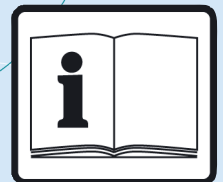


BALANCE

KH 5006

KH 5007

KH 5008



Ⓞ Operating and safety instructions

Body fat and water analysis scale made of glass

1 Technical data

Max. load capacity:	160 kg / 352 lb
Min. measurable weight:	2 kg / 4.4 lb
Graduation:	0.1 kg / 0.2 lb
Measurement of fat content:	5% - 40%
Graduation:	0.1%
Measurement of water content:	30% - 70%
Graduation:	0.1%
Size:	100 – 240 cm / 3'03" – 7'09"
Age:	10-99
10 Storage places for personal data	
Only-weighing function	
Measuring unit adjustable kg / lb	
Battery status display	
Overload display	
Fault display	
Operating temperature:	20°C ±10°C

2 Electromagnetic compatibility

- This product is intended for use in the household.
- This product is a sensitive electronic instrument and could therefore be occasionally affected by radio transmission devices (such as mobile telephones, radiotelephones, CB radio devices, radio controls and microwave ovens used in the immediate vicinity).
- Should symptoms such as display faults occur, remove the product from the source of interference or switch off the source of interference when using the scale.

3 Important usage and safety instructions

- Do not use the scale if you
 - are pregnant or
 - use medical devices such as heart pacemaker, respiration apparatus or electrocardiographs
- Children should use the scale only from age 10 years or body size above 100 cm.
- With the following groups of persons it is possible for measuring errors to occur or results could considerably deviate from the actual values since fluctuations of average water content and bone density can occur.
 - Children
 - Women affected by menopause
 - Sports persons
 - Persons affected by flu or fever
 - Persons with swollen legs
 - Osteoporosis patients
 - Pregnant persons
 - Dialysis patients

- Do not compare the measurements with the measurements of another scale since there could be differences because of the manufacturing tolerances.
- Since both the water content and the fat content of your body could fluctuate during a single day you should always weigh yourself at the same time of day and before meals to obtain comparable results. First thing in the morning is the best time for weighing.
- To obtain accurate measurements, place the scale on a solid, level and non-skid surface.
- The scale is equipped with sensitive electronic components. For this reason, do not place the scale next to heat sources or in locations with excessive moisture.

4 Appendix: Body fat and water contents

A regular check of fat and weight is a basic pre-requisite for your health and fitness. Fat contributes considerably to the loading of the organism especially the coronary circulation system. The body fat content of human beings is highly individual. There are heavy persons who have a well-balanced ratio of fat and muscle mass and there are apparently slim persons with clearly increased body fat values. Body fat in our body assumes important functions. It protects the joints, is a vitamin store and handles the regulation of the body temperature. It need not therefore be an urgent objective to radically reduce fat but rather to achieve and maintain a well-balanced ratio of muscle mass and fat mass. Only if you know your body fat content will you be able to determine your actual degree of fitness. Depending on age and sex, a different body fat content is considered healthy. The following table can be used as a reference for your personal fitness profile.

Body fat content in %

Years	Men				Women	
	low	Ø	high	low	Ø	high
20 – 24	14.9	19.0	23.3	22.1	25.0	29.6
25 – 29	16.5	20.3	24.3	22.0	25.4	29.8
30 – 34	18.0	21.5	25.2	22.7	26.4	30.5
35 – 39	19.3	22.6	26.1	24.0	27.7	31.5
40 – 44	20.5	23.6	26.9	25.6	29.3	32.8
45 – 49	21.5	24.5	27.6	27.3	30.9	34.1
50 – 59	22.7	25.6	28.7	29.7	33.1	36.2
> 60	23.2	26.2	29.3	30.7	34.0	37.7

Dependent on the age, the body consists of up to 80 per cent of water (see below). Water fulfils important metabolic functions: It regulates the body temperature and transports nutrients between cells and organs. Since the body loses water continuously, the liquid household must be adequately replenished. A lack of water in the body results in a concentration of toxins in the body fluid. A water content of 20 percent below average can even be life-threatening.

Water content in the body

Newborn babies	80 %
Baby 3 months	70 %
Adult 25 years	60 %
Adult 85 years	50 %

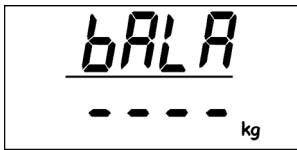
5 Remote control


This scale is controlled with an infrared remote control which also includes the display of the scale. You can simply pull the remote control from the scale and operate it manually.

