

Subcutaneous Fat Checker



Thank you very much for buying our product of subcutaneous fat checker. Please read the instructions carefully before first using the product, and keep this manual well.

This package contains

- PoccoStick Unit
- Button Cells LR44 x3pcs
- PoccoStick User Manual engl.

IMPORTANT NOTICE

To assure the correct use of this unit, basic safety measures should be listed below including SAFETY PRECAUTIONS and WARNING.

 SAFETY PRECAUTIONS!	Persons with implanted electrical medical equipment, such as a pacemaker, should not use the POCO.
 WARNING!	Consult your physician or professional healthcare advisor before starting weight reduction or exercise program.

Warnings

The Pocco is not a medical equipment. Pocco is not manufactured for the purpose of any kind of medical practice. You must protect the device from moisture, dust and aggressive fluids. The unit is not waterproof and not shockproof. Avoid excessive pressure. Improper operation may result in fire. Use the device only indoors in good lighting. Other conditions can cause inaccurate readings. When removing batteries are stored history data are automatically deleted!

Warranty

For errors or ambiguities can often help a knowledgeable conversation. Therefore, please first contact at your store. If you need to send the device anyway, send it, stating the defect with the purchase receipt to the smoke trend GmbH In Pocco products you receive from date of purchase for a period of 24 months. The warranty applies only to manufacturing and material defects. All details of the warranty can be found on our website.

Contact

smoketrend GmbH - Project PoccoStick
 Buschwindröscheweg 10e | 21224 Rosengarten
 Germany
 Phone: +49 (0)4105-664999 | Fax: +49 (0)4105-585242
 E-mail: info@poccostick.de | Web: www.poccostick.de

Product Description

The PoccoStick is a portable body fat meter for identification and classification of subcutaneous fat thickness on the human. With current measurement in millimeters, is also the classification. This will be displayed by different optical and acoustic signals (LED displays and tunes) as a function of the measured body fat percentage from the device.

How can the success of a sports program and / or a diet or eating habits make them particularly quickly visible. Also, problem areas can be identified more quickly.

Features

- Very fast measurement of subcutaneous fat
- Display of subcutaneous fat thickness in mm
- Acoustic signals, 5 melodies for classification
- Optical signals, 2 LED indicators for classification
- Color: white, metallic silver, burgundy, black
- High quality appliances and packaging design

Specification

Device: Portable Body Fat Monitor
 The measuring principle: reflect of near infrared ray
 Human body induction method: BIA
 Measuring range of subcutaneous fat: 3.0-99.9mm
 Display screen: LCD
 Memory function: 4 memories (history st1-4)
 Standby after 60 sec, reactivation by pressing
 Operating temperature: 0-40°C
 Power supply: DC4.5V / Cell LR44X3pcs
 Battery range: about 1000 measurements
 Consumption: up to 0.36 W
 Weight: 50g (including cells)
 Dimension: W24xH22xL140mm
 Certificates: CE, ROHS

Deviating Data

In the following cases, the measured data may vary!
 In children in the growth phase, the elderly, persons with fever, body builders and athletes, patients with osteoporosis, as well as pregnant women. In menopausal or menopausal women, those with swelling, patients on dialysis, patients with keloid or heart disease.

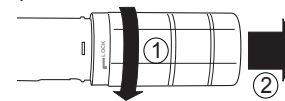
Requirements for Accurate Measurements

Measured results depend on the conditions of the skin surface. Sweating after exercise, fat and moisture after a bath can lead to inaccurate measurements. Too many body hair can provide erroneous measurements.

USER MANUAL

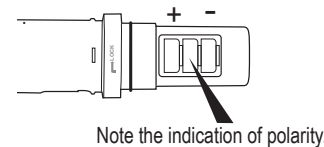
Turn on the Device

A 1. Open the battery compartment cover (cap) by turning it counterclockwise.

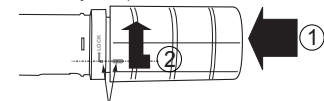


2. Tighten the cap in the direction of the arrow.

B Insert 3 batteries type LR44 button cell, as shown.



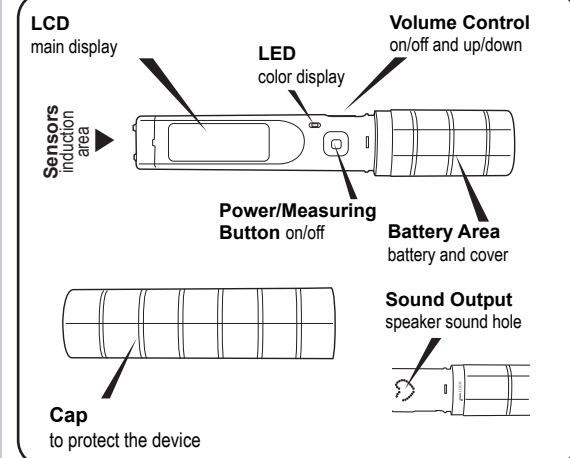
C 1. To close, push the cap back on the battery compartment.



