

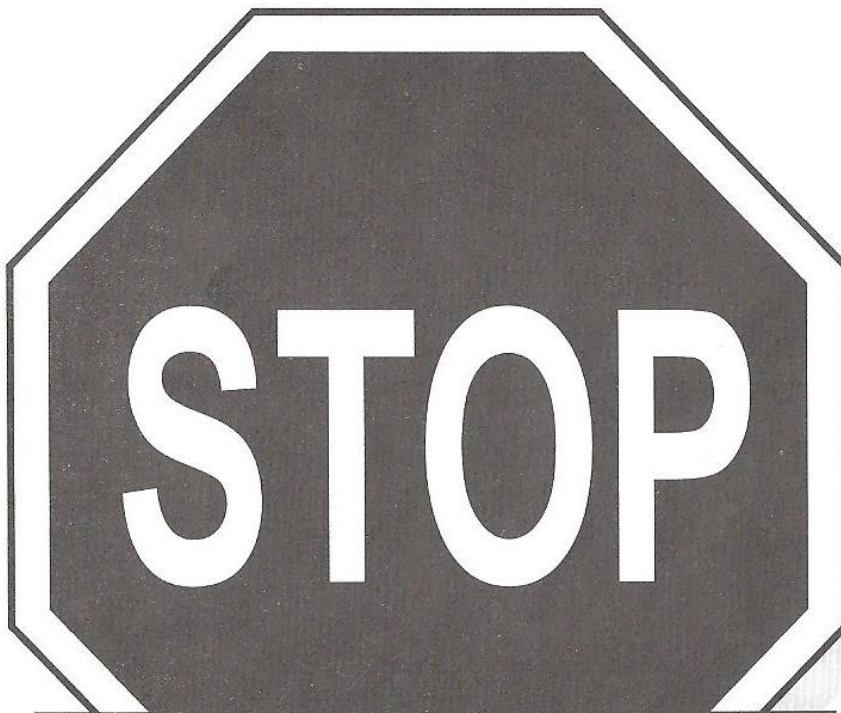


Body Fat Scale

with Body Water and Muscle Mass Estimation

Instruction Manual and Warranty Information

Model # 5728FABOW



Customer Service Information Please read!

For questions regarding this product, please
contact us at:

Taylor Precision Products

2220 Entrada Del Sol, Suite A

Las Cruces, New Mexico 88001

1-866-843-3905

www.taylorusa.com

Please contact us before returning to retailer.

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BODY FAT SCALE WITH BODY WATER and MUSCLE MASS ESTIMATION

INSTRUCTION MANUAL

Model # 5728FABOW

INTRODUCTION




This body fat scale is designed and manufactured in a facility certified ISO 9001 Quality, ISO14001 Environment, OHSAS 18001 Health and Safety Management Systems and ISO13485 Medical Devices Quality Management System. The scale uses the method of Bioelectrical Impedance Analysis (BIA) to estimate body fat, total body water and muscle mass percentage. It sends a harmless amount of electricity into the body, then estimates from the measured impedance of the body the percentage of body fat, the percentage of total body water and muscle mass percentage. The body fat scale is also equipped with an "Athlete Mode" for athletes whose body build is different from non-athletes.

Note: Read this Instruction Manual carefully and keep it handy for future reference.

NOTES ON SAFETY

Please read this section carefully to familiarize yourself with features and operations before using the unit.

- The warning signs and the sample icons shown here are listed in order for you to use this product safely and correctly as well as to prevent product damage, risk and injury to you and others.
- The icons and meanings are as follows:

 PRECAUTION NOTICE	Indicates the right conditions to use the product and to prevent damage, risk and injury.
 IMPORTANT NOTICE TO USERS	Indicates important notices users should read before using the product.
 CARE AND MAINTENANCE	Indicates matters in which the possibility of damage may happen as a result of incorrect handling and improper maintenance.

INTENDED USE

This scale is intended to measure body weight and impedance and estimate percentage of body fat, body water and muscle mass using BIA (Bioelectrical Impedance Analysis). It is intended for use by healthy children 10-17 years old and healthy adults with active, moderately active, to inactive lifestyles for body composition assessment in the home environment.

