

**LAICA****TAGLIANDO  
DI CONTROLLO  
PS4007**PESAPERSONE  
ELETTRONICA



LC92/c - 04/2013

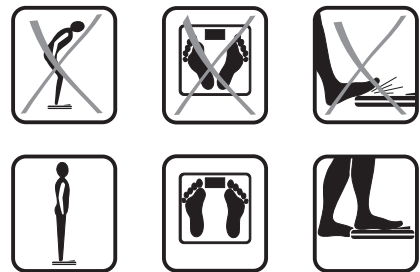
**LAICA****LAICA S.p.A.**Viale del Lavoro, 10 - Fraz. Ponte  
36021 Barbarano Vicentino (VI) - ITALY  
Fax: +39-0444-795324  
Made in China**www.laica.com****LAICA****ISTRUZIONI E GARANZIA** **PS4007****PESAPERSONE ELETTRONICA**  
CON INDICATORE DI % DI GRASSO E  
% DI ACQUA**FR** **Instructions et garantie**PESE-PERSONNES ELECTRONIQUE AVEC INDICATEUR  
DE % DE GRAS ET % D'EAU**GB** **Instructions and guarantee**ELECTRONIC PERSONAL SCALE WITH INDICATOR  
OF % OF FAT AND % OF WATER**ES** **Instrucciones y garantía**PESAPERSONAS ELECTRONICA CON INDICADOR  
DE % DE GRASA Y % DE AGUA**DE** **Anleitungen und garantie**ELEKTRONISCHE PERSONENWAAGE MIT ANZEIGE  
FÜR % VON FETT UND % VON WASSER**EL** **Οδηγίες και εγγύηση**ΗΛΕΚΤΡΟΝΙΚΗ ΖΥΓΑΡΙΑ ΜΠΑΝΙΟΥ ΜΕ ΜΕΤΡΗΤΗ ΛΙΠΟΥΣ  
ΣΕ ΠΟΣΟΣΤΟ % ΚΑΙ ΝΕΡΟΥ ΣΕ ΠΟΣΟΣΤΟ %**RO** **Instrucțiuni și garanție**CÂNTAR ELECTRONIC CU INDICATOR DE % GRĂSIMI ȘI  
% DE APĂ**LAICA**  
**2****PS4007**ANNI DI **GARANZIA**  
ANS DE **GARANTIE**  
YEARS **GUARANTEE**  
ANOS DE **GARANTIA**  
JAHRE **GARANTIE**  
ΧΡΟΝΙΑ **ΕΓΓΥΗΣΗ**  
ANI DE **GARANȚIE****LAICA S.p.A.**Viale del Lavoro, 10 - Fraz. Ponte  
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Data - Date

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Timbro rivenditore - Cachet du revendeur - Retailer's stamp  
Sello del revendedor - Stempel des Händlers  
Σφραγίδα καταστήματος - Stampilă distribuitor

		<b>ALTEZZA</b> <b>Heigh</b> <b>Taille</b> <b>Altura</b> <b>Größe</b>			
LB	KG	CM	FT IN	KG	LB
		150	4 11	45/51	100/113
		152	5 00	46/52	102/115
		154	5 00 1/2	47/53	104/117
		156	5 1	48/54	106/120
120/133	54/60	158	5 2	49/55	108/122
122/135	55/61	160	5 3	50/56	111/124
125/138	56/62	162	5 4	51/57	113/126
127/140	57/63	164	5 4 1/2	52/59	115/131
129/142	58/64	166	5 5	53/60	118/133
133/147	60/66	168	5 6	55/62	122/138
136/149	61/67	170	5 7	56/64	124/142
140/154	63/69	172	5 8	58/65	129/144
143/158	64/71	174	5 8 1/2	59/66	131/147
147/160	66/72	176	5 9	61/68	135/151
149/165	67/74	178	5 10	62/69	137/153
151/172	68/77	180	5 11	64/71	142/157
155/176	70/79	182	5 11 1/2	65/73	144/162
158/178	71/80	184	6 00	66/74	146/164
162/183	73/82	186	6.1		
164/187	74/84	188	6.2		
169/194	76/87	190	6.3		



