



Model Dorothea / BA 905 Instruction Manual

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BODY FAT



BODY WATER



MUSCLE MASS



BONE MASS

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Thank you for your decision to purchase this high-quality body analyser scale. Please peruse read this instruction manual prior to first start up and keep this user instruction careful to have this information on hand whenever it is needed.

1. How does the body analyser work?

Through this new revolutionary scale, you will be able to get information about your body composition with reference to your weight, body fat %, body water %, muscle mass % and bone mass. First of all, you have to enter once your personal data like body height, age, and gender under your selected personal memory location. Afterwards a measurement is as simple as on a normal bathroom scale. You have only to push your personal memory location, step on the scale and within a few seconds, your measured values will be indicated. The analysis is based on the measurement of the body's electrical resistance. A low, safe electrical signal passes freely through fluids contained in lean tissue, such as muscle and blood, but meets resistance passing through fat tissue. The body analysers accurately measure the resistance and with reference to your personal data, use it to calculate elements of body composition.

2. Conditions to use

If possible, the measurement should be done undressed and always barefoot.

By nature, a body is subject of fluctuations (for example loss of water after taking exercise or after a sauna visit, after a meal, etc.). To enable comparable readings it is important to take the measurements as possible always under the same conditions.

In order to ensure that the results of analysis are accurate and consistent, please keep the measurement conditions constant always at the same daytime. In the morning, directly after you've woken up, your body will be dehydrated and also the majority of fluid will be stored in the central trunk area. This means that the resistance is relatively high because of the poor conductivity in the body. By intensify moving during the day progresses the fluid becomes more evenly distributed through the limbs and increasing the accuracy of the readings. To get a realistic result it is important to take your readings at the same time and under the same conditions every day. The easiest way to stick the rule, measure always in the morning, 15 minutes after you've got up, either before or after you've gone to the bathroom.

In spite of a very low electrical signal, this body analyzer is not suitable for persons with heart pacemaker or other electronic medical implants! There is no risk for persons with none electronic implant for instance a titanium plate in the knee. However, metal conducts the electric current extremely well and therefore the scale implicates the body fat value "beautified" – means the actual body fat value is higher as indicated. However, tendencies may be determined as well.

Due to menstrual cycle and hormonal changes women experience greater changes in their hydration level. Retaining fluid may cause the weight to fluctuate day-to-day. This will also affect the body fat percentage readings. If the hydration level is high, the body

fat percentage is slightly less – a less hydration level means the body fat percentage is slightly higher.

There is no healthy risk for pregnancy. The body analyzer is absolutely safe for the mother and her unborn baby. However, due to the changes in water content in the mother's body, the readings should not be interpreted as completely accurate.

ADE Germany takes no responsibility for any damages or losses caused by the use of this body analyzer scale or for Third Party claims. This product is exclusively intended for private use. This product is not designed for commercial or professional use in hospitals or other medical facilities.

3. Commissioning

Safety guidelines:

The appliance is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge, unless a person responsible for their safety has given them supervision or instruction concerning use of the appliance. Children should be supervised to ensure that they do not play with the appliance.



Not suitable for persons with electronic implants (heart pacemaker, etc.).



Place the scale on a plane and firm surface (tiles, hardwood flooring, etc.) to avoid a wrong measurement on carpeted floor



Attention - Hazard of slips! Do not stand on the scale with wet feet or on a slippery surface of the weighing platform.



Please care that no heavy object may fall on the scale. The glass surface is breakable.



Clean the scale only by using a slightly damp cloth. Do not use solvents or abrasive cleaning agents. Do not submerge the scale under water.

Preparation:

Open the battery cover at the bottom side of the scale and remove the battery safety strip. Please ensure the correct polarity of the battery (+/-).

There is a little push button next to the battery case at the bottom side of the scale for country specific settings with the option to switch from kg = kilogram to lb = pound. Please pay attention to use the scale under consideration of your country specific unit of weight.

