Valhalla Scientific Inc.
G6 Series User Manual

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Section I - Installation

Receiving and Inspection

The G6 DUO has been thoroughly inspected and tested at the factory prior to shipment. If shipping carton damage is apparent when the unit is received, the carrier agent should be present when the unit is unpacked. Retain the shipping carton for carrier inspection. Take pictures of the box and damage. Call 800.548.9806 and Valhalla will issue a UPS return Call tag. DO NOT return the unit to the Valhalla Scientific factory before an authorization number has been obtained.

Storage

The G6 should be stored in a temperature range of 50 to 90° F. Exposure to extended periods of heat or cold may result in component damage or possible failure.

Connecting Scale to Printer

Connect the G6 USB printer port (located on the back side on the scale base) to the HP printer via the provided USB printer cable.

Powering up

Before plugging the adapter into the wall, verify that the power switch located on upper part of the neck is in the OFF position. Connect the power supply to the wall socket and then to the scale.

The power supply receptacle is located on the lower part of the neck. Once the connection is made, flip the switch to the ON position.

The display should briefly display a start up message which will include the Model Number and the Firmware version installed.

The startup will be followed by a synchronization countdown. Once the display goes blank, the scale is ready to be used.

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Matching the Scale to a new HP6100 Printer

To match your new HP6100 printer to the scale, perform the following steps:

1. Make sure the printer is ON and connected to the scale.
2. Make sure the printer has finished its power up routine.
3. Make sure the printer has paper loaded.
4. Without stepping on the scale, Press # **9** to access Maintenance Menu – Menu Password (PW): **7538**
5. When prompted [MENU ?], press # **7**. The screen will go blank.
6. Press the RCL button on the display panel. The data will be displayed.
7. Press the Plain button followed by the Enter button.
   The display will flash "PRNT PLS WAIT" for approximately 30 seconds.
   At this point the default printer settings have been cleared.
8. Without stepping on the scale, Press # **9** to access Maintenance Menu – Menu Password (PW): **7538**
9. When prompted [MENU ?], press # **7**. The screen will go blank.
10. Press the RCL button on the display panel. Data will be displayed.
11. Press the Plain button followed by the Enter button.
    The display will flash "PRNT PLS WAIT" for approximately 30 seconds.
    At this point the new printer settings have been installed and the printer should have printed a test page with all zeros.

How to Identify Firmware Revision and Serial Number

To identify your G6, press #4.

The Body Water window will display the firmware version.

The BMR window will display the scale type.

The serial number of the scale can be found on the serial tag sticker located under the head of the scale or on the display:

1. **Press 9** to access Maintenance Menu – *Menu Password (PW):* **7538**
2. When prompted [MENU ?], press # **8**. The screen will display the serial number.

Section II - Operations

How to Take a Measurement

Attention: Models G62 and G63 require that the user removes shoes and socks before standing on the scale.

1. Stand on scale. Stay still while the G6 measures your weight.
2. When prompted, enter the Age.
   Press the flashing ENTER button to confirm.
3. The screen will prompt you to enter the Height.

The height may be entered in several formats. A height of 6 feet 2 inches can be entered as:

<div align="center">

6+0+2   or   6+2

</div>

The ½ button is used to add a half inch to the height.

For example 5 feet 7.5 inches is entered as:

<div align="center">

5+0+7+½   or 5+7+½

</div>

If a wrong number is pressed, press CLR (clear) to start over.

Press the flashing ENTER button to confirm the height and move to the next step.

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4. When prompted, enter the Gender.
   Select Male or Female and press the flashing ENTER button to confirm selection.
5. When prompted, grip the side handles so that the palm of each hand makes contact with both handles on both sides of the display module. The thumb should rest gently on top of upper probe. The G6 DUO will now measure your bio-impedance display the results.
6. *To print the results, select graphic or plain and press ENTER. (See Section III - Printouts for details on the print types).*

How to Recall the Last Measurement

The G6 models allow the user to recall the last measurement and reprint it. To recall the last results:

1. *Press the RCL button on the display panel. The data will be displayed.*
   The display clears after about 15 seconds or can be cleared by pressing the CLR button.
2. To print the results, select graphic or plain and press ENTER.

The last results are erased if the scale is turned OFF.

Section III – Printouts

When the results are displayed, the G6 allows you to select the print type, Plain or Graphic.

Plain Print outs

The Plain printout type is a single page containing all the results from the measurements and calculations.

Programming Number of Copies

The user can pre define the number of copies of this printout to print. The default value is 1.