Nuova pesapersona elettronica che permette di determinare la composizione corporea e calcolare in automatico la percentuale di grasso e di acqua presente nel corpo in funzione dell'altezza, dell'età e del sesso. L'esatta conoscenza della composizione corporea (calcolo della massa magra, massa grassa e acqua corporea totale) permette una corretta valutazione del grasso in eccesso e nel contempo permette di individuare il peso desiderabile in funzione dello stato nutrizionale. Inoltre la conoscenza della composizione corporea permette di abbinare una corretta alimentazione e attività fisica come condizioni essenziali per migliorare la qualità della vita, promuovere salute e prevenire patologie.

Dotata di funzione di memoria fino a 10 persone.

Portata 180 kg / 396 lb / 28 st 4 lb, divisione 100 g / 0.1 lb / 0.1 lb (< 10 st) 1 lb (> 10 st)

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#### Attenzione!

- **La percentuale di grasso corporeo e di acqua sono da considerarsi solamente come dati indicativi. Per qualsiasi ulteriore informazione, consultare il medico o dietologo.**
- **Auto-misurazione significa controllo, non diagnosi o trattamento. I valori insoliti devono sempre essere discussi con il proprio medico. In nessuna circostanza si devono modificare i dosaggi di qualsiasi farmaco prescritto dal proprio medico.**

#### E' IMPORTANTE PRIMA DELL'UTILIZZO LEGGERE ATTENTAMENTE LE ISTRUZIONI E LE AVVERTENZE CONTENUTE NEL PRESENTE LIBRETTO E CONSERVARLE CON CURA.

#### COMPOSIZIONE CORPOREA

E' importante conoscere la composizione corporea di un individuo per poter valutare il suo stato di salute. Non basta infatti conoscere il peso ma è necessario definire la qualità del proprio peso ovvero suddividere il corpo umano nelle due grandi masse che lo compongono:

- massa magra: ossa, muscoli, visceri, acqua, organi, sangue;
- massa grassa: cellule adipose.

A parità di peso, queste due masse occupano volumi diversi. Tramite gli elettrodi posizionati sulla pedana, la bilancia invia una debole corrente elettrica a bassa intensità che attraversa la massa corporea. La corrente elettrica reagisce in modo diverso a seconda delle masse che incontra: la massa magra oppone poca resistenza, mentre quella grassa una resistenza maggiore. Questa resistenza del corpo chiamata impedenza bioelettrica, varia anche in funzione del sesso, dell'età e della statura dell'utente. Per un corretto controllo del proprio peso forma, è importante, oltre al peso, confrontare la percentuale di grasso calcolata dalla bilancia con i parametri riportati nella tabella e la percentuale d'acqua con le informazioni di seguito riportate.

**Se le percentuali si rivelano al di fuori dei valori normali, si consiglia di consultare il proprio medico. Per comprendere al meglio il valore della vostra percentuale di grasso corporeo, vi consigliamo di prendere nota di tale valore per un certo periodo**

**di tempo.** Per ottenere un confronto valido, dovrete pesarvi sempre alla stessa ora e nelle stesse condizioni. Il momento migliore per pesarsi è al mattino a digiuno, senza vestiti. Attendere circa 15 minuti dopo essersi alzati, in modo che l'acqua possa distribuirsi nel corpo.

#### Percentuale di massa grassa

La percentuale di grasso indicata nella tabella che segue rappresenta il grasso totale che è dato dalla somma del grasso essenziale (o primario) e del grasso di scorta (o di deposito). Il grasso essenziale è indispensabile in quanto necessario al metabolismo. La percentuale di questo grasso è differente per i due sessi: 4% circa per gli uomini e 12% circa per le donne (% calcolata sul peso corporeo totale). Il grasso di scorta, in teoria superfluo, è invece necessario in minima quantità per un buon stato di salute soprattutto per chi svolge attività fisica. Anche in questo caso la percentuale di grasso è differente per i due sessi: 12% uomini, 15% donne (% calcolata sul peso corporeo totale). Approssimativamente quindi la normale percentuale di massa grassa sul peso corporeo è del 16% per gli uomini e del 27% per le donne.