PRECAUTION NOTICE

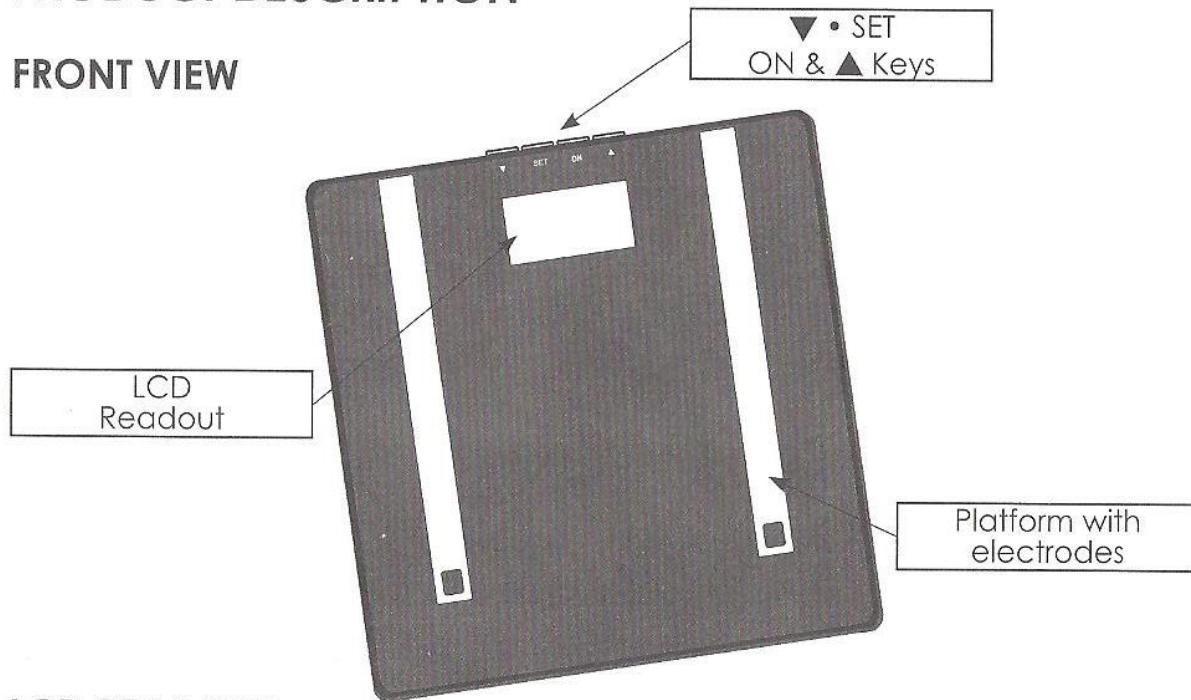
- Do not use the scale on people who have body implants such as a pacemaker, artificial limbs, contraceptive devices, or metal plates or screws. It may cause the device to malfunction or produce an inaccurate result. When in doubt, consult your physician.
- Do not disassemble the scale as incorrect handling may cause injury.
- Do not step on the scale when your body or feet are wet, especially after bathing or showering to prevent slipping.

IMPORTANT NOTICE TO USERS

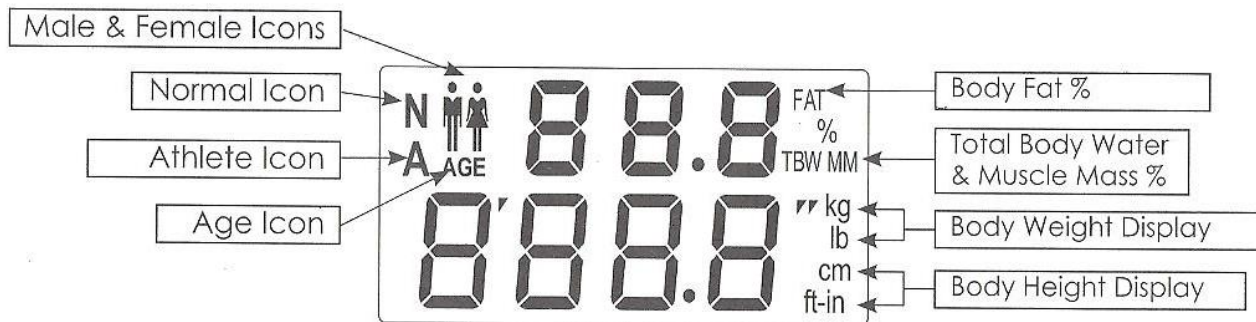
- This product is intended for adults and children (ages 10 to 85).
- The Athlete Mode is only available for those 15-85 years of age.
- Make sure to use only the type of battery stated (see Section "PREPARATION BEFORE USE").
- Body fat percentage estimates will vary with the amount of water in the body, and can be affected by dehydration or over-hydration due to such factors as alcohol consumption, menstruation, illness, intense exercise, etc.
- Do not use on pregnant women. The result is inaccurate and effects on the fetus are unknown.
- For body fat, body water and muscle mass percentage estimates, always estimate in bare feet.

