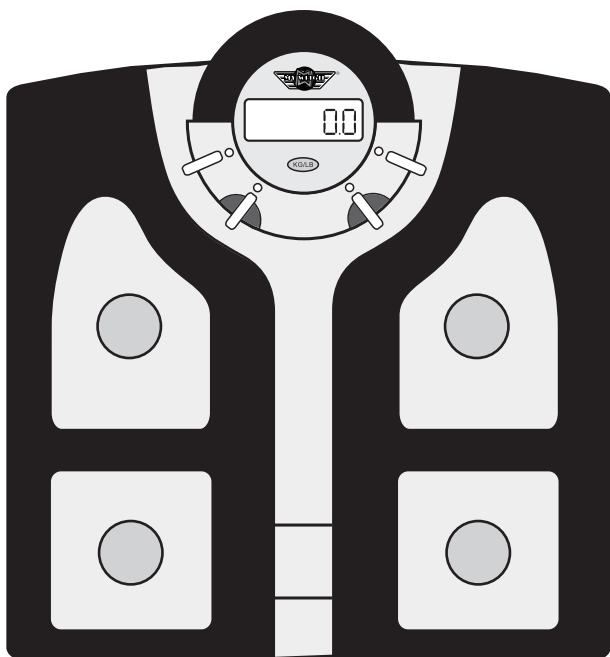


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# PHOENIX™ TBF 440

TALKING BODY FAT SCALE



INSTRUCTION MANUAL

((( **Talking Scale** )))  
échelle de conversation



## Function:

Measures body weight and body fat percentage with voice reading.

Technical specifications:

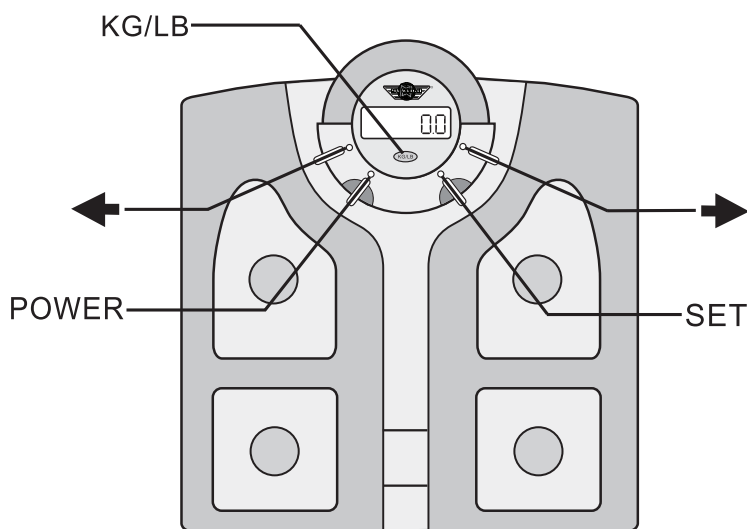
Weighing capacity: 200kg/440lb

Weighing graduation: 100g

Weighing deviation:  $\pm 1\%$

Optimum temperature range: 10°C - 40°C

Personal data memory: 10 sets



## Operation Instructions:

### 1. Inserting Batteries

Insert 4 AAA-size batteries into the battery compartment.

### 2. Personal Data Editing

In order to increase the accuracy of body fat percentage measurement, personal data has to be set. Personal data including gender, height and age can be stored in memory for up to 10 persons.

Stored data will remain in memory until being edited again.

- a. Press the [POWER] key to turn on the unit. It will say "Hello". It will say "I'm ready" when the display shows "0.0 lb"
- b. Press SET key. Memory number "01" will appear in the display. Use the [>](ascending order) or [<] (descending order) key to select Memory number. Press the SET key.

Use the [>] key to specify gender. Icon of selected gender will appear on the left side of the display. Press the SET key.

- c. When height value is displayed, use the [>](ascending order) or [<] (descending order) key to specify height. Height range: 3'3" to 7'3", with increment of 1 inch. Press the SET key.
- d. When age value (30) is displayed, use the [>](ascending order) or [<] (descending order) key to specify age. Age range: 10 - 100, with increment of 1. Press the SET key.
- e. The selected Memory number will appear in display again, indicating that data input is complete.

To proceed to set personal data for other Memory numbers, press the [>] or [<] key to select the next Memory number and repeat the above steps.

To start measurement using the selected Memory, press the SET key and follow steps 'b' to 'd' in the following section.

To turn off the scale, simply press the [POWER] key.

### 3. Taking Measurement

- a. Press and HOLD the [POWER] key to turn on the scale. It will say "Hello". After 3 seconds, Memory numbers 01 to 10 will be displayed in rotation at 1-second intervals. Release the [POWER] key when your Memory number is displayed.

- b. Your height and gender will be displayed. After about 2 seconds, the display will show "0.0 lb" and it will say "I'm ready".
- c. Step onto the measurement platform barefoot. Your weight will be displayed and read out first. Then, the display will show " " and calculation will be performed automatically. Your body fat percentage and evaluation result will be displayed and read out after the " " disappears. Measurement is completed then.
- d. Step off the platform. The values of body weight and fat percentage will be displayed alternately 3 times. Then it will say "Goodbye" before the power is automatically turn off.

#### **4. Taking Weight Measurement Only**

- a. Press the [POWER] key to turn on the unit. It will say "Hello".
- b. It will say "I'm ready" when the display shows "0.0 lb", step onto the measurement platform. The body weight will be displayed and read out.

#### **5. Select Measurement Unit**

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

#### **6. 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.

## 7. Switching ON/OFF the Talking Function

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

## 8. Important Notes

- When taking measurement, be sure you are barefoot, and that the 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 over-loaded, "FFFF" will be displayed.
- When the battery runs low, the warning icon will appear on the display. When this happens, be sure to replace the battery immediately.
- Use the unit on hard, flat and secure surface only.
- Place the unit in an area free from high temperature or high humidity. To clean, use dampened cloth and mild detergent.
- Avoid excessive impact or vibration to the unit.
- 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.
- The unit is intended for home and personal use only.

**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.