Tali percentuali variano con l'età dell'individuo come da tabella sotto riportata.

#### TABELLA BODYFAT

	Età	Sottopeso	Normale	Sovrappeso	Obeso
UOMO	15-39	<11%	11.1-23%	23.1-31%	>31.1%
	40-59	<12%	12.1-24%	24.1-32%	>32.1%
	60-79	<13%	13.1-25%	25.1-33%	>33.1%
DONNA	15-39	<20%	20.1-32%	32.1-38%	>38.1%
	40-59	<21%	21.1-33%	33.1-39%	>39.1%
	60-79	<22%	22.1-34%	34.1-40%	>40.1%

#### Percentuale d'acqua

L'acqua è la componente principale della massa magra; la percentuale d'acqua sulla massa magra è del 73%. La massa magra si ottiene sottraendo dal peso totale di un individuo la sua massa grassa (esempio: uomo di 25 anni, con massa grassa 17%= massa magra 83%). Il 60% circa del peso corporeo è costituito da acqua: essa rappresenta quindi il costituente fondamentale di tutti gli esseri viventi ed è indispensabile per mantenerci in vita. Le donne (avendo normalmente più tessuto adiposo rispetto agli uomini) hanno una percentuale d'acqua corporea che si aggira intorno al 55-58% circa, mentre gli uomini intorno al 60-62%. La percentuale d'acqua è maggiore nell'infanzia (alla nascita varia dal 70 al 77 %), diminuisce con l'età (nelle persone anziane la percentuale varia dal 45% al 55%) e con l'aumentare dei depositi adiposi. I soggetti obesi hanno una percentuale di acqua corporea inferiore ai soggetti magri. Fare riferimento a questi dati per confrontare la percentuale rilevata.

L'acqua assolve molte funzioni biologiche:

- favorisce i processi digestivi;
- è solvente di sostanze importanti per l'organismo;
- rimuove le scorie metaboliche;
- trasporta ossigeno, nutrienti, enzimi, ormoni e glucosio alle cellule;
- è fonte di sali minerali;
- regola la temperatura corporea.

L'organismo umano espelle ogni giorno una determinata quantità di acqua che deve essere regolarmente rimpiazzata; perdite di acqua intorno al 10% del peso corporeo possono compromettere lo stato di benessere. Le variazioni di peso corporeo possono avvenire in tempi brevi (ore), medi (giorni) o lunghi (settimane). Piccole variazioni di peso in poche ore sono del tutto normali e sono dovute alla ritenzione idrica essendo infatti l'acqua extracellulare (che comprende il liquido interstiziale, il plasma, la linfa ed il liquido transcellulare) l'unico compartimento in grado di variare così rapidamente. Quando diminuzioni di peso avvengono in pochi giorni molto probabile che siano a carico dell'acqua totale (distribuita per il 60% circa all'interno delle cellule-acqua intracellulare e per il 40% circa all'esterno delle cellule -acqua extracellulare-) e quindi anche della massa magra.

La massa grassa infine è soggetta a variazioni registrabili in settimane.

**Pertanto, nel valutare l'andamento della propria composizione corporea è necessario tenere presente che:**

- **La sola diminuzione di peso accompagnata da una percentuale di grasso corporeo invariata addirittura in aumento, indica che il corpo ha perso semplicemente acqua (ad esempio dopo un allenamento, una sauna o una dieta limitata alla rapida perdita di peso).**
- **L'aumento di peso accompagnato da una percentuale di grasso corporeo in diminuzione o invariata indica lo sviluppo di preziosa massa muscolare.**
- **Quando peso e grasso corporeo diminuiscono contemporaneamente significa che la dieta funziona e si perde volume.**
- **Con un'alta percentuale di grasso oppure con una ridotta massa muscolare si registra sempre una percentuale di acqua nel corpo troppo bassa.**

#### Attenzione!

**Nel caso di una terapia dimagrante è necessario prevedere una diminuzione della massa grassa non la perdita della massa muscolare.**

#### Esempi di composizione corporea

##### Persona 1

Dati inseriti: uomo, altezza 185 cm, età 39 anni

Dati calcolati dalla bilancia: Peso 105 kg, Bodyfat 30.3%, Bodywater 51%

Analisi composizione corporea: Dalla tabella risulta una composizione corporea in sovrappeso.