4. Programming / Enter of personal data

Before first time use your personal data like gender (female or male, sports or no sports), body height and age must be programmed and saved under selected locations P1 – P8 (up to 8 persons). The enter keys are located below the display. To enter your personal data please utilise the buttons: SET (on and save button), ▼ (plus button), ▲ (minus button) and follow the particular points:

1. Press the SET-button. The display indicates a flashing "P1". To select your personal location (P1 – P8), press the ▲ or ▼ button. After the selection of your personal location, press the SET-button to save the reading.
2. After you've selected your personal location (e.g. P3), the symbol for gender starts to flash. To select the requested gender (♂ male, ♀ female, or ♂ ♀ male sports, ♀ ♀ female sports), press the ▲ or ▼ button. After the selection of your gender, press the SET-button to save the reading.
3. After you've selected your gender (e.g. female), the symbol for body height starts to flash (default 165 cm). To enter your height, press the ▲ or ▼ button. After the selection for your height, press the SET-button to save the reading.
4. After you've selected your body height, the symbol for age starts to flash (default 30 age). To enter your age, press the ▲ or ▼ button. After the selection of your age, press the SET-button to save the reading.

After input completion, the display indicates "0.0 kg" and a few seconds later, the scale automatically powers off.

To enter personal data of further persons please repeat the steps listed below.

5. Weighing function (weight measurement only)

1. Switch on the scale by using the step-on-function. Just step on the scale. Remain stationary on the weighing platform and do not hold you tight. After a few seconds, your weight will be displayed.
2. Step off the scale after weighing. The scale will switch off automatically after a few seconds.
3. If you remain on the weighing platform, the analyser scale automatically switches into the measuring mode and starts the body analysing.

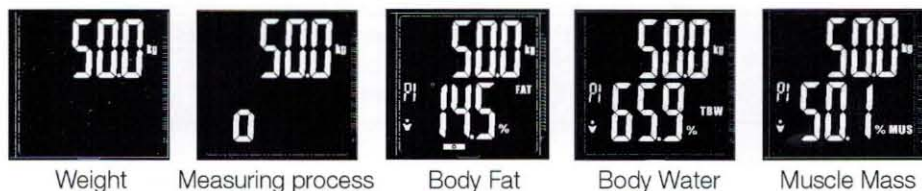
6. Body Analysis

An analysis is only possible in bare feet. Your personal data must be entered first (please see page 4).

1. The scale contains a step-on-function and an automatic user recognition. Carefully step on the stainless steel points (measuring units) of the scale in bare feet and remain stationary. User recognition: If the scale cannot automatically recognise the user, the display will indicate the next both most similar memory locations e.g. "P1P2". Please select your personal memory location (where your personal data are stored) by using the ▲ or ▼ key and remain stationary on the scale.
2. At first, your weight will be indicated on the display. Shortly after, while the analysis is taking place, the signal "o" starts to move twice on the display from left to right. After completion of the measurement, your measured values will be shown as follows:
 1. Your body fat in %
 2. Your body water in %
 3. Your muscle mass in %
 4. Your bone mass in kg

Afterwards your measured values (weight, body fat, body water, muscle mass and bone mass) will be shown in changes successively 3 times.

EXAMPLE:



When you once used the scale, you will be able to get the readings of your last measurement. This function allows you to follow the changes between your measurements. For that press the ▲ or ▼ button and choose your personal location. Now the display indicates in changes successively the measured values of your last measurement.

The body fat content is shown as the amount of stored fat as a percentage of total body weight. There is no generally accepted set value as this varies significantly according to gender (due to the different build) and age. Body fat is vital for basic body functions. It's protecting organs, cushioning joints, regulating body temperature, storing vitamins and serves the body as energy storage. As essential for women a minimum body fat proportion between 10% and 13% and for men between 10% and 13% is requested - with the exception of competitive athletes.

A significant part of the human body consists of body water. This body water is differently distributed throughout the whole body. Lean muscle tissue contains approx. 75% body water, blood approx. 83% body water, body fat approx. 25% body water and bones have a water content of about 22%.

