

# BODY COMPOSITION ANALYZER



# USER MANUAL

Please read this instruction carefully before using it  
**V1.0402.01**

## MEASURE RANGE

Body weight, Body fat, Body water, Muscle mass, BMI(body mass index), BMR(KCAL), Bone mass and Visceral fat.

## WORK THEORY

This device is based on the BIA(Bioelectrical impedance Analysis) technology. To measure body bioelectrical impedance, it makes the results much more accurate with newly measuring technology. The reason is that human body fat can not be conductive, but muscle and water are good conductors. The device measures human body bioelectrical impedance to calculate the composition of human body.

## SPECIFICATION

01. 94x52mm Back light LCD Display
02. Unit:kg / lb / st:lb
03. 10 user groups (from P0 to P9)
04. After operating, a graph of health will be shown as well as human fat at the same time
05. Three modes: common people, amateur athlete and professional athlete
06. Capacity:180kg /400lb
07. MIN weight:5kg
08. Muscle graduation:0.1%
09. Weight graduation:0.1kg / 0.2lb
10. Fat graduation:0.1%
11. Water graduation:0.1%
12. Bone graduation:0.1%
13. Age range:10~99
14. Height range:100~220cm

- 15. Default:P0, male, 170cm, 30 years old
- 16. Working temperature:10~40℃
- 17. Working humidity:20%~90%
- 18. Storage temperature:-10~50℃
- 19. Power:DC 6V (4 X AA Batteries)

## CAUTION

### SAFETY PRECAUTIONS

- Pacemaker users/wearers, or other medical implants with electronic components, are not recommended to use this scale.
- Don't make judgments by yourself when the result is used to make diet and sport plan.
- Don't use it on the smooth and wet floor.
- Don't stand on the edge of scale or jump onto it, you may be hurt.
- Don't allow child to move it for avoiding hurt.
- Put the batteries in the right position. Take batteries out if you will not use it for a long time.
- Keep your body and feet dry when you use the scale.

### HOW TO USE

- Step on the platform with clean and bare feet
- It will be preferable to weigh in the same condition and for each time
- Keep your feet on ITO film only
- Don't use it after fierce exercise
- Keep it away from mobile phone and microwave instrument
- The result is just a reference for child, aged people, pregnant woman and professional player

### NOTE

- Don't disassemble it by yourself
- Don't wash the scale under the water
- Don't wash it with hot water or volatile oil
- Clean it with dry cloth after wiping the machine by wet cloth with detergent
- Don't overload 20% of the max weight

## PREPARATION BEFORE USE

### SET BATTERY

1. Put the scale back up.
2. Set the batteries (4 x AA) in the right electrode pole  
Please change battery when "LO" is showed on the screen

### AUTO POWER-OFF

If not used, it will be powered off after about 30 seconds  
If overloaded, it will be powered off  
Faulty operation would make it power off

### CORRECT STORAGE METHOD

Keep it away from direct sunshine and heat objects  
Keep it away from the place where there is dramatic temperature change  
Keep it away from wet place  
Use it on flat and hard floor

## OPERATION INSTRUCTION:

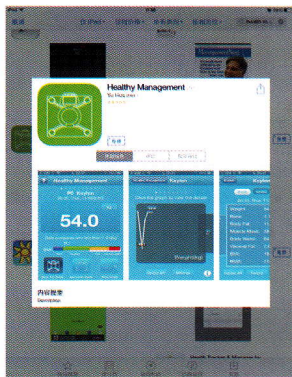
### Devices Requirement

Bluetooth2.1-4.0  
iOS devices should compatible with iPhone4S,iPhone5S,iPhone5C,iPad3 or higher versions.  
Android devices should have bluetooth function, version 2.1-4.0

### Applications Installation (based on Samsung Galaxy Note II)

## Step 1 – Download the “Healthy Management ”App from Apple Store or Google Play Store

1. Check the settings of devices to make sure Bluetooth function is turned on.
2. Turn on Bluetooth function of your phone or tablet and connect to the internet.
3. Tap on the Apple Store or Google Play Store and search for “Healthy Management”