Vediamo comunque di approfondire l'analisi.

La percentuale di massa magra è del 69.7% (100%-30.3%). Il grasso corporeo è così costituito:

- grasso essenziale=> 105 kg x 4%= 4.2 kg

- grasso di scorta=> 105 kg x 12%= 12.6 kg

Il totale del grasso corporeo (grasso essenziale + grasso di scorta) è dato da 4.2+12.6 kg = 16.8 kg che sul totale del peso corporeo (105 kg) è pari al 16% (% ideale di massa grassa per la persona 1). La differenza tra il 30.3% (% reale di massa grassa) e il 16% (% ideale di massa grassa) è del 14.3% che applicato al peso totale 105 kg è pari a 15 kg.

15 kg rappresentano i kg in difetto della persona 1. La percentuale d'acqua del 51% risulta essere bassa rispetto alla normale percentuale che dovrebbero avere gli uomini ma è dovuta alla percentuale elevata di massa grassa e quindi ad una ridotta massa muscolare.

#### CONSIGLI PER L'USO

- **Posizionare la bilancia su una superficie piana e rigida.** La presenza di un pavimento cedevole o sconnesso (es. tappeto, moquettes, linoleum) possono pregiudicare l'esattezza del peso.
- Salire sulla bilancia con i piedi paralleli ed il peso equamente distribuito (v. disegni). Attendere senza muoversi che la bilancia computi il vostro peso.
- E' importante pesarsi a piedi nudi, ben asciutti e posizionati correttamente sugli elettrodi (vedi figura). Inoltre, evitare che ci siano contatti fra le gambe affinché la bilancia funzioni correttamente.
- **La bilancia non presenta nessun pericolo in quanto funziona con 4 pile alcaline da 1,5V**

**Tuttavia, è sconsigliato l'utilizzo per le seguenti persone:**

- portatori di pace-maker o altro materiale elettronico medico
- persone con febbre
- bambini al di sotto dei 10 anni
- donne in gravidanza
- persone in dialisi, con edemi alle gambe, persone con dimorfismo o affette da osteoporosi
- persone che assumono farmaci cardiovascolari.
- Pesatevi sempre sulla stessa bilancia, ogni giorno alla stessa ora, preferibilmente svestiti e prima di colazione. Per ottimizzare la bilancia pesatevi due volte e se i due pesi sono diversi uno dall'altro, il vostro peso è tra le due letture. Attendere circa 15 minuti dopo essersi alzati, in modo che l'acqua possa distribuirsi nel corpo.
- La superficie della bilancia può essere scivolosa se bagnata.
- Attenzione! La funzione della misurazione della percentuale di grasso corporeo e di acqua può essere utilizzata solamente da persone di età compresa fra 10 e 80 anni e con un'altezza compresa fra 100 e 240 cm.
- La precisione della % di grasso e di acqua può venire alterata nei seguenti casi:
  - a) alto livello di alcool
  - b) alto livello di caffeina o droghe
  - c) dopo una rigorosa attività sportiva
  - d) durante una malattia
  - e) durante la gravidanza

A new electronic personal scale that allows to evaluate your body composition and to automatically calculate the body fat and water percentage in function of your height, age and sex.

The exact knowledge of your body composition (calculation of lean body mass, fat body mass and total body water contents), allows a correct estimate of the excess fat and at the same time determines the advisable weight as a function of your nutritional condition.