The average total body water percentage range for healthy men is between 50 – 65%. The equivalent value for women is approximately 45 – 60% due to the higher body fat content. About two third of the total body water is stored in the cells and is therefore called intra cellular. The other third of the total body water is extra cellular body water.

Women 					
AGE	Body Fat				Body Water
	slim	normal	slightly overweight	overweight	normal
10-16	<18%	18-28%	29-35%	>35%	57-67%
17-39	<20%	20-32%	33-38%	>38%	47-57%
40-55	<23%	23-35%	36-41%	>41%	42-52%
56-85	<24%	24-36%	37-42%	>42%	37-47%
Men 					
AGE	Body Fat				Body Water
	slim	normal	slightly overweight	overweight	normal
10-16	<10%	10-18%	19-23%	>23%	58-72%
17-39	<12%	12-20%	21-25%	>25%	53-67%
40-55	<13%	13-21%	22-26%	>26%	47-61%
56-85	<14%	14-22%	23-27%	>27%	42-56%

There are no validated standards for muscle mass.

7. Error Messages

- „---“ = Overload - The weight exceeds the maximum capacity of 150 kg. Please immediately remove the critical load to avoid load cell damage.
- „LO“ = Batteries are used up - Please replace the batteries with the intended type (2 x CR2032).

8. Technical Data

Capacity x graduation:	max. 150 kg x 100 g
Display resolution:	body fat: 0.1%
Display resolution:	body water: 0.1%
Display resolution:	muscle mass: 0.1%
Personal memory loc.:	8 positions
Age:	6 – 100 years
Body height:	80 – 220 cm
Dimensions:	approx. 310 mm x 310 mm x 18 mm
Batteries:	2 x CR2032 (included)

Subject to technical modifications

9. Warranty

ADE warrants for a period of 3 years from the date of purchase that it will remedy any defects due to faulty material or workmanship free of charge by repair or replacement. When purchasing, please have the warranty coupon signed and stamped by the dealer. When making a guarantee claim, please return the weighing scale together with the guarantee card including the reason of complaint to your dealer.



CE-Conformity - This device features radio interference suppression in compliance with valid EC Regulation 2004/108

Note: The displayed value may be adversely affected under extreme electromagnetic influences, e.g. when using a radio unit in the immediate vicinity of the device. Once the interference has been rectified, the product can once again be used for its intended purpose. The device may have to be switched-on again.

Statutory instructions on battery disposal

Batteries must not be disposed of as household waste. The law requires that you, as consumer, return the waste batteries either to public collection points in your town or village or to any outlet selling batteries of the same kind.

Note:



Batteries are marked as follows:

Li = Battery contains Lithium

Al = Battery contains Alkali

Mn = Battery contains Manganese

CR (Li); AA (Al, Mn); AAA (Al, Mn)

Safety instructions for lithium batteries (CR2032/CR2430):

1. Lithium batteries are lithium manganese cells. If you do not use the scale over a longer period, you should take out the batteries of the device.
2. Never open the lithium battery, do not put into fire, or expose to shocks because an explosion risk lasts or discharge of poisonous exposure to fumes might possible.
3. Never touch leaked cells with bare hands.
4. When eyes or hands are contaminated, it is essential to rinse with lots of water. You should go to a doctor if skin or eyes are irritated.
5. Dispose cells only completely discharged or protected against polarity reversal wrapped according to your local disposal regulation.
6. Do not expose the cells to direct solar radiation and store away from heat; otherwise, there is risk of overheating.
7. Maintain a storage temperature of $< 40^{\circ}\text{C}$.

Disposal of old electrical and electronic equipment



This symbol on the product or on its packaging indicates that this product shall not be treated as household waste. Instead it shall be handed over to the applicable collection point for the recycling of electrical and electronic equipment. For more detailed information about recycling contact your local city office, your household waste disposal service or the shop where you purchased the product.

With kind regards

ADE (GmbH & Co.)

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Guarantee Card – 3 years warranty for the Body Analysing Scale

• Sender

• Reason for complaint

• Date of purchase

Please return this guarantee card together with the receipt to your retailer.