PRODUCT DESCRIPTION

FRONT VIEW



LCD READOUT



FUNCTION KEYS

SET

- Confirmation button for selection

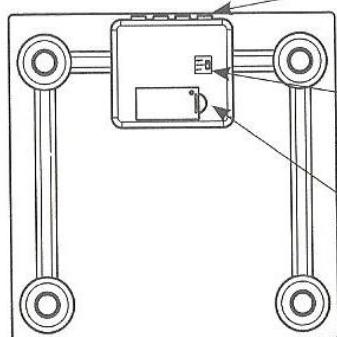
ON

- Enter body fat and body water estimation mode
- Turn the scale off

▲ & ▼

- Changes value of height and age, toggle between Male and Female, toggle between Normal and Athlete mode in Body Fat function
- Select memory P0 - P3 in Memory mode
- Fast recall of memory locations

BACK VIEW



▼ • SET
ON & ▲ Keys

Slide Switch (Available on unit
conversion model only)
-kg/cm and lb/in

Battery
Compartment

SLIDE SWITCH

Adjust the conversion switch located at the bottom of the scale to change the measuring unit between kg/cm and lb/in.

User selectable unit: kg/cm or lb/in.

PREPARATION BEFORE USE

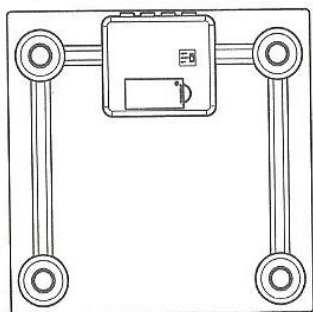
1. Insert the Battery

This scale operates on 1 CR2032 lithium battery (included). Remove any screws and open the battery cover on the back of the scale unit. Remove the plastic strip for first use or insert a new battery for replacement. Be sure the polarity of the battery is set correctly for the scale to function properly. If you do not intend to use this unit for a prolonged period of time, it is advisable to remove the battery before storing.

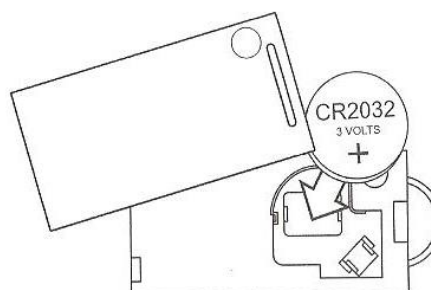
TIPS

Replace battery when
"Lo" is displayed.

Open the battery door



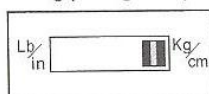
Direction of the CR2032 battery



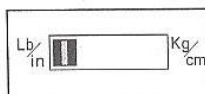
2. Set Unit (Available On Conversion Switch Model)

This scale is set to pounds. You can set the "kg/cm" or "lb/in" unit of measure switch located on the back of the scale for kilograms or pounds.

Kg(kilogram)



Lb(pound)



- Some models have a static cling label on the LCD lens to prevent scratching. Remove before use.

4. Set the Right Position

Always use the scale on a flat and hard floor surface. Do not use on carpets.

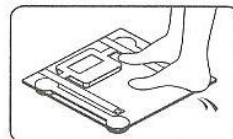


5. Start-up the Scale

Press lightly on the scale platform to start-up the scale, the display shows **0000** and then turns off. The scale is ready for use.

⚠ PRECAUTION !