Furthermore, the knowledge of your body composition allows to combine a correct nutrition and physical activity as essential conditions to improve the quality of life, promote health and prevent pathologies. It has a memory function with a 10-person capacity.

Capacity 180 kg / 396 lb / 28 st 4 lb, divisione 100 g / 0.1 lb / 0.1 lb (< 10 st) 1 lb (> 10 st)  
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**Warning!**

- **The body fat and water percentage is to be considered only as approximate information.**
- **For any further information, please consult your physician or dietician.**
- **Self-measuring means control, it does not mean diagnosis or treatment.**
- **Any unusual levels should always be discussed with your doctor.**
- **Under no circumstances must you change the dose of medicines prescribed by your Doctor.**

**IT IS IMPORTANT TO CAREFULLY READ THE INSTRUCTIONS AND WARNINGS IN THIS BOOKLET BEFORE USE AND TO KEEP THE BOOKLET IN A SAFE PLACE.**

**BODY COMPOSITION**

It is important to know the body composition of an individual in order to be able to estimate his/her health condition.

Actually, it is not enough to know one's weight but it is necessary to define its quality, which means dividing the human body in its two major component masses:

- lean body mass: bones, muscles, viscera, water, organs, blood;
- fat body mass: adipose cells.

Under the same conditions of weight, these two masses have different volumes.

By means of electrodes placed on the platform, the scale sends a weak low intensity electric current that passes through the body mass. The electric current reacts in a different way according to the masses it passes through: the lean body mass opposes a weak resistance, while the fat body mass has a greater resistance.

This body resistance, called bioelectrical impedance, varies also in function of sex, age and height.

For a correct control of one's ideal weight, it is important, besides the weight, to compare the body fat percentage calculated by the scale, with the parameters contained in the table and the body water percentage, with the information listed hereinafter.

**If the percentages are outside the normal values, we suggest you to consult your doctor.**

In order to better understand the value of your body fat percentage, we suggest you write down this value for a given period of time. In order to obtain a valid comparison, you should weigh yourself always at the same time of the day and under the same conditions. The best moment to weigh yourself is in the morning, before breakfast, without clothes. You have to wait 15 minutes after getting up, so that the water get distributed itself throughout the body.

**Body fat mass percentage**

The percentage of fat listed in the following table, represents the total fat, calculated by summing up the essential fat (or primary fat) and the spare fat (or storage fat). The essential fat is necessary since it is needed for the metabolism.

The percentage of this fat is different between the two sexes: about 4% for men and about 12% for women (percentage calculated on the total body weight).

The spare fat, which is theoretically superfluous, is necessary in a minimum quantity for a healthy condition, especially for those who carry out physical activities.

Even in this case, the fat percentage is different between the two sexes: 12% for men, 15% for women (percentage calculated on the total body weight).

Therefore, the normal percentage of fat mass on the body weight is approximately 16% for men and 27% for women. Such percentages differ with the person's age as shown in the table here below.

BODYFAT TABLE					
	Age	Excellent	Good	Fit	Overweight
MAN	15-39	<11%	11.1-23%	23.1-31%	>31.1%
	40-59	<12%	12.1-24%	24.1-32%	>32.1%
	60-79	<13%	13.1-25%	25.1-33%	>33.1%
WOMAN	15-39	<20%	20.1-32%	32.1-38%	>38.1%
	40-59	<21%	21.1-33%	33.1-39%	>39.1%
	60-79	<22%	22.1-34%	34.1-40%	>40.1%

**Water percentage**

Water is the main component of lean body mass; the water percentage over the fat body mass is 73%. The lean body mass is obtained by subtracting from the total weight the fat body mass (for instance for a 25-year old man, with a fat body mass of 17%, lean body mass is equivalent to 83%).

About 60% of the body weight is made up by water: it therefore represents the fundamental

component of every living being and it is necessary to keep us alive.

Women (having normally more adipose tissue than men), have a water percentage of about 55-58%, while men have about 60-62% of it.

The water percentage is greater in childhood (at birth it varies from 70 to 77%), and it decreases with age (in old people the percentage varies from 45% to 55%) and with the increase of fat deposits.

