

Tatkraft

FITNESS DIGITAL BODY FAT AND MUSCLE ANALYZER SCALE

INSTRUCTION FOR USE



ISO 9001:2008

art. 20351

Dear Customer, please read the instruction carefully to use all advantages of these high technology analyzers.

This product designed to monitor body muscle/fat/hydration at home. it helps to track changes during diet or training, it's important to loose fat, not muscles. Track all changes and make your way to health and beauty more effective, maintain reached results with this device, it designed to store in memory data for 12 persons.

Set your personal data (height, age, sex), step on the scales with BARE feet (on metal parts of the platform) and get all information about you on the screen (including recommended Kcal level).

CAUTION: DO NOT USE during pregnancy, edema, dialyze treatment, with heart pacemaker or other implanted medical devices!

■ USER-FRIENDLY TIPS

DURING MEASURING

1. The device is designed to allow auto step on. Please always ignore the first reading and only start taking effective record from the second time weighing.
2. Always remove your shoes and socks, wipe clean your feet before using.
3. Step on the weighing platform gently.
4. It is advisable to take measurement at the same time of the day.
5. Measured result could be misleading after intensive exercise, excessive dieting or under extreme dehydration condition.
6. Always weigh/use the scale on a hard and flat surface. When you are measuring, please keep still.

7. The measured data of the following people may have deviation:

- Children under 10 or adult over 100
(can only use the device under normal weighing mode)
- Adult over 70
- Body building athletes or other occupational athletes

8. People with the following conditions should not use the device:

- Pregnant women
- Those with symptom of edema
- Those on dialysis treatment
- Those who use heart pacemaker or with other implanted medical device

SAFETY WARNING

1. The Fat% Hydration% content evaluated by the Fat Monitor Scale Is only for reference (not for medical purpose). If your Fat% Hydration% content is over/below normal level, please consult your doctor for more advice.
2. Keep away from strong electro-magnetic field when using the scale.
3. It could be slippery if you weigh on a wet surface. Moreover, if the weighing platform surface is glazed, never step on the edge of the scale and do keep balance during your weighing.

■ FEATURES/SPECIFICATIONS

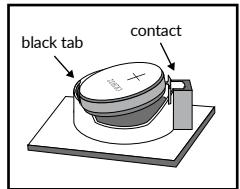
1. Size of LCD: 160×30 mm.
2. Using high precision strain gauge sensor.
3. Multifunction: test body fat %, body hydration %, body muscle%, body bone% and suggest calorie intake requirement.
4. Built-in memory for 12 different users.
5. Optional normal weighing mode (bypassing parameter setting): Auto step on weighing and consecutive add-on weighings.
6. Low battery and overload indication.
7. Last immediate memory recall.

■ PERFORMANCE INDEX

	Weighing Capacity	Fat%	Hydration%	Muscle%	Bone%	Calorie
Index Range	200 kg 440 lb	4-60%	27.5-66%	20-56%	2-20%	-
Division	0.1 kg 0.21 lb	0.1%	0.1%	0.1%	0.1%	1 KCAL

■ TO INSTALL OR REPLACE BATTERY

2×3V CR2032 lithium batteries (included).
Remove isolation sheet before use.



Install and replace battery as described.

1. Open battery case cover on the back of scale. Bend the small contact outwards and the battery will come out.
2. Install new battery by putting one side of battery beneath the black tab and then pressing down the other side until the battery is locked. Please observe the polarity!

■ BUTTONS ILLUSTRATION



ON/SET Turn on the scale and prompt to next parameter.
Please refer to the Setting Personal Parameter overleaf.

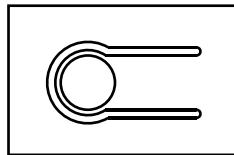


Advance the value by one Interval each press. Continuous pressing will speed up the advance of value.