To change the value:

1. Without stepping on the scale,
   Press # **3** to access Settings Menu – Menu Password (PW): 7538
2. When prompted [MENU ?], press **Plain**.
3. Enter the number of copies you wish to print.
4. Wait for the scale to return to standby.
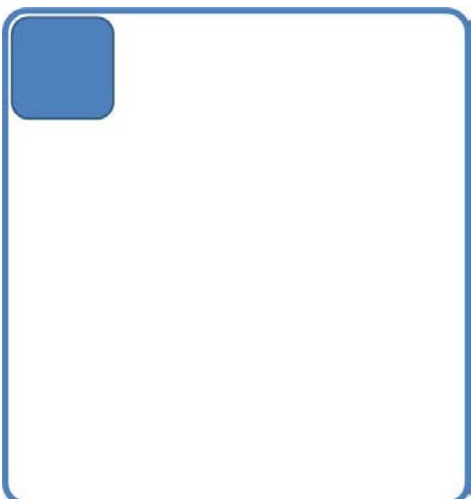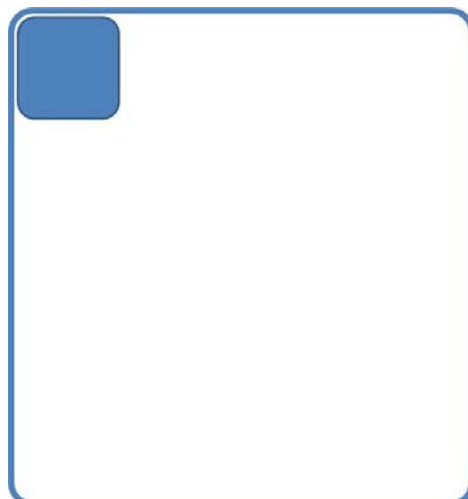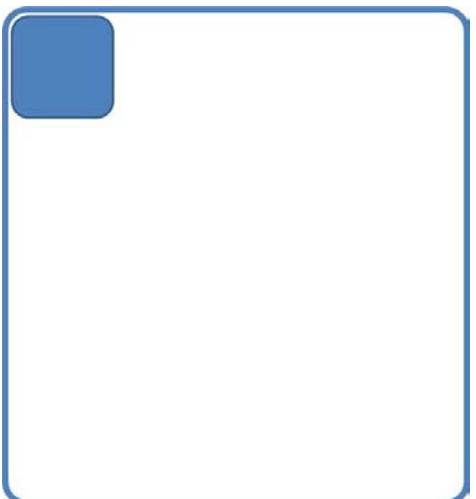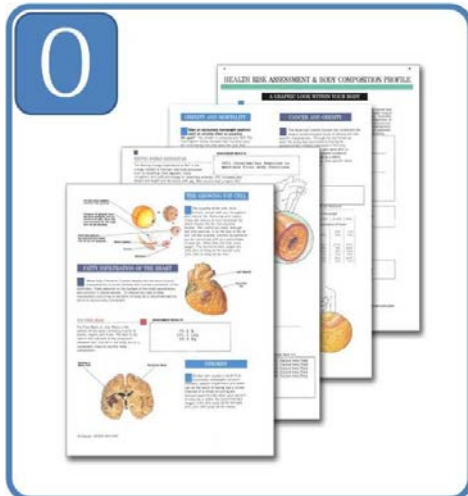
Graphic Print outs

The Graphic printout type is a multi page printout designed for specific preprinted paper. At this time the G6 is programmed to handle several different graphic layouts.

Programming the Graphic page Type

The user can pre define the graphic layout they wish to use. Most likely the scale you have received is programmed to print to the paper that you have ordered.

To change the graphic layout:

1. Without stepping on the scale, Press # **3** to access Settings Menu –
   Menu Password (PW): 7538
2. When prompted [MENU ?], press **Graphic**.
3. Enter the number associated with the layout that matches your paper. (See next page).
4. Wait for scale to return to standby.

Section IV - Special Modes

Weight Only Mode

The G6 allows you to take weight only measurements.

To enable this measurement mode: **Press 1** before stepping onto the scale.

The scale will display WGT ON. Step on the scale and press **Enter**. The display will count down from 5 to 1 and display your weight.

To clear the weight: **Press CLR**

Athletic Mode

To qualify as "athletic", the subject must meet the following requirements:

Work out 40 minutes in duration (20 min aerobic/20 min anaerobic), 3 days a week, for at least the last 6 months.

In order to enable the Athletic Mode predictive equation:

1. Before stepping on the scale, **Press 7**. The screen will display: [ATH MODE Y/N?]
2. Press the **YES** key to enable the Athletic Mode equations, **NO** to cancel.