To avoid injury, do not step with wet feet or on the edge of the platform.



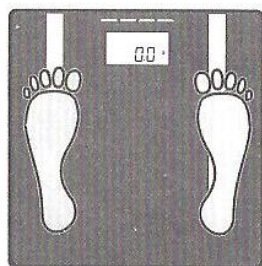
Do Not step on scale unevenly (X)

⚠ PRECAUTION !

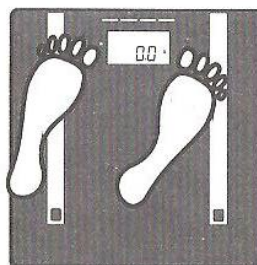
The scale must be started up after each battery insertion/replacement of battery or each time it is moved or bumped.

OPERATION

The accuracy of the results depends on how you stand on the scale. Position your feet for maximum contact with the metal electrodes on the platform. This ensures the best contact between your feet and the metal contacts. Stay on the scale until the body fat estimation is completed and the result is displayed. Clean, slightly moist feet will provide the best results.



Heels centered on electrodes (✓)



Heels not touching the electrodes (X)

WEIGHING-ONLY OPERATION

- Step onto the scale and stand still while the **Fig.1** weight is being measured (Fig.1).
- The screen displays the weight (Fig.2).
- The scale turns off automatically after use.



Fig.2

BODY FAT AND TOTAL BODY WATER ESTIMATING OPERATION WITH USER MEMORY



IMPORTANT NOTICE TO USERS

A few steps must be followed before estimating body fat and body water.

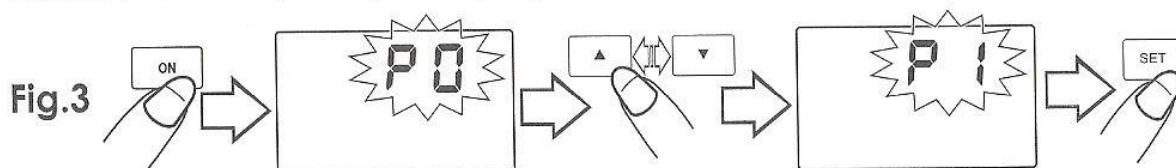
PROGRAM PERSONAL DATA

Input the user's gender, age, height, and normal or athlete selection. Once the information is memorized, it will only need to be reentered if there is a change to the data.

The scale features four personal memory settings. This allows users to store and recall their own height, age, gender, and normal or athlete selection.

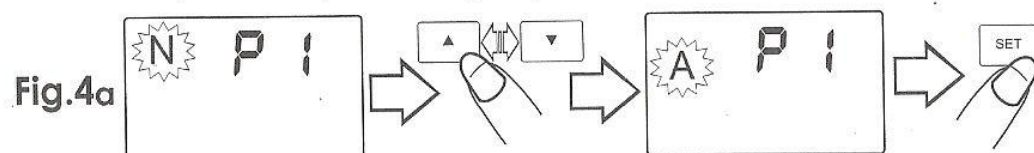
1. Set Memory

Press the **[ON]** key to enter body fat and total body water estimation mode. The memory number will blink (Fig.3). Press the **[▲]** or **[▼]** key to select a memory location (P0-P3). Press **[SET]** to confirm.



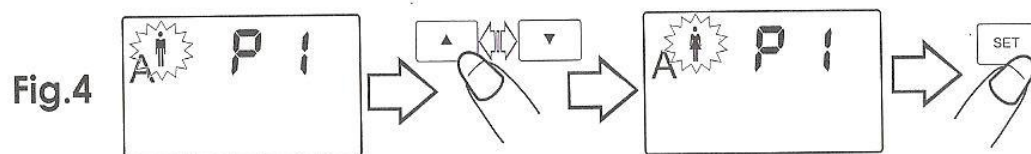
2. Set Normal or Athlete

The Normal icon blinks (Fig.4a). Press the **[▲]** or **[▼]** key to toggle between Normal and Athlete. Press **[SET]** to confirm. NOTE: The Athlete mode is only available for those 15-85 years or age. (See "Why the Athlete Mode is Necessary in a Body Fat Analyzer.")