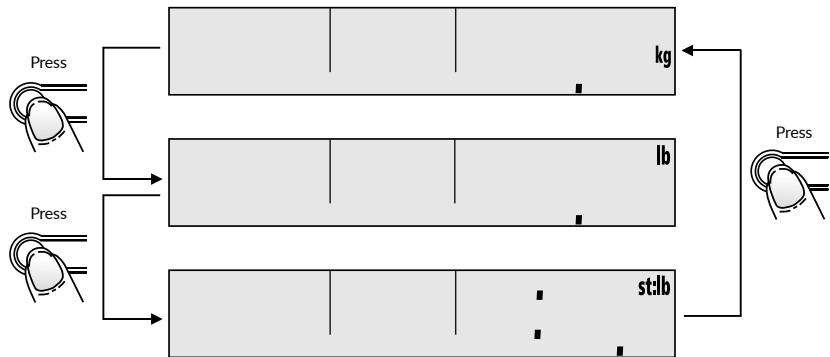
Decrease the value by one Interval each press. Continuous pressing will speed up the decrease of value.

■ TO SET WEIGHT UNIT



Press the unit conversion button when scale is power off, LCD shows current weight unit. Press the button again to convert weight unit.

At the bottom of scale, you can find a unit conversion button as shown in picture.

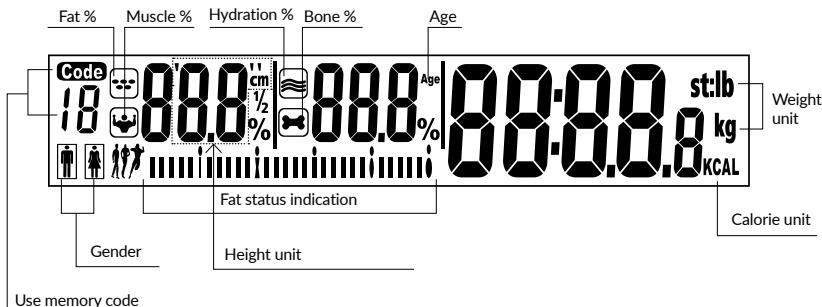


After selecting the preferred unit, the scale will be auto-off after 3 seconds. Selected weight unit will be activated when the scale is turned on again.

- When setting lb/st as weight unit, the default height unit is feet/inch.
- When setting kg as weight unit, the default height unit is cm.

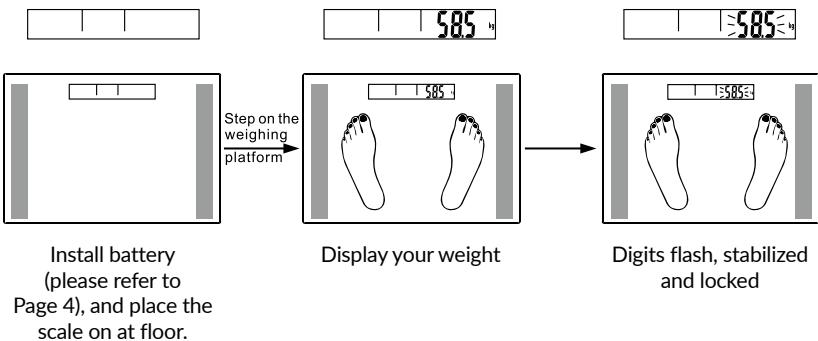
Remark: The unit system of scale depends on sales destination or the requirement of distributor.

■ LCD DISPLAY



■ OPTIONAL NORMAL WEIGHING MODE (BYPASSING PARAMETER SETTING)

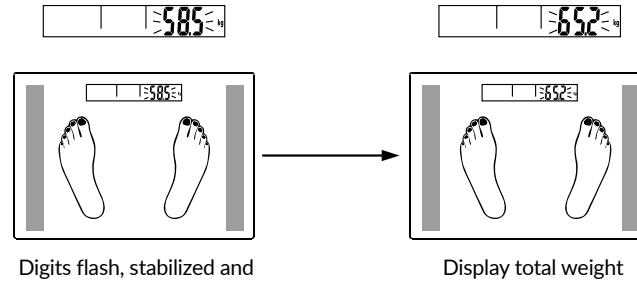
AUTO STEP ON WEIGHING



CONSECUTIVE ADD-ON WEIGHING

After digits stabilize, more additional loadings can be conducted. Ensure each add-on loading has to exceed 2 kg to get a new reading.