These steps will enable the Athletic Mode for a single use. After the test is performed, the G6 will automatically return to Standard Mode measurements.

Body Builder Mode

To qualify as a "bodybuilder" the subject must be at least 20% above their ideal weight (as defined in the Metropolitan Height/Weight chart), and that weight must be primarily muscle mass.

In order to enable the Bodybuilder Mode predictive equation:

1. Before stepping on the scale, **Press 8**. The screen will display: [BB MODE Y/N?]
2. Press the **YES** key to enable the Bodybuilder Mode equations, **NO** to cancel.

These steps will enable the Bodybuilder Mode for a single use. After the test is performed, the G6 will automatically return to Standard Mode measurements.

Section V – Customizing

Lock Option

The Lock option allows you to "lock" the G6 DUO and prevent it from being used by unauthorized people. When the G6 DUO is locked, you will be required to enter an authorization ID before each test.

To enable the Lock feature:

1. **Press 3** to access Settings Menu – *Menu Password (PW):* **7538**
2. When prompted [MENU ?], press # **9**. The screen will display: [PIN? Y/N?]
3. Press the **YES** key to enable the Lock Pin Option, **NO** to cancel.

The default authorization ID number is 1234. The ID can be changed at any time.

To change the Authorization ID Number:

1. **Press 9** to access Maintenance Menu – *Menu Password (PW):* **7538**
2. When prompted [MENU ?], press # **1**. - *Enter (PW):* **1973**
   The screen will display: [NEW PIN ----]
3. Enter the new 4 digit ID.

Print Ohms Option

The Print Ohms option gives you the choice of whether or not to print the measured bio-impedance value on the printouts. When you first receive the G6 DUO, the Print Ohms function is set to OFF.

To enable the printing of the Ohms measurement:

1. **Press 3** to access Settings Menu – *Menu Password (PW):* **7538**
2. When prompted [MENU ?], press # **5**. The screen will display: [OHMS MODE Y/N?]
3. Press the **YES** key to enable the Print Ohms Option, **NO** to cancel.

Physician ID

The G6 DUO allows the user to set a physician's ID. The ID can be a number up to 8 digits and if set will be printed on the printouts under "Prepared By:"

To set the Physician ID:

1. **Press 5** before stepping on the scale. The screen will display: [ID 0000 0000]
2. Enter the preferred ID, up to 8 digits and press **ENTER**.

The Physician ID can be changed or reset at anytime.

Patient ID Option

The Patient ID option gives you the choice of using a Patient ID with every test. When you first receive the G6, the Patient ID function is set to OFF.

To enable the Patient ID Option:

1. **Press 3** to access Settings Menu – *Menu Password (PW):* **7538**
2. When prompted [MENU ?], press # **4**.
   The screen will display: [ID MODE Y/N?]
3. Press the **YES** key to enable the Patient ID Option, **NO** to cancel.

Language Option

The Language option gives you the choice of selecting the language of the printouts.

To set the language:

1. **Press 3** to access Settings Menu – *Menu Password (PW):* **7538**
2. When prompted [MENU ?], press # **3**.
3. The screen will display NEW LANG
4. Enter the number associated with the language you wish to choose.

#		Language	Available
0		English	☑
1		Spanish (Español)	☑
2		Portuguese (Português)	
3		Italian (Italiano)	
4		German (Deutsch)	
5		French (Français)	

Section VI – Maintenance

Calibration

Before calibrating your G6, you will need a reference weight between 200 and 350 Lbs. The scale can be calibrated using lower weights. However, to insure linearity of the measurements we recommend the above listed weight range as a calibration reference.

1. **Press 9** to access Menu – *Menu Password (PW):* **7538**
2. When prompted [MENU ?], press the # **9**. The screen will display: [CAL Y/N?]
3. Press the **YES** key to start calibration, **NO** to cancel.
4. When prompted [ZERO CAL], remove any weight from the scale and press **ENTER**. The scale will calibrate the zero reference as it counts down from 10 to 0.
5. When prompted [WGT ON], place a weight on the scale and press **ENTER**. The scale will calibrate the weight reference as it counts down from 10 to 0.
6. When prompted [CAL WGT?], type the value of the weight applied to the scale and press **ENTER**.
   Note: always enter the value in a 4 digit format. Example 200 Lbs enter 2000, or 309.2 Lbs enter 3092.
7. The screen will display the cal factor. Press **ENTER.**
8. [CAL DONE].

Zero Calibration

Press 0 when scale is idle to reset any zero offset.

For additional information, Call 1-800-548-9806

Visit our Website at www.bodycompscale.com