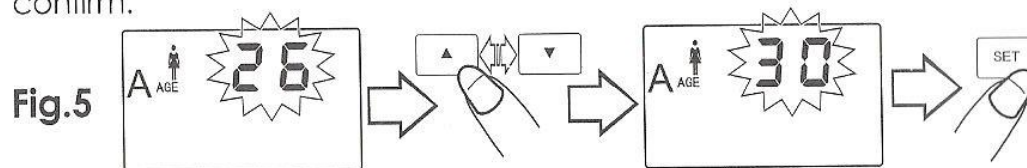
3. Set Gender

The gender icon blinks (Fig.4). Press the **[▲]** or **[▼]** key to toggle between male and female. Press **[SET]** to confirm.



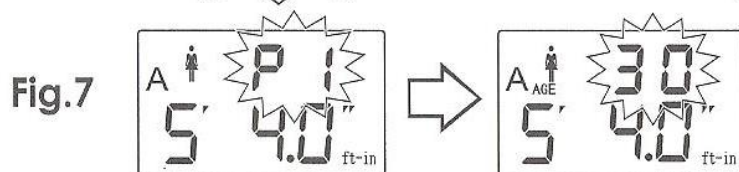
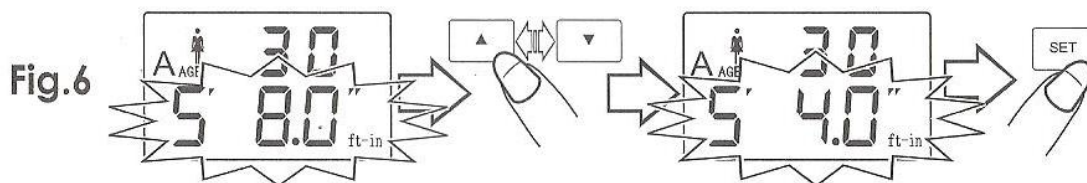
4. Set Age

The age blinks (Fig.5). Press the **[▲]** or **[▼]** key to adjust the age. Press **[SET]** to confirm.



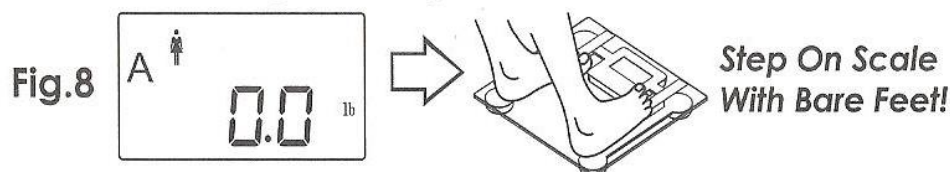
5. Set Height

The height blinks (Fig.6). Press the [▲] or [▼] key to adjust the height. Press [SET] to confirm. The data is successfully memorized. Meanwhile, the screen will display the memory location, height, age, gender and normal/athlete selection (Fig.7).



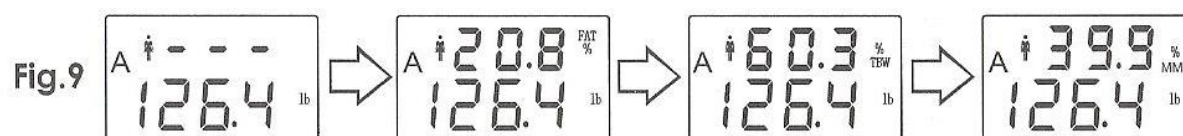
6. Measuring

Then the scale shows "0.0" (Fig.8). Step on the scale with bare feet and stand still while the weight is being measured.



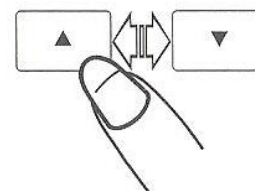
7. Display

Weight, body fat percentage, total body water percentage and muscle mass percentage will be displayed 3 times sequentially (Fig.10). The scale turns off automatically.



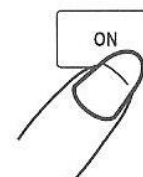
TO FAST-RECALL SETTINGS FROM MEMORY

1. When the power is off, press the [▲] or [▼] key to toggle between memory locations. The screen displays the memory locations, height, age, gender and normal/athlete selection (Fig.7).
2. Follow steps 6-7 in the section **BODY FAT AND TOTAL BODY WATER ESTIMATING OPERATION WITH USER MEMORY**.



