



PLEASE READ THIS USER'S MANUAL THOROUGHLY BEFORE USE

# USER MANUAL

## BODY FAT SCALES

MODEL NO.: 3902



## Usage Guide:

- Remember to use the scale with **bare feet** in order for the BIA function to work correctly.
- Use the Scale to measure your progress only. Don't compare your body fat percentage to anyone else's score.
- Measure out and drink some water one hour before you test yourself. Make sure you always drink the same amount of water one hour before you test yourself.
- Measure yourself at the same time of day for each test. Your skin temperature affects the electrical current used by the scale. It's difficult but try to test yourself in a similar room temperature each time.
- Don't test yourself after exercising. When you exercise you sweat and when you sweat you lose water. This affects your hydration levels and therefore the results.
- Thoroughly clean the foot pads, preferably with alcohol and then dry them off each time you test.

## Personal Safety:

- Do not use the appliance with wet feet.
- Always use the appliance with **bare feet** - remove any socks or shoes.

## Measuring Water, Bone and Muscle:

- Gently press the surface of the scale with your foot to switch it on.
- Press the Set button and use Up/down button to find the memory number under which you wish to save your personal data (10 memories available P01-P10). Then press the Set button to confirm your choice.
- Select male or female by using up/down buttons and confirming by pressing Set button.
- Log in your age using the up/down buttons and confirming by using Set button.
- Log in your height using the up/down buttons and confirming by using Set button. Note you can also use the unit selector button under the scale to select height measure (inches/centimetre). These steps can be repeated to program the remaining 9 memories if desired.
- Once you have set your profile, press the "set" button and select your profile. Your saved data will briefly flash onto the screen of the scale.
- Place down the scale and place your body at the centre on top of the metal sensors. Remember to be bare feet.

- Remain still on the scale while the scale is calculating. The scale will show flashing "000" while busy calculating. Once done, the scale will flash results in the following sequence:
- Body Fat %, Body Water % (Hydration), Bone % and Muscle %. See below the icons displayed on the scale. The results will repeatedly flash 3 times

## Calculating Percentage Body Fat:

- This appliance has the built-in option to calculate the percentage of your body fat by using bioelectrical impedance techniques.
- This analysis measures the different conductivity between the muscle mass and body mass formed by fat cells using very low-intensity electrical micro current that runs through the lower members of the body.
- The percentage body weight is calculated using the procedure described above and also involves the following variables: height, age, gender and weight.
- Optimum results according to standards generally applied to adults:
  - Men: 14 – 24%
  - Women: 20 – 30%
- Any results below these indicators are considered underweight and higher than these is considered overweight.
- In the event of doubt, consult your doctor or pharmacist for clarification.

## BODY FAT RANGES

Male	Age	10-20	20-30	30-40	40-50	50-60	60-99
	Underweight	<10%	<11%	<13%	<14%	<15%	<16%
	Healthy	10-18%	11-19%	13-21%	14-22%	15-23%	16-24%
	Overweight	>18%	>19%	>21%	>22%	>23%	>24%
Female	Age	10-20	20-30	30-40	40-50	50-60	60-99
	Underweight	<15%	<15%	<17%	<18%	<19%	<19%
	Healthy	15-23%	15-23.5%	17-25%	18-26%	19-27%	19-27%
	Overweight	>23%	>23%	>25%	>26%	>27%	>27%

### Measuring Percentage Body Fat:

- Gently press the surface of the scale with your foot to switch it on.
- Use the up/down buttons to access the memory code under which your personal data have already been saved.
- Wait a few seconds until your personal data appears on screen briefly – gender, age, height and weight unit.
- Wait for the display to show “0,0kg” and then the scale is ready for use.
- Place yourself in the centre of the platform avoiding abrupt movements and without touching other objects, until the appliance shows your weight.
- Do not move and the percentage body fat will be displayed on screen.
- After stepping down the “Auto shutdown” system will turn it off automatically.



#### Left Icons:

1. Body Fat %
2. Water/Hydration %
3. Bone %
4. Muscle %

Please note, the scale will also use one of the following descriptions as per the results:

1. Under fat
2. Healthy
3. Over fat
4. Obese

### Disposal of Unit:

Appliances bearing the symbol shown here may not be disposed of in domestic rubbish. You are required to dispose of old electrical and electronic appliances like this separately. Please visit [www.recycle-more.co.uk](http://www.recycle-more.co.uk) or [www.recyclenow.co.uk](http://www.recyclenow.co.uk) for access to information about the recycling of electrical items. Please visit [www.weeeireland.ie](http://www.weeeireland.ie) for access to information about the recycling of electrical items purchased in Ireland. The WEEE directive, introduced in August 2006, states that all electrical items must be recycled, rather than taken to landfill. Please arrange to take this appliance to your local Civic Amenity site for recycling, once it has reached the end of its life.



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