

Ωmega

# BODY FAT SCALE

INSTRUCTIONS  
FOR USE

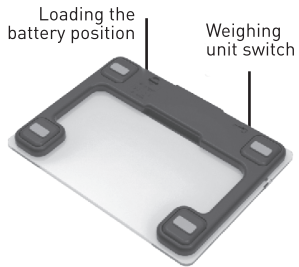
OBSF



1xCR2032 Battery



## REPARATION BEFORE USE



### INSERTING THE BATTERIES

Open the battery cover on the back of the measuring platform. Pay attention to the Anode and Cathode, then put the battery into the battery compartment.

### NOTE

If you do not intend to use this unit for a long period of time, it is advisable to remove the battery before storage.

### POSITIONING THE MONITOR

Place the measuring platform on a hard, flat surface where there is minimal vibration to ensure safe and accurate measurement.

### NOTE

To avoid possible injury, do not step on the edge of the platform.

## HANDLING TIPS

This monitor is a precision instrument utilizing state-of-the art technology.

To keep the unit in the best condition, follow these instructions carefully:

- do not attempt to disassemble the measuring platform,
- place the unit in an area free from direct sunlight, heating equipment, high humidity, or extreme temperature change,
- never submerge in water. Use alcohol to clean the electrodes and glass cleaner (applied to cloth first) to keep them shiny, soaps is not allowed,
- do not step on the platform when it is wet.

## USEFUL FEATURES

- This body fat scale allows you to measure weight, body fat percentage, water percentage, bone weight, muscle percentage, calorie, BMI simultaneously and easily simply by stepping on the scale.
- Personal data (Female / Male, Age, Height) can be preset and stored in personal data memories.
- After you have completed the measuring process, the power shuts off automatically .
- With low battery and overload indication function.
- With Automatic Zero function.

## WEIGHT ONLY FUNCTION


This scale is with Weight Only function (auto on) when the user doesn't press any key to set any data, only step on the platform, the display will show the User's Weight Only (the weight will flash twice and hold finally).

## HOW TO DETERMINE BODY FAT PERCENTAGE

Setting and Storing Data in Memory. The unit can be operated if data has been programmed into one of the personal data memories.





### 1. TURN ON THE POWER



Press  button to turn on the unit. The unit will confirm activation; the last user's personal data will be appeared alternately.





### 2. SELECT PERSONAL DATA CODE

Firstly press the **SET** button, the Personal data code will be flashed. Press the  buttons to select a personal data code. Once you reach the personal data code you wish to use, press the set button to confirm.



### 3. SELECT FEMALE OR MALE

Use the  buttons to scroll through female, male settings, and then press the **SET** button to confirm.

### 4. SPECIFY THE HEIGHT

Use the  buttons to specify Height and then press the **SET** button to confirm. Range of user height is between 100-220 cm.

### 5. SET AGE

Use the  buttons to specify age. When you reach your age, press the **SET** button to confirm. Range of user age is between 10-80 year.

#### **NOTE**

If you make mistake before you have finished programming it, repeat the steps from Select a Personal data code.

## TAKING WEIGHT AND BODY FAT READING

After programming your personal data, you are ready to take a reading.

### SELECT PERSONAL DATA CODE

Press the **SET** button turn on .Use the  buttons to select your Personal data code. The display will show the programmed data. Until the display will show "0.0", now step onto the platform.

#### **NOTE**

To ensure accuracy reading should be with barefoot to step on the platform and be sure of your heels are correctly aligned with the electrodes on the measuring platform.If you step onto the platform before "0.0" appears, you will not obtain a reading. Further more, if you do not step onto the measuring platform within about 9 seconds after "0.0" appears,the power will shut-off automatically.

### GET YOUR READING

Your weight will be shown first. Continue to stand on the platform."0000" will appear on the display and disappear one by one from left to right. The display will then flash your weight. Then the body fat percentage, water percentage, bone weight, muscle percentage, calorie, BMI and weight will appear alternately twice.



**NOTE**

Do not step off until body fat% is shown, If the body fat is shown even if you step off the platform. The alternating display, body fat percentage and water percentage, bone weight, muscle percentage, calories. BMI will appear alternately twice, the unit will then shut-off automatically.

**BODY FAT RATIO CHART**

age	female				male			
	low	healthy	high	obese	low	healthy	high	obese
10~39	14~20	21~25	26~31	32~38	11~17	18~23	24~29	30~36
40~55	15~21	22~21	27~32	33~38	12~18	19~24	25~30	31~37
56~80	16~22	23~27	28~33	34~38	13~19	20~25	26~31	32~38

**NOTE**

Due to the natural differences between people this chart should be used for references purpose only.

**WATER RATIO CHART (%)**

age	female			male		
	low	healthy	high	low	healthy	high
10~14	~56	57~67	68~	~57	58~72	73~
45~29	~46	47~57	58~	~52	53~67	68~
30~59	~41	42~52	53~	~46	47~61	62~
60~80	~36	37~47	48~	~41	42~56	57~

**BONE RATIO CHART (kg)**

BONE KG			
female	<39kg	40~60kg	>60kg
	1.7	2.1	2.4
male	<54kg	55~75kg	>75kg
	2.4	2.8	3.1

## MUSCLE RATIO CHART (%)

MUSCLE PERCENTAGE (%)				
female	low	healthy	slightly high	high
	below 28%	28-30%	31-32%	above 33%
male	low	healthy	slightly high	high
	below 30%	31-34%	35-38%	above 39%

## CALORIE kcal

GENDER AGE BASIC METABOLISM		
Age	Female (kcal/day)	Male (kcal/day)
1~2	700	700
3~5	860	900
6~8	1000	1090
9~11	1180	1290
12 ~ 14	1240	1480
15~17	1300	1610
18~ 29	1210	1550
30~49	1170	1500
50~69	1110	1350
70 ~	1010	1220

## REPLACING THE BATTERIES

When the batteries run low, the **Lo** message will appear on the display window. When the message appears the batteries must be replaced immediately. Since weak batteries will affect the accuracy of your measurements. Change all the batteries at the same time with new ones.

## ERROR MESSAGE

The following error messages may appear:

- **Lo**: The battery in the scales must be replaced.
- **Err**: The maximum load capacity is exceeded.

Weight range: weight only function: 3-151 kg, body fat function: 0.8-150 kg

- **Err2**: The body-fat and body-water percentages cannot be calculated.

If body fat percentage is less than 5% or more than 85%, the reading cannot be accurate.