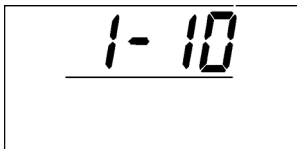
- Always hold the remote control over the device so that the transmission lens of the remote control is above the sensor lens of the device. This is generally the case if you stand in front of/on the scale and hold the remote control in your hands.
- You can also mount the remote control on the wall above the scale, the transmission lens is horizontal.



6 Entering personal data

Before you can determine your body fat and water contents you will have to store your personal data (sex, age and size). A total of 10 storage places are available. To enter your personal data proceed as follows:




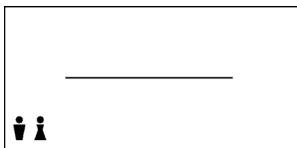
1. **Switch on remote control:** Remove the remote control from the scale. Press the key  to switch on the remote control. The running display "bALAnCE" will appear on the display above the line and the display "---- kg" below the line.




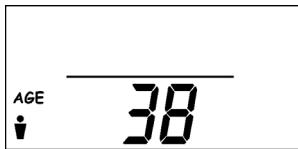
2. **Select storage place:** For approximately 2 seconds, press the key  until the display "1-10" appears on the display above the line. The current storage place (a number between 1 and 10) will flash shortly thereafter. Select the storage place for your personal data by pressing the keys "∧" or "∨". Press the key  to confirm.



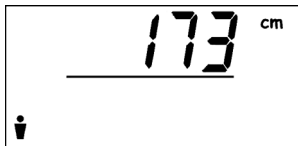
3. **Select dimensional unit:** The display kg / lb will appear at the bottom right in the display. Select the unit kg or lb by pressing the keys "∧" or "∨". Press the key  to confirm.



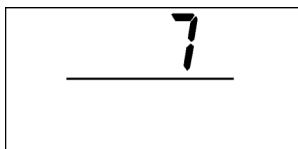
4. **Enter sex:** The symbol for male / female will appear in the bottom left corner of the display. Enter your sex by pressing the keys "∧" or "∨". Press the key  to confirm.




5. **Enter age:** The display “AGE” will appear on the left in the display and a figure for the age in the centre below the line. Enter your age by pressing the keys “^” or “v” and press the key **i** to confirm.



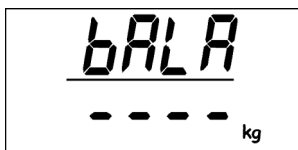
6. **Enter body size:** The body size in centimetres will appear in the display above the line. Enter your body size by pressing the keys “^” or “v” and press the key **i** to confirm. **Note:** if you have selected the dimensional unit “lb” the body size will be shown in inches.



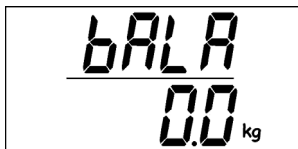
7. Following the setting of all personal data the storage place just programmed will flash on the display. You can now switch off the remote control by pressing the key  or program additional storage places by pressing the keys “^” or “v”. If no keys are pressed, the remote control will switch itself off automatically after 60 seconds.

7 Simple weighing
(without simultaneous measurement of body fat and water contents)

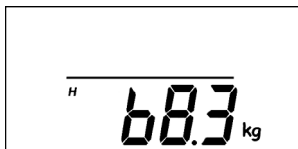
Do not remove the remote control if you merely want to weigh yourself.



1. Gently touch the scale with your foot. The red LED display lights up. The running display “bALAnCE” appears above the line, the display “---- kg” below the line. After approximately 2 seconds the green LED will light up and “0.0kg” appears below the line. The scale is now ready for operation.



2. Step onto the scale and remain still for weighing.
 3. When the scale has established the approximate weight, “H” will be shown on the display. This display stops flashing as soon as the weight has been established exactly.



4. If you remain on the scale it will switch off after approximately 60 seconds. When you get off the scale, flashing “H” is displayed 3 times and the display “0.0kg” returns. The scale is now ready again for weighing.




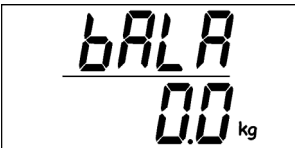
- If no weighing process takes place, the scale switches off automatically after 60 seconds.

