

TBF-440

Talking Body Fat scale



INSTRUCTION MANUAL

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Technical specifications:

Weighing capacity: 200kg / 440lb
Weighing deviation: 1 %
Personal data memory: 10 sets

Weighing graduation: 0.1 Kg / 0.2 Lbs
Optimum temperature range: 10 C to 40 C

Function: Measures body weight and body fat percentage with voice reading.



Operation Instructions:

1. Inserting Batteries: Insert 4 AAA-size batteries into the battery compartment, under scale.
2. Personal Data: Enter or edit up to 10 memory locations for gender, height and age. The body fat calculation is based on the accuracy of entered data and is retained in memory until edited.

Enter User Data

- 1: Press the **Power** key to turn on the unit. It will say "Hello"
When the display shows 0.0 Lb, it will say, "I'm ready"
Press **Set** key.
2. Memory number "01" will appear in the display.
Use **>** key to increment or **<** Key to decrement display to desired memory number.
Press the **Set** key.
3. Use **>** key or **<** Key to select gender icon appearing on the left side of the display.
Press the SET key.
4. Use **>** key or **<** Key to set the height value, range: 3'3" to 7'3" in 1 inch increments.
Press the SET key.
5. Use **>** key or **<** Key to set age from default 30, range 10 to 100 in 1 year increments.
Press the SET key.

The selected Memory number will appear in display again, indicating that data input is complete.

To set personal data for other users Memory numbers, use **>** or **<** keys to select the next memory number and repeat the above steps 2 through 5.

To start using the selected Memory, press **Set** key, follow steps 'b' to 'd' in the following section.

To Turn off the scale simply press the **Power** key.



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Taking All Measurements

- A: Press and **HOLD** the **Power** key to turn on the scale, it will say "Hello".
Keep holding, after 3 seconds, users 01 to 10 will be shown in rotation in 1-second intervals.
Release the **Power** key when your Memory/user number is shown.
- B: User height and gender will be temporarily displayed for about 2 seconds
The display will then show "0.0 lb" and say "I'm ready".
- C: Step onto the measurement platform barefoot.
Your weight will be displayed and read out first.
Display will show " " while automatic calculation is performed.
After " " disappears, body fat percentage and evaluation result are shown and read.
Measurement is now complete.
- D: Step off platform, body weight and fat percentage values will alternate on display 3 times.
Scale will then say "Goodbye" before the power is automatically turn off.

Taking Weight Measurement Only

- A: Press and **RELEASE** the **Power** key to turn on the scale, it will say "Hello".
The display will then show "0.0 lb" and say "I'm ready".
a. Press the [POWER] key to turn on the until will say "Hello".
- B: When showing "0.0 lb", step on the measurement platform.
Your body weight will be displayed and read out.

Select Measurement Unit

When the scale shows "0.0 lb", press the **Lb/Kg** key to switch between metric and imperial units.
Measuring units of height and weight will be changed simultaneously (Kg & cm), (Lb & in).

Power Off

Press the **Power** key to turn off the scale, or when no operation is detected for about 10 seconds, it will say "Goodbye" and then shut down automatically.

Switching ON/OFF the Talking Function

Use the switch on the bottom of the platform to switch on/off the speaker function.

Notes

- When taking measurement, be sure you are barefoot and your toes and heels are correctly aligned with the respective electrodes on the measurement platform.
- If a mistake takes place during measurement and causes the fat percentage to fall out of allowed range, "Err" will be displayed and the unit will turn off automatically.
 - When an over-load occurs "FFFF" will be displayed.
- A warning icon will appear when the battery runs low, be sure to replace the battery immediately.
 - Place the scale on a hard, flat and secure surface, avoid excessive impact or vibration
 - Place the scale in an area free from high temperature or high humidity,
 - Clean with damp cloth and mild detergent.
- If you do not intend to use this unit for a long period of time, remove the battery before storage.
 - Do not attempt to disassemble the unit, otherwise the warranty will become void.

**WARNING: DO NOT USE this product if you are using and of the following equipment.
Cardiac Pacemaker, Electrocardiograph and or other medical devices implanted in the body
or used for support. This unit is intended for home and personal use only.**



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