Obese people have a lower body water percentage than lean people.

Refer to this data to compare the obtained percentage.

Water accomplishes many biological functions:

- it promotes the digestive processes;
- it is a thinner for substances that are important for the organism;
- it removes metabolic wastes;
- it carries oxygen, nutrients, enzymes, hormones and glucose to the cells;
- it is a source of mineral salts;
- it regulates the body temperature.

The human organism excretes every day a given quantity of water, which must be regularly replaced; a water loss of approximately 10% of the body weight, may put at risk the health condition. Body weight variations, may occur throughout short (hours), medium (days) or long (weeks) periods.

Small weight variations that take place in a few hours, are completely normal and are due to water retention, since the extra-cellular water (which includes interstitial fluid, plasma, lymph and transcellular fluid) is the only compartment subject to such rapid variations.

When a weight reduction occurs in a few days, it is very likely that it affected the total water amount (distributed by approximately 60% inside the cells - intracellular water - and by approximately 40% outside the cells - extracellular water-) and therefore, it also affected the lean body mass. To conclude, the fat body mass is subject to variations which can be recorded in weeks.

**Therefore, in order to evaluate the progression of one's body composition it is necessary to keep in mind that:**

- **a weight reduction by itself, accompanied by an unchanged or even increased body fat percentage, shows that the body has simply lost water (for instance after a training session, a sauna or a diet that is limited to rapid weight loss).**
- **a weight increase accompanied by a decreasing or unchanged body fat percentage, shows the development of precious muscular mass.**
- **when weight and body fat decrease at the same time, it means that the diet is effective and that we are also losing volume.**
- **when there is a high percentage of fat or a reduced muscular mass, the body water percentage is always too low.**

**Warning!**

**When following a diet, it is necessary to expect a reduction in the fat body mass and not in the muscular mass.**

**Examples of body composition**

**Person 1**

Entered data: man, 185 cm tall, 39 years old.

Data calculated by the scale: Weight 105 kg , Bodyfat 30.3%, Bodywater 51%

Analysis of body composition: An overweight body composition results from the table. Let's study in any case the analysis in deep.

The percentage of lean mass is 69.7% (100%-30.3%). Body fat consists of:

- essential fat => 105 kg x 4%= 4.2 kg
- reserve fat => 105 kg x 12%= 12.6 kg

Total body fat (essential fat + reserve fat) is 4.2+12.6 kg = 16.8 kg, which compared to the total body weight (105 kg) is equal to 16% (ideal % of fat mass for person 1).

The difference between 30.3% (actual % of fat mass) and 16% (ideal % of fat mass) is 14.3%, which applied to the total weight (105 kg) is equal to 15 kg.

15 kg represent the kg in defect of person 1.

The water percentage of 51% is low compared to the normal percentage that must have the men but it is due to the high percentage of fat mass and then a reduced muscular mass.

**TIPS FOR USE**

• **Place the scale on a flat, hard surface.**

Soft, uneven flooring (e.g. rugs, carpets, linoleum) can cause the scale to give an uneven reading of your weight.

• Step onto the scale with your feet parallel and weight equally distributed (see illustrations). Stand still while the scale measures your weight.

• It is important to weight yourself with dry, bare feet, correctly positioned on the electrodes (see illustrations). Moreover, for the scale to work properly, avoid your legs touching.

• **The scale does not show any danger, since it works with 4 x 1,5V alkaline batteries.**

**However, the following people should avoid using it:**

- those fitted with a pace-maker or other forms of electronic, medical equipment
- those with a temperature
- children under the age of 10
- pregnant woman
- those in dialysis, with edemas on their legs, people with dimorphism or suffering from osteoporosis.
- people on cardiovascular medication.

• Always weigh yourself on the same scale every day at the same time, undressed and before breakfast.

To get the best results from your scale, weight yourself twice, and if the two weights are different from each other, your weight is between the two readings.

Wait for about 15 minutes after getting up, so that the water can distribute through around your body.