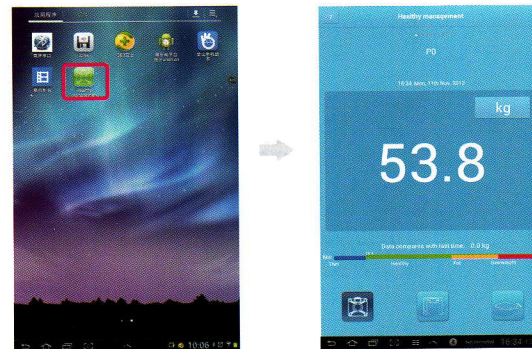


4. Follow the instructions step by step to install the application.
5. The Healthy Management App will now appear on your phone or tablet.
6. Tap the Healthy Management icon to start the application. When you use an Android device, please turn on and keep standing on the scale, you will be asked to enter the pairing code. Please type in “0000” to pair the App and scales.
7. The App is now installed and ready to use.

## Step 2 – Operation

### Analyzer Mode

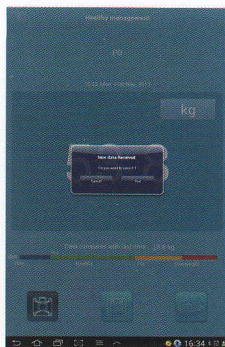
1. Click Healthy Management to run the Application.



2. Make sure you have chosen the “Body Fat Scale” type before measuring. Choose a group to set your personal parameter



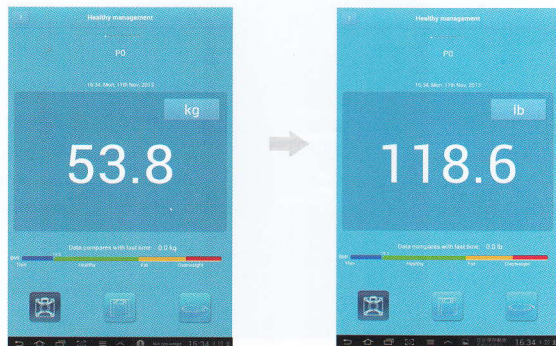
3. Please stand on the scale to turn it on. Please wait for the “8888” run off. The App shows new data received, and save it.



4. Read and study the data.

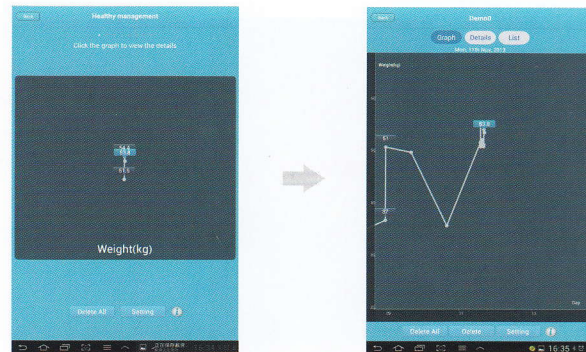
#### Switch unit

- 1). Go back to the home page.
- 2). Click the unit “kg”, “lb” or “st:lb” shown on the top right corner.
- 3). Click the unit switch to next unit.



#### Browse your data details

- 1). In page of each type of data, click on the graph area will go into details of the relevant data.



- 2). Left or right slide the screen to switch to these pages of data orderly: **【Weight】**, **【Bone】**, **【Body Fat】**, **【Muscle Mass】**, **【Body Water】**, **【Visceral Fat】**, **【BMI】** and **【BMR】**.

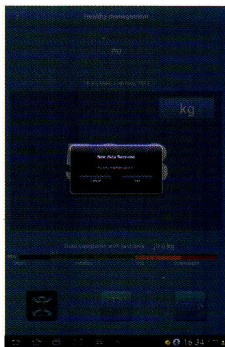
#### Step 3 – Operation

##### Weighing Mode

- 1). When scale can't connect with the App, it goes to Weighing Mode directly. Please stand on the scale and wait for a moment, the scale will give the weight data on the LCD display.

