

2回殺脂。

理想の体型へあなたをガイド



智能測脂電子磅
カラダスキャン Body Scan

乗るだけで体重測定を開始する、「ステップON機能」

User Manual

非売品

FEATURES

With this BIA technology body scan machine, you will be able to get information about your body composition with reference to your weight, body fat %, body water %, muscle mass %, bone mass, daily calorie requirements in kcal, and BMI value.

10 User-data can be recorded.

KEYS

SET	In power off mode, enter to setting mode. In setting mode, it is confirm key.
▲	In weight mode, change unit. In setting mode, change data.
▼	In weight mode, change unit. In setting mode, change data.

Remark: Input person data before measurement

Stand On
the Scale

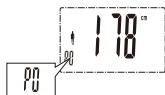


Display 0.0kg,

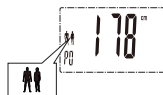


Get down after
locked your weight,
Auto Zero in 5s,
Auto off in 10s .

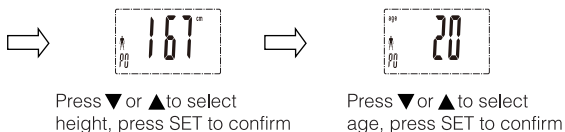
DATA INPUT



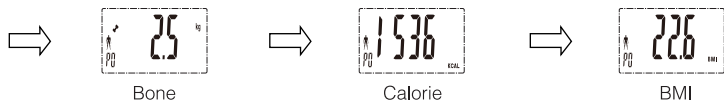
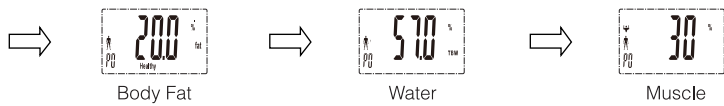
Press ▼ or ▲ to select a user profile (P0 - P9), press SET to confirm



Press ▼ or ▲ to select Gender, press SET to confirm



- Input person data before measurement
- Measure with bare feet
- Measure with these steps



- All results will be displayed 3 times. Check your health condition with the tables.

AUTO USER

Data will be recorded after each measurement.

The scale can detect automatically the corresponding user if the user's weight change not exceeding 2 KG#. Step on the scale while it is in power-off mode, the scale will start showing your user number, following by various measurements.

#This function is applicable only for family with significant difference in weight for each member.

1. Body fat table

(a) Male

Age	Under fat	Healthy	Over fat	Obese
<20	<12.0	12.0 - 20.0	21.0 - 29.0	>29.0
20 - 30	<13.0	13.0 - 21.0	22.0 - 30.0	>30.0
30 - 40	<15.0	15.0 - 23.0	24.0 - 32.0	>32.0
40 - 50	<16.0	16.0 - 24.0	25.0 - 33.0	>33.0
50 - 60	<17.0	17.0 - 25.0	26.0 - 34.0	>34.0
>60	<18.0	18.0 - 26.0	27.0 - 35.0	>35.0

(b) Female

Age	Under fat	Healthy	Over fat	Obese
<20	<17.0	17.0 - 25.0	26.0 - 34.0	>34.0
20 - 30	<17.0	17.0 - 25.0	26.0 - 34.0	>34.0
30 - 40	<19.0	19.0 - 27.0	28.0 - 36.0	>36.0
40 - 50	<20.0	20.0 - 28.0	29.0 - 37.0	>37.0
50 - 60	<21.0	21.0 - 29.0	30.0 - 38.0	>38.0
>60	<21.0	21.0 - 29.0	30.0 - 38.0	>38.0