- The surface of the scale can be slippery, if wet.
- **Warning!**  
The measurement function of body fat and water percentage, may be utilized only by people that belong to an age group that goes from 10 to 80 and that are between 100 and 240 cm tall.
- The precision of this fat and water percentage measurement can be altered in the following cases:
  - a) a high alcohol level
  - b) a high level of caffeine or drugs
  - c) after an intense sports activity
  - d) during an illness
  - e) during pregnancy
  - f) after heavy meals
  - g) in presence of dehydration problems
  - h) your personal data (height, age, sex) have not been input correctly
  - i) if you have wet or dirty feet
  - j) people with swollen legs

**Warning!**  
**The body fat and water percentage is to be considered only as approximate information.**  
**For any further information, please consult your doctor or dietician.**

**OPERATING INSTRUCTIONS**

- How to insert batteries**  
This scale operates with 4 replaceable 1.5 V alkaline batteries. When the batteries are dead the display shows "LO" or the battery symbol. Insert new batteries with the positive pole upwards.  
Remove the run down batteries by lifting the cover of the battery compartment located on the bottom of the device.  
Extract the batteries and dispose them as special waste at the specific collection points forecast for recycling.  
For more information about the disposal of run down batteries, please contact either the store where the device containing the batteries was purchased, or the Municipality, or the waste disposal local service.  
**Caution: For greater safety, children younger than 12 years should not remove the batteries.**
- Unit of measure key**  
With the scale switched off, select the measuring unit (kg, lb or st) via the key on the bottom of the scale.
- Use as simple scale**  
1) Press "ON" button to turn the scale on.

- 2) Wait a few seconds and when "0.0" appears on the display screen, the scale is ready for use.
  - 3) Step onto the scale and wait without moving; after a few seconds, the display screen will show your weight. Do not lean on anything while being weighed as this could alter the reading.
  - 4) Step off the scale, the display screen will continue to show your weight for a few seconds then it will turn itself off automatically.
- d. How to input personal data**  
 This scale may memorize the data of 10 different persons.
- 1) Press the "SET" button.
  - 2) "P1" will flash on the display screen, indicating the "01" person: if you wish to change the memory location (memories from 0 to 9), press the "▲" or "▼" symbols. Once you have selected the memory location, confirm by pressing "SET".
  - 3) Continue by pressing the "▲" or "▼" symbols to define your sex. Confirm by pressing "SET".
  - 4) Use the "▲" or "▼" symbols again to insert age (from 10 to 80 ) and then confirm by pressing "SET".
  - 5) Insert your height (from 100 cm to 240 cm) using the "▲" or "▼" symbols to increase or decrease the value. The display screen will give the value in cm or ft. Press SET to confirm.
  - 6) Now the scale has stored all your data; the display shows them to allow you checking their correct entering.  
At this point, the display shows "0.0". Get on the scale paying attention to position the naked feet correctly on the two electrodes. Then, the display shows the following data sequentially:
    - your weight
    - the message FAT (bodyfat) and the percentage of fat present in the body
    - the message TBW (bodywater) and the percentage of water present in your body
 Compare the obtained fat percentage (FAT) obtained with the parameters given in the "Bodyfat table": if the values are not included in the normal range, refer to your doctor. Estimate the water percentage (TBW) as in paragraph "% of water".
  - 7) The scale switches off automatically after about 10 seconds.

To modify the entered data, call up the involved memory area and repeat the whole proceeding.  
 To enter the data of another person, select a free memory area and repeat the whole proceeding.  
**Caution:** while being in the "How to input personal data" function, the scale shall switch off if not any key is pressed within 10 seconds.

**e. Calculation of weight %, of body fat % and of body water %**  
 1) Activate the scale by keeping pressed button ON until the desired memory zone is shown. Previously entered data will be displayed by the display, followed by "0.0kg".

