scala®

Body Fat Scale SC 4280
instruction manual $C \in$

1. Specifications:
1) High precision strain gauge sensor system.
2) Measuring range: 5 kg-180 kg (Unit: kg lb st:lb)
   Remark: The scale would be switched on when a weight of 6 kg or more is placed on it. After switching on, the minimum weight of this scale can measured is 5kg. Resolution of the LC display: 100g
3) Power off: automatically after 10 seconds of no use
4) Indication of overload: Err
5) Indication of low batteries: Lo
6) Backlight LCD
7) Memory: 10 user memory (storage of personal data)
8) Measurement: Weight, body fat (%), body water (%), muscle (%), bone substance, BMI and quantity of calories which you need per day.
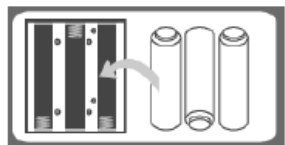
2. About buttons:
SET: Mode button and press to confirm the data.
▲,▼: Press it to change the data during setting.
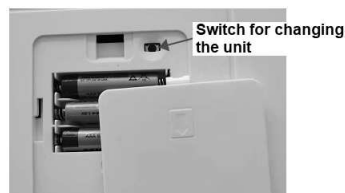
3. Battery installation:
a) Before using the scale, check the battery compartment and remove any plastic insulation strips.

b) If you are replacing the batteries, make sure the positive and negative contacts are properly aligned.

Switch for changing the unit

4. Change the unit:
With the switch in the battery compartment you can change the unit.

5. How to measure the body weight:
1) Use the scale on the flat, level surface. Do not weigh on carpet as it may affect accuracy.

2) Step on the platform, once the weight is stabilized, it will be locked data on the display.

3) The scale will turn off automatically after 10 seconds of no use.

6. Setting the Body Fat Scale SC 4280 according user data:
You can store data for 10 user.

> If you use the scale for measurement the body weight only the following settings are not necessary.

Note: The body fat scale must be power off.

Press the SET button and the personal code P0 will being flash, Press "▲" or "▼" button to select a number from P0 to P9 as your personal code, once you choose your target number, please press "SET" button to confirm.

Then the second flash is the Gender symbol, Press "▲" or "▼" button to choose male or female, then press "SET" button to confirm.
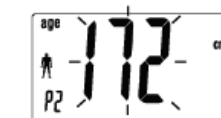
Then the third flash is "age", Press "▲" or "▼" button to reach your own age, then press "SET" button to confirm.

The last flash is height, Press "▲" or "▼" button to reach your target height then press "SET" button to confirm; i.e. your height is 172cm.
Please note if you choose weight in KG, your height unit is "cm"; if weight in lb, the height is in ft:in. Now the setting is finished.

7. How to measure Weight, body fat(%), body water(%), muscle(%), bone substance, BMI and quantity of calories which you need per day:
Use the scale on the flat, level surface. Do not weigh on carpet as it may affect accuracy.

1. Press the SET button and choose (with "▲" or "▼" button) your personal code. The LC display shows step by step your personal data (gender, age, height).

2. When the LC display change to 0,0 kg, step on the scale gently and keep your bare feet in touch with the electrodes, not moving.
The LC display will show your weight, then it is the flash **0000** , then body fat (%), body water (%), muscle (%), bone substance, BMI and quantity of calories which you need per day will be displayed on the LCD within seconds.

8. Warranty:

We grant a warranty of two years for the body fat scale. The cash voucher is your warranty certificate. The product will be repaired free during the warranty period. The warranty does not cover damage due to improper handling, accident, non-compliance with the instructions for use or unauthorized modifications of the product.

Excluded from the warranty are: the packaging, batteries and the instruction manual.

Disposal note

Defective body fat scales at the end of their life may contain material that might be a hazard to the environment. Dispose the device as prescribed, i.e., at a collection point for electrical scrap.

The disposal of batteries is regulated. Spent batteries are collected at collection points provided by battery dealers and the communities.

10. Reference tables:

Body fat ranges (%) ♂

age	underfat	health	overfat	obese
10 - 20	< 14	14 - 18	18 - 26,6	> 26,6
20 - 40	< 14,2	14,2 - 18,8	18,8 - 27,2	> 27,2
40 - 60	< 14,2	14,2 - 18,8	18,8 - 27,2	> 27,2
60 - 80	< 14,6	14,6 - 19,3	19,3 - 28,3	> 28,3

Body fat ranges (%) ♀

age	underfat	health	overfat	obese
10 - 20	< 16,6	16,6 - 22,2	22,2 - 30,6	> 30,6
20 - 40	< 17,2	17,2 - 22,6	22,6 - 31,6	> 31,6
40 - 60	< 17,2	17,2 - 22,6	22,6 - 31,6	> 31,6
60 - 80	< 17,8	17,8 - 23,2	23,2 - 32,2	> 32,2

Body hydration percentage range ♂

age	slight	low	standard	high
10 - 20	< 53	53 - 57	57 - 70	> 70
20 - 40	< 50	50 - 54	54 - 62	> 62
40 - 60	< 48	48 - 53	53 - 59	> 59
60 - 80	< 44	44 - 49	49 - 57,5	> 57,5

Body hydration percentage range ♀

age	slight	low	standard	high
10 - 20	< 52	52 - 55	55 - 63	> 63
20 - 40	< 49	49 - 52	52 - 60	> 60
40 - 60	< 45	45 - 49	49 - 56	> 56
60 - 80	< 39	39 - 43	43 - 52,5	> 52,5

Body muscle percentage range

Gender	slight	low	standard	high
♂	< 35	35 - 39	39 - 49	> 49
♀	< 30	30 - 35	35 - 44	> 44

Body substance

Gender	slight	low	standard	high
♂	< 4,2	4,2 – 4,5	4,5 – 5,1	> 5,1
♀	< 3,6	3,6 – 3,9	3,9 – 4,3	> 4,3

Kcal reference list for calories which you need per day

age	♀		♂	
	weight (kg)	kcal	weight (kg)	kcal
6 - 17	50	1265	60	1620
18 - 29	55	1298	65	1560
30 - 49	60	1416	70	1680
50 - 69	60	1302	70	1561
70 - 100	50	1035	65	1397

Body-Mass-Index (BMI) reference list

low	health	high	overvat
< 18,5	18,5 – 24,9	25 – 30	> 30