8 Establishing body fat and water contents


In order to establish your body fat and water contents you must have previously stored your personal data (see Chapter 6).



- Remove the remote control from the scale. Press the key  to switch on the remote control. The running display “bALAnCE” appears on the display above the line, the display “---- kg” appears below the line.



- Gently touch the scale with your foot. The red LED display lights up. The running display “bALAnCE” appears on the display above the line, and the display “---- kg” below the line. After approximately 2 seconds the green LED display lights up and “0.0kg” appears on the display below the line. The scale is now ready for operation.

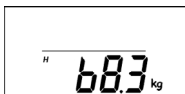
- Press the key  to select the unit kg or lb.


The following alternative measuring methods are available:

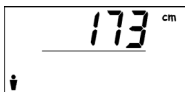
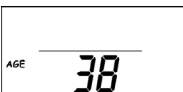
8 a) Weighing with subsequent establishment of body fat and water contents

- Step on the scale for weighing.

Note: Stand on the metal contacts without shoes or stockings. Your feet must be clean and dry when you step on the scale. However, very dry feet can affect the measurement. In this case, moisten your feet with a moist cloth and repeat the measurement.



- As soon as the weight has been established the display “H” appears as described in Chapter 7. Press the keys “^” or “v” to select your pre-programmed storage place (1-10) and confirm by pressing the key .



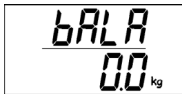
- For control purposes, the stored settings “Sex and Age” followed by “Sex and Size” of the selected storage place are shown on the display for control purposes.



4. The rotating “CCCC” display above the line appears during the establishment of body weight and water contents.




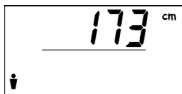
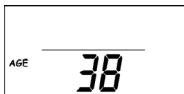
As soon as the process has been completed the values established for body fat and water contents alternately appear on the display.



5. When you step off from the scale the running display “bALAnCE” and “0.0kg” again appears on the display. The scale is now ready for the next measurement. If you remain on the scale, the scale switches off automatically after 60 seconds.

8 b) Simultaneous establishment of weight, body fat and water contents

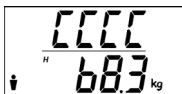
1. Press the keys “^” or “v” to select your pre-programmed storage place (1-10) and confirm by pressing the key .



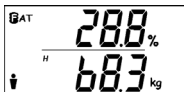
2. For control purposes, the stored settings “Sex and Age” followed by “Sex and Size” of the selected storage place are shown on the display for control purposes.

3. Step on the scale for weighing.

Note: Stand on the metal contacts without shoes or stockings. Your feet must be clean and dry when you step on the scale. However, very dry feet can affect the measurement. In this case, moisten your feet with a moist cloth and repeat the measurement.



4. The weight is now established on the display under the line while the “H” is flashing as described before. As soon as it stops flashing the established weight will be displayed.



5. The display “CCCC” above the line simultaneously shows that body fat and water contents are being established. As soon as these have been established the results will be displayed alternately.



6. When you step off from the scale the running display “bALAnCE” and “0.0kg” again appears on the display. The scale is now ready for the next measurement. If you remain on the scale, the scale switches off automatically after 60 seconds.

9 Displays

„0-Ld“

The weight on the scale exceeds 160kg / 352lb



The batteries for the remote control are almost empty and need replacing.



The batteries of the scale are almost empty and need replacing.

„Err“

The scale is unable to measure body fat and water contents. Should this error message appear, proceed as follows:

- check the stored entries for completeness and correctness.
- step on the metal contacts; do not wear shoes or stockings. Your feet must be clean and dry when you step on the scale. Feet that are too dry can however affect the measurement. In this case moisten your feet with a moist cloth and repeat the measurement.
- stand as still as possible on the scale and do not interrupt the measuring process.

„----“

The remote control is not properly connected to the scale or the scale is off. Put the remote control within the range of the transmitter or switch on the scale.

10 Care instructions

- Clean the scale only with a neutral cleaning agent and a moist cloth.
- Remove the batteries if the scale is not in use for an extended period of time. Store the scale in a dry and clean place.
- Do not attempt to disassemble or repair the scale.
- Treat the scale carefully. Do not drop it and do not jump onto it.