- 2) Get on the scale and await the display of your data (see item 6 of the paragraph "introduction of personal data").  
**Caution!**  
 If the display does not show "0.0", it will not be possible to read the weight, as well as to calculate the percentage of fat and water.  
 If the display shows "Err", it means that an error occurred during the measurement. Repeat the whole procedure again. In case of overweight, the display shows "EEEE". In this case, remove immediately the weight from the balance in order not to damage its mechanism.

**TECHNICAL FEATURES**


Capacity: 180 kg / 396 lb / 28 st 4 lb  
 Division: 100 g / 0.1 lb / 0.1 lb < 10 st / 1 lb > 10 st  
 Measurement unit: kg/lb/st  
 Memories for 10 persons  
 Four 1,5V alkaline batteries type AAA  
 Accuracy within: +/- 1% + 1 division of applied weight  
 LCD display  
 Storage environmental requirements: +10°C + 50°C; RH 85%  
 Operating environmental requirements: +10°C + 40°C; RH 85%

**MAINTENANCE**

- Handle your scale with care as it is a precision instrument.  
Therefore, avoid to expose it to extreme temperatures, damp, knocks, dust and direct sunlight.  
Do not drop the scale or knock on it.
- Keep the scale away from sources of heat.
- **Do not jump on the scale.**
- **Clean the scale with just a soft dry cloth.**
- **To clean the scale never use chemical or abrasive products.**
- Take care that no liquids penetrate into the scale, as it is not waterproof. Do not leave or use the scale in very damp surroundings, humidity above 85% or contact with water and other liquid parts could cause corrosion and jeopardize the precision of the scale.

 Important! Read the instructions carefully

**DISPOSAL PROCEDURE (DIR. 2002/96/EC - WEEE)**

 The symbol on the bottom of the device indicates the separated collection of electric and electronic equipment.  
 At the end of life of the device, do not dispose it as mixed solid municipal waste, but dispose it referring to a specific collection centre located in your area or returning it to the distributor, when buying a new device of the same type to be used with the same functions.

This procedure of separated collection of electric and electronic devices is carried out forecasting a European environmental policy aiming at safeguarding, protecting and improving environment quality, as well as avoiding potential effects on human health due to the presence of hazardous substances in such equipment or to an improper use of the same or of parts of the same.  
 Caution! The wrong disposal of electric and electronic equipment may involve sanctions.

**WARRANTY**

This equipment is covered by a 2-year warranty elapsing from the purchase date, which has to be proven by means **of the stamp or signature of the dealer and by the fiscal payment receipt that shall be kept enclosed to this document.**  
 This warranty period complies with the laws in force (Italian legislative decree No. 24 dated Feb. 02, 2002 and following "Consumers' Act" Italian legislative decree No. 206 dated Sep. 03, 2005) and applies only in case the consumer is a private entity.  
 Laica products are designed for domestic use; therefore, their use in public businesses is forbidden.  
 The warranty covers only production defects and is void, if the damage is caused by accidental events, wrong use, negligence or improper use of the product.  
 Use the supplied accessories only; the use of other accessories may lead to warranty voidness.  
 Do not open the equipment for any reason whatsoever; in case of opening or tampering of the equipment, warranty decays definitively. Warranty does not apply to parts subject to fear and wear along the use, as well as to batteries, when they are standard supplied.  
 Warranty decays after 2 years from the purchase date. In this case, technical service interventions will be carried out against payment. Information on technical service interventions, under warranty terms or against payment, may be requested by writing at info@laica.com. Nothing shall be owed for the repairing or replacement of products covered by the warranty terms. In case of faults, refer to a dealer; DO NOT send anything directly to LAICA.  
All interventions covered by warranty (including product replacement or the replacement of any of its parts) shall not be meant to extend the duration of the original warranty period of the replaced product.  
 The manufacturer cannot be made liable for any damages that may be caused, directly or indirectly, to people, things and pets resulting from the inobservance of the provisions contained in the suitable user manual, especially with reference to the warnings related to installation, use and maintenance of the equipment.  
 Being constantly involved in improving its own products, Laica reserves the right to modify its product, totally or partially, with reference to any production need, without that this involves any responsibility whatsoever by Laica or its dealers.