TO TURN OFF THE SCALE

To turn the scale off, press the [ON] key. Or, if no key has been pressed for a few seconds, the scale turns off automatically.



PROBLEM SOLVING AND QUESTIONS

1. No weight is displayed?

Check to see if the scale is powered up and started up. If not, please refer to the Section "Preparation Before Use".

2. Why does the display read "Lo"?

Battery is running low. Replace the battery.

3. The message displays "Er 0"....

Initialization error. Step off the scale and wait until the scale automatically switches off. Start the scale again by pressing lightly on the scale platform to re-initialize the scale. The display shows "0000" and then turns off. The scale is ready for use again.

4. The message displays "Er 1"....

Instability error. Step off the scale and wait until the scale automatically switches off. Step on the scale to repeat the measurement again, standing still while computation is in process.

5. The message displays "Er 2" when measuring....

Overload warning. Remove the weight immediately; otherwise, permanent damage to the scale will occur.

6. The message displays "Er 3" when estimating body fat and body water values....

Measurement error. Impedance cannot be measured. Please make sure that you are standing still on the scale and maintaining maximum contact between your feet and the metal contacts. If not, please refer to "Operation" section. You may need to moisten your feet to improve the electrical contact.

7. After I tried the corrective actions from Er 1 to Er 3, I still can't solve the problem ...

If Er 1 to Er 3 persists after following the corrective actions, remove and reinsert the battery after 1 minute.

8. I have tried all corrective actions, but still can't solve the problem ...

Please contact the Taylor Customer Service Department at 866-843-3905.

9. Why do I get a different body fat reading when I use a different brand of body fat scale....

Different body fat scales take estimations around different parts of the body and use different mathematic algorithms to estimate the percentage of body fat. The best advice is not to make comparisons from one device to another, but to use the same device each time to monitor any change.

CARE AND MAINTENANCE

1. Do not disassemble the scale other than for replacing the battery; it contains no user serviceable parts. Damage to the scale may occur as a result of improper handling.
2. Remove the battery when the scale is not used for a prolonged period of time.
3. Clean the scale after use with a dampened cloth. Do not use solvents or immerse the unit in water.
4. Avoid excessive impact or vibration to the scale, such as dropping it onto the floor.
5. Do not dispose of batteries in fire. Batteries may explode or leak. When replacing batteries, if there is more than one battery in the scale, replace all batteries at the same time; do not mix old and new batteries. Do not mix alkaline, standard (carbon-zinc), or rechargeable (ni-cad, ni-mh, etc) batteries. Remove the batteries if the scale will not be used for a long period of time.
6. Do not store anything on the scale, as it is a sensitive weighing device.
7. Do not store the scale where you store cleaning chemicals. The vapors from some household products may affect the electronic components of your scale.

WARNING

Batteries may pose a choking hazard. **DO NOT** let children handle batteries.

CONTACT INFORMATION

Distributed By:
Taylor Precision Products
2220 Entrada Del Sol, Suite A
Las Cruces, New Mexico 88001, USA
1-866-843-3905
www.taylorusa.com

MADE IN CHINA.

Five (5) Year Limited Warranty

This scale is warranted against defects in materials of workmanship for five (5) years for the original purchaser from date of retail purchase. It does not cover damages or wear resulting from accident, misuse, abuse, commercial use, or unauthorized adjustment and/or repair. Do not return to retailer. Should this scale require review (or replacement at our option) while under warranty, please pack the item in the original packaging and return it prepaid, along with store receipt showing date of purchase and a note explaining reason for return to:

Taylor Precision Products
2220 Entrada Del Sol, Suite A
Las Cruces, New Mexico 88001
1-866-843-3905

There are no express warranties except as listed above. This warranty gives you specific legal rights, and you may have other rights which vary from state to state. For additional product information please contact us through www.taylorusa.com. If review is required, do not return to retailer. For information call 1 (866) 843-3905 from 7:30 am to 4:30 pm, Mountain Standard Time, Monday through Friday. To assist us in serving you, please have the model number and date of purchase available.

Not Legal for trade.

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