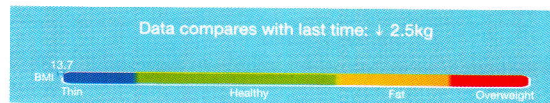


- II .When scale connect with the App, and you stand on the scale with shoes, the scale goes to Weight Mode. Please stand on the scale and wait for a moment, the scale will send data to App directly when the bluetooth icon stop blinking.

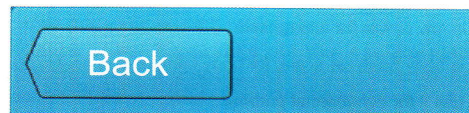


## OTHER INSTRUCTION

1. Model CF351BT is body analyzer scale; in case measure failures happens, you should select the "Body Fat Scale" icon if have tapped "Bathroom Scale" or "Baby Scale" icon; data sent by the scale will go into "Body Fat Scale" type automatically.
2. When receiving data, dialogue "New data received. Do you want to save it?" will pop up in every page except the "Setting" page.
3. Unit in each page will be same as the unit in homepage.
4. When over two groups of data available, sentence "Data compares with last time:" will be seen below the weight data in the home page.



5. Click **【 ? 】** in the home page to view the instruction and version number of Healthy Management.
6. Click the top left corner in each page will go back to the upper page.



7. In each page except "Setting" page, click below to view the standard reference data for each type of weighing data.



8. Press the "Back" button will go back to home page.

## Maintenances

1. Four feet of the scale is elastic component, don't keep the scale being loaded for a long time. This may cause the scale unrecoverable and not accurate.
2. Do not put anything on the scale if not use it. This will consume the power and reduce the lifetime of batteries.
3. Keep the product clean and dry; Keep away from water; Avoid slipping or damaging the inside electric circuit when weighing.
4. Do not drop the product or crash it; Avoid the risk of damaging the scale or the broken glass. The scale is in low power when showing "Lo". Please change batteries immediately. A permanent damage of the battery will be caused if the scale keeps being in low power for a long time.
5. This product is body analyzer scale, for body composition analysing only; Please don't use it for commercial purpose.

## ACCURACY ERROR

50kg:  $\pm 300g$  100kg:  $\pm 400g$  150kg:  $\pm 500g$

Deviation: Place the weight of 40kg on the 1/4 area of the platform, the max deviation is  $\pm 500g$ .

## INDICATION SYMBOL

Body Analyzer Error Indicator: Err2

Low Power Indicator:  $4.8V \pm 0.2V$  display "LO"

Overloaded Indicator: Over the max weight +25d, then display Err1

## BODY ANALYZER INDICATION

Gender	Age	Fat Consultation			
		Slim	Health	Partial Fat	Obesity
Man	$\leq 30$	<10.0%	10.1-21.0%	21.1-26.0%	>26.1%
	>30	<13.0%	13.1-23.0%	23.1-28.0%	>28.1%
Woman	$\leq 30$	<20.0%	20.1-34.0%	34.1-39.0%	>39.1%
	>30	<21.0%	21.1-35.0%	35.1-40.0%	>40.1%
	Sign				

## FREQUENTLY QUESTIONS AND SOLUTIONS

1. Question: Why does this scale not work? Why does LCD not display?  
Why the data in LCD disappear soon?  
Solution: Please check if you take out the insulate plastic film or please check if you did not install batteries or the batteries is in low power state.
2. Question: Why the LCD displays "LO" when I start the scale?  
Solution: Low power battery, please change it.
3. Question: Why the results are different when I weigh in different time or place?  
Solution: Please make sure that you are in the same condition when you use the scale.  
Please place your scale in a flat and hard floor.
4. Question: Why the scale displays ERR?  
Solution: Please reset the scale and do not stand on it before it displays "0.0".
5. Question: Why the body analyzer scale displays ERR1?  
Solution: Please make sure your parameter setting is correct first and make sure your feet touch the electrode pole correctly.
6. Question: Why my fat and water data is different when I weigh at different time?  
Solution: This scale is based on the BIA (Bioelectrical impedance Analysis) technology. If user's body condition is changed (e.g.: cold, sweating, overeating), the measure result will be different.