Fat, Water, Muscle, calories and bone table

Age		Male				
		Fat (%)	Water (%)	Muscle (%)	Calories (Kal)	Bone (Kg)
<20	Under weight	<12				
	Healthy	12 - 20	46 - 69	38 - 56	1200 - 2600	2.0 - 4.1
	Over weight	21 - 29				
	Obese	>29				
20-30	Under weight	<13				
	Healthy	13 - 21	48 - 69	43 - 64	1150 - 2800	2.1 - 4.0
	Over weight	22 - 30				
	Obese	>30				
30-40	Under weight	<15				
	Healthy	15 - 23	45 - 68	48 - 69	1100 - 2400	1.8 - 4.0
	Over weight	24 - 32				
	Obese	>32				
40-50	Under weight	<16				
	Healthy	16 - 24	43 - 69	46 - 62	1030 - 2150	1.9 - 3.8
	Over weight	25 - 33				
	Obese	>33				
50-60	Under weight	<17				
	Healthy	17 - 25	43 - 65	44 - 59	980 - 2060	1.9 - 3.7
	Over weight	26 - 34				
	Obese	>34				
>60	Under weight	<18				
	Healthy	18 - 26	42 - 68	41 - 58	720 - 1750	1.6 - 3.7
	Over weight	27 - 35				
	Obese	>35				

Age		Female				
		Fat (%)	Water (%)	Muscle (%)	Calories (Kal)	Bone (Kg)
<20	Under weight	<17				
	Healthy	17 - 25	43 - 68	35 - 56	1100 - 2400	1.8 - 3.9
	Over weight	26 - 34				
	Obese	>34				
20-30	Under weight	<17				
	Healthy	17 - 25	43 - 67	38 - 58	1050 - 2600	1.9 - 4.0
	Over weight	26 - 34				
	Obese	>34				
30-40	Under weight	<19				
	Healthy	19 - 27	40 - 69	42 - 58	1000 - 2200	1.5 - 3.8
	Over weight	28 - 36				
	Obese	>36				
40-50	Under weight	<20				
	Healthy	20 - 28	42 - 68	40 - 56	950 - 2050	1.6 - 3.7
	Over weight	29 - 37				
	Obese	>37				
50-60	Under weight	<21				
	Healthy	21 - 29	42 - 65	39 - 55	950 - 2000	1.6 - 3.6
	Over weight	30 - 38				
	Obese	>38				
>60	Under weight	<21				
	Healthy	21 - 29	41 - 64	35 - 51	600 - 1500	1.3 - 3.5
	Over weight	30 - 38				
	Obese	>38				

Calories Table

Age	Male		Female	
	Range (Kcal/day)	Standard (Kcal/day)	Range (Kcal/day)	Standard (Kcal/day)
<20	1200 - 2600	1680	1100 - 2400	1390
20 - 30	1150 - 2800	1600	1050 - 2600	1345
30 - 40	1100 - 2400	1540	1000 - 2200	1295
40 - 50	1030 - 2150	1470	950 - 2050	1250
50 - 60	980 - 2060	1405	950 - 2000	1203
>60	720 - 1750	1335	600 - 1500	1150

BMI Table

Body Mass Index			
Under weight	Healthy	Over weight	Obese
<18.5	18.5 - 25	25 - 30	>30

SYMBOL

"Lo" low battery, change battery.

"Err " Over load.

"Err2" body fat measure error.

SPECIFICATION

Max :180kg

Mini : 5kg

Div : 0.1kg

Body fat % : 5.0 - 50.0 Div 0.1

Body water % : 32.0 - 74.0 (male) , 35.0 - 79.0 (female) div0.1

Muscle % : 10.0 - 80.0 Div 0.1

Bone : 0.5 - 30.0kg Div 0.1kg

Calories : 0 - 9999Kcal Div 1Kcal

BMI : 1 - 100 Div : 1

ATTENTION

1. Use the scale on a hard flat floor.
2. Please do not put the scale in the damp, high temperature, low temperature environment.
3. Don't jump on the scale to avoid destroying the load cell.
4. Weight always with bear feet to avoid making scratch on the scale.
5. Clean the scale with soft cloth.
6. The scale is used only for family, commercial use is not allowed.
7. Take out the batteries if not used for long time.
8. Keep out of reach of children.
9. Handle with care. Glass component.

止肥成功
減肥成真!!

