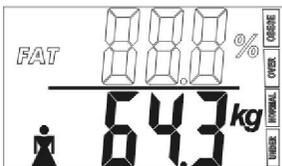
- 5.1 Height, age and gender information appears with memory position blinking for a few seconds after the above steps are finished.



6. Step onto the scale **ONLY** when blinking stops and height, gender icon and 0.0 with "kg" or "lb" appear (as shown on the diagram). Step onto the scale bare feet with clean soles touching two sensors on each side and stand still for a few seconds.



*Note:* For safety sake, do not stand close to the edge of the scale.



6.1 Body fat (FAT) and body water (TBW) percentage will show alternatively together with body weight and body fat status displaying. For details of body fat and body water status, see body fat and body water range charts.

6.2 Scale will turn off automatically in a few seconds after measurement.

### Body Fat Range Chart

Male	Under	Normal	Over	Obese
Age 20-39	< 8%	8-19%	19-25%	>25%
40-59	< 11%	11-22%	22-27%	>27%
60-79	< 13%	13-25%	25-30%	>30%
Female				
Age 20-39	< 21%	21-34%	34-39%	>39%
40-59	< 23%	23-35%	35-40%	>40%
60-79	< 24%	24-36%	36-42%	>42%

Normal total body water range in percentage:

Male	50-65%
Female	60-75%

### Measuring Procedures Part B (For those who have chosen a memory position and stored data already.):



1. Tap on the scale to switch on. HELLO and ---- with "kg" or "lb" appear. Tap once again before 0.0 appears. Data of last user's record appears with position number blinking.

1.1

1.1 If the blinking position belongs to you, simply wait for a few seconds and step onto the scale **ONLY** when height, gender icon and 0.0 with "kg" or "lb" appear.

2. If you have to recall your position you last entered, tap on the glass to choose. After your position is recalled, simply wait until you see the said display (point 1.1) and step onto it.

3. Scale will turn off automatically in a few seconds after measurement.

*NOTE:* In case of error, "Err1" will flash and the scale will turn off automatically. In case of malfunction due to electrostatic, re-install batteries to resume normal performance. When in use, keep the scale away from electromagnetic wave source such as microwave oven, mobile phone and/or wireless network. When the scale is not in use, do not put anything onto the scale and lay flat on the floor.

#### WARNING!

**Pregnant women and users of heart pace maker or any other medical implant should refrain from using this scale.**

# Glass Body Fat & Water Scale

## SBFW012

The **NEW** fitness scale measures your **BODY FAT** content in one weighing process.