Example: If you want to get a weighing value of your baby, you can weigh yourself first, and then hold your baby together, without stepping off the scale. Then you will get the total weight reading. Subtracting the previous reading of yourself from the new reading, you will get the difference as your baby's weighing value.



■ FAT/HYDRATION/MUSCLE/BONE/CALORIE MEASURING MODE

SETTING PERSONAL PARAMETERS

1. At the first time when you install battery and switch on, all default parameter are set as follow:

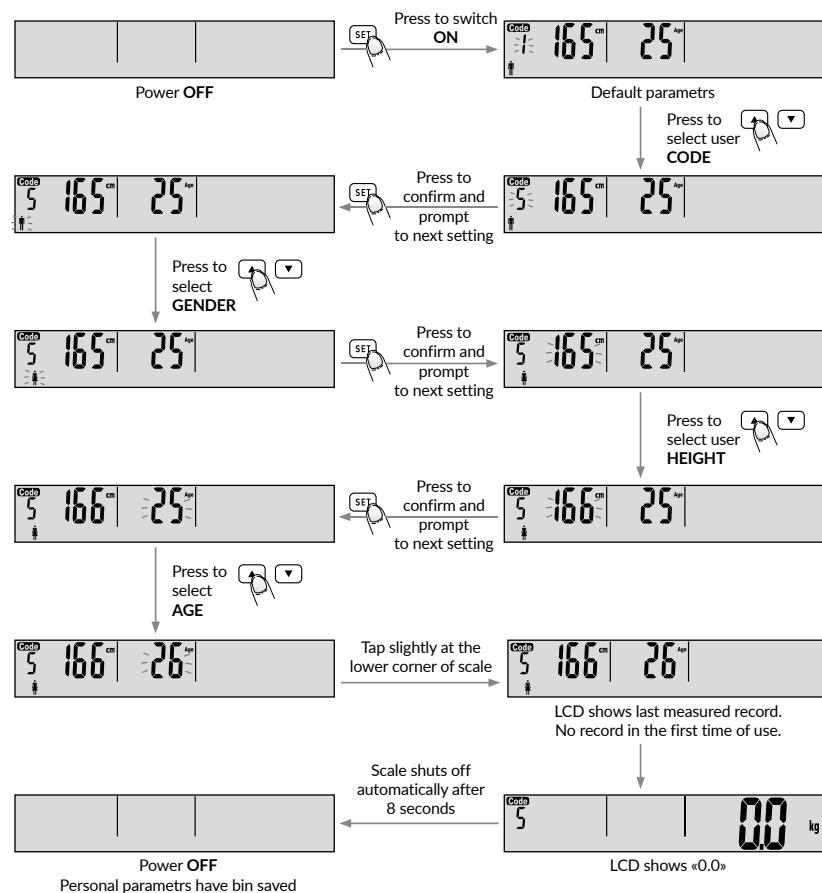
Gender	Height	Age
Male	165 cm/5'05.0"	25

2. Parameters can be set in the following range:

Memory	Gender	Height	Age
1-12	Male/Female	100-250 cm 3'03.5"- 8'02.5"	10-100

3. Parameter setting

Example: the 5th user, female, 166 cm, 26 years old, can set her parameters as follow:



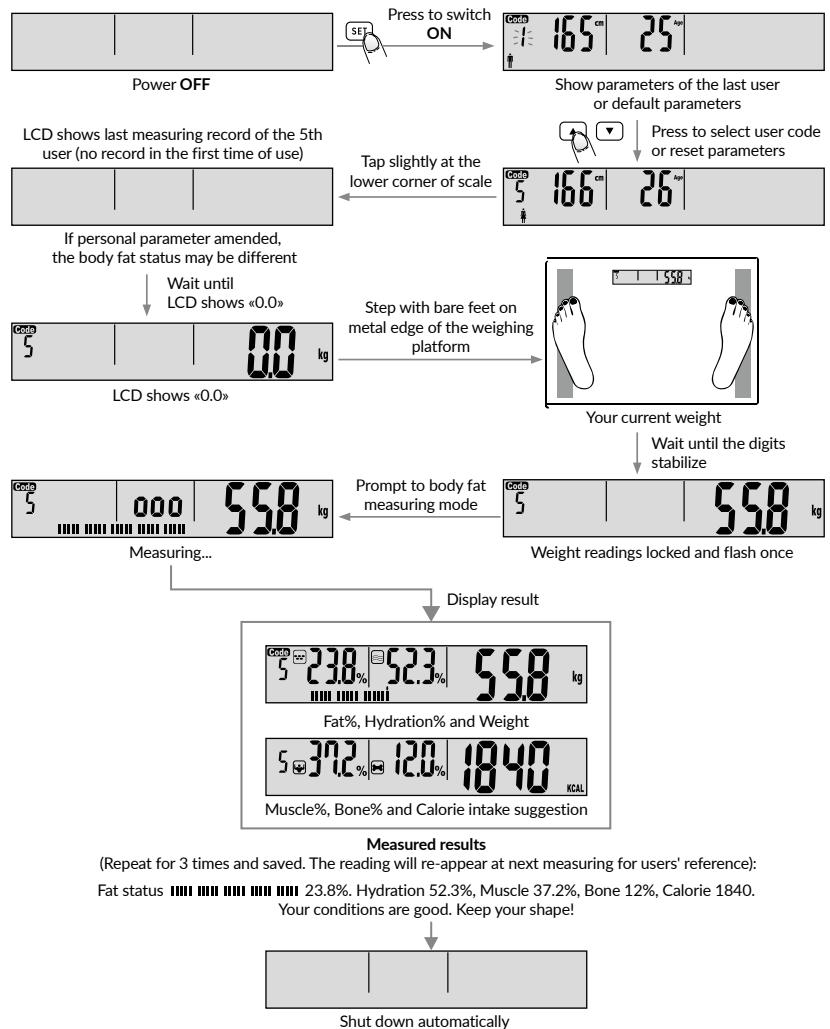
Note:

- During the parameter-setting, you can always tap on the weighing platform any time to set the scale to zero-point. You can start measuring based on the parameters just set/updated into the scale.
- After completing the setting cycle, you can always continue on pressing ON/SET again to go through another setting cycle of all parameters.

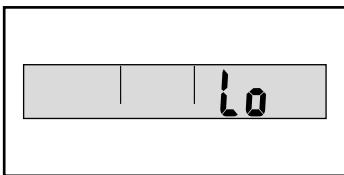
TO START MEASURING

To ensure accuracy, please remove your shoes & socks before stepping on. Align two feet respectively onto the two sides of scale electrodes. DO NOT step off before LCD displays test result.

Example: the 5th user, female, 166 cm, 26 years old can measure as follow:

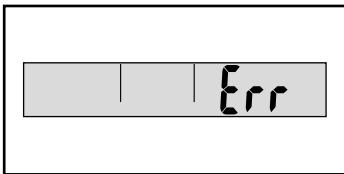


■ WARNING INDICATIONS



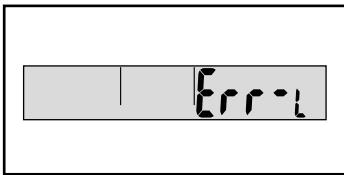
Low battery indication

The battery power is running low, please replace with a new battery.



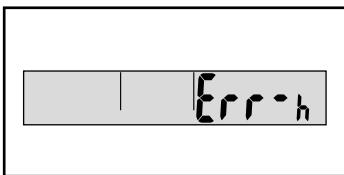
Over-load indication

The weighing subject on the platform exceeds the maximum capability of scale. Please step off to avoid damage.



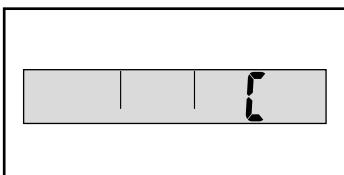
Low Fat% indication

The Fat% is too low. Please lead a more nutritional diet and take good care of yourself.



High Fat% indication

The Fat% is too high. Please watch your diet and do more exercise.



Re-test

Error exists, please re-test to get the correct result.

■ ABOUT FAT

ABOUT FAT%

1. Fat% is an index % of fat content in human body.
2. The fat content in human body is of a certain level, overabundance of fat will bring bad effects on metabolism, thereby, various illnesses may invade. Here goes an old saying, «Obesity is hotbed of illness».

WORKING PRINCIPLES

As electrical signal of certain frequency transmits through human body, the impedance of fat is stronger than that of muscle or other human tissues. Through the use of biological resistance analysis, this product will pass a safe frequency of low voltage electrical current through human body, thus, the Fat% will be reflected according to the resistance differences when the electrical signal transmitting through human body.

FAT/HYDRATION CONTENT FITNESS ASSESSMENT CHART

After your weighing, you can use the following Assessment Chart for reference:

Age	Fat(F)	Hydration(F)	Fat(M)	Hydration(M)	Status	Key line indicator
≤30	4.0-16.0%	66.0-57.8%	4.0-11.0%	66.0-61.2%	Too	
	16.1-20.5%	57.7-54.7%	11.1-15.5%	61.1-58.1%	Lean	
	20.6-25.0%	54.6-51.6%	15.6-20.0%	58.0-55.0%	Normal	
	25.1-30.5%	51.5-47.8%	20.1-24.5%	54.9-51.9%	Fat	
	30.6-60.0%	47.7-27.5%	24.6-60.0%	51.8-27.5%	Too	
>30	4.0-20.0%	66.0-55.0%	4.0-15.0%	66.0-58.4%	Too	
	20.1-25.0%	54.9-51.6%	15.1-19.5%	58.3-55.3%	Lean	
	25.1-30.0%	51.5-8.1%	19.6-24.0%	55.2-52.3%	Normal	
	30.1-35.0%	48.0-4.7%	24.1-28.5%	52.2-49.2%	Fat	
	35.1-60.0%	44.6-27.5%	28.6-60.0%	49.1-27.5%	Too	

The above information is only for reference

Please consult to your doctor and trainer to get personal recommendation on diet and training plan based on your health condition and lifestyle.

■ ABOUT CALORIE

1. Calorie & Energy Consumption

Calorie: Energy Unit

The data reading indicates the energy you need to sustain the daily metabolisme and ordinary activities required for your weight, height, age and sex.

2. Calorie & Losing Weight

Control the calorie intake combined with proper exercise is an effective way to lose weight. This is a very simple theory. As the daily energy intake can not support the energy consumption of the human body, the saccharide and fat stored inside will decompose and provide energy to human body. That leads to weight loss.

■ CLEANING AND CARE

1. Clean the scale with a slightly damp cloth. DO NOT immerse the scale In water or use chemical / abrasive cleaning agents.
2. All plastic parts should be cleaned immediately after contact with fats, spices, vinegar and strongly flavored / colored foods. Avoid contact with acids citrus juices.
3. Always use the scale on a hard, flat surface. DO NOT use on carpet.
4. DO NOT strike, shake or drop the scale.
5. The scale is high precision device. Please take care of it.
6. Please keep it dry.
7. Please check whether battery is installed or in high level if scale can not be turned on.