Functions

- **Power/Mesasuring Button ON/OFF**
 - 1. switch the device**
Press the power/measuring button. You will hear a confirmation beep twice (melody).
 - 2. switch off the device**
Press the Power / measuring key longer than three seconds.
 - 3. standby activation**
Occurs automatically after 60 seconds of inactivity.
- **Volume Control**
Use the volumecontroller to adjust the vol-strength, as well as on and off.

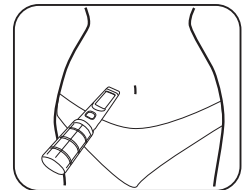
Structure of the Device



Before using the device, please remove cap! Put on when not in use to protect cap again!

Perform Measurement

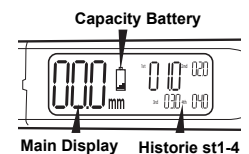
1.) Press the power switch before each measurement / measuring key pressed briefly (0.3 sec) to the device or to reactivate.



2.) Hold the device with the sensor side of the body to be measured point. The measurement result is displayed, the LED lights up and you hear an audible beep.

The result will be after 3 seconds on one of the four memory-historyplaces (st1-4) is stored. All four memory slots are occupied, the last record is automatically deleted.

A battery change is necessary as soon as the low battery capacity indicator on the LCD.



Please Note!

Press a short press (0.3 seconds) turn the Power / Measuring button to turn the unit before each measurement. When not pressed the power / measuring button next measurement is performed only the indication of the strength of subcutaneous fat in mm. Optical and acoustic signals are not output.

Information

Body Fat (subcutaneous fat)

Subcutaneous fat is the fat or adipose tissue, which is located directly under the skin layers. It is therefore also known as subcutaneous fat. The subcutaneous fat contains not only fat tissue, but also nerves and blood vessels that supply the skin with oxygen. The human body needs to survive a certain amount of fat. Unfortunately, our modern lifestyles often lead to excessively high storage of body fat. This is not only unsightly, but also poses serious risks to health. What percentage of body fat may be optimal depends on various factors such as age, gender and body type.

PoccoStick - Classification

With current measurement in millimeters, is also the classification. This will be displayed by different optical and acoustic signals (LED displays and tunes) as a function of the measured body fat percentage from the device.

To 9.9 mm are considered normal * and the PoccoStick wrong with a star melody, the green LED illuminates. Then, birds chirping, whistling, a Boeing and 30 mm below the roar of a dinosaur.

Body Fat in mm	LED Display	Melody
3.0 - 9.9 mm	lights green	star melody
10.0 - 17.9 mm	flickers green	birdsong
18.0 - 24.9 mm	lights red	whistle
25.0 - 29.9 mm	flickers red	boeing
30.0 mm >	flickering red and	dinosaurs

*Depending on age, sex and body site measured, see below Table recommended body fat levels.

Recommended body fat values

In the following table you will find a comparison of subcutaneous body fat values, sorted by age, sex and different measuring points. The body fat values are reference values specified by the manufacturer, which were determined specifically with the mobile Pocco body fat measuring devices. Since there currently is no recognized benchmarks yet, this 100 subjects were selected and calculated the average amount of your partial subcutaneous fat.

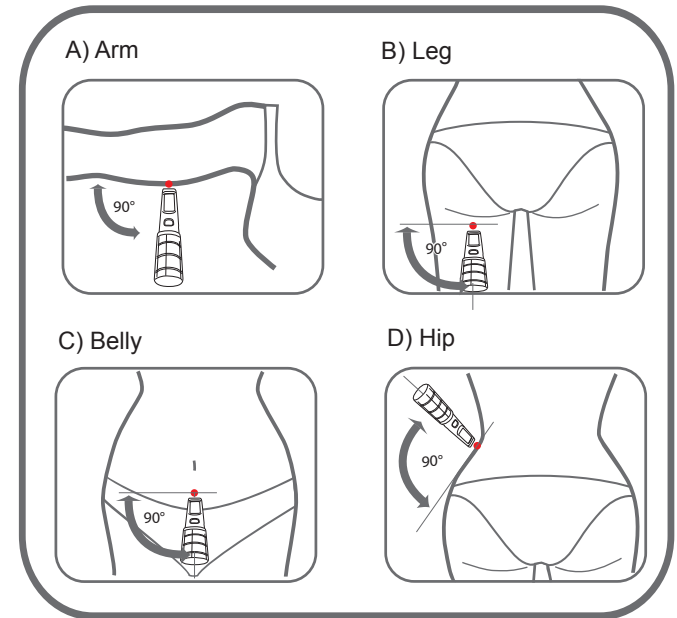
Sex	Male (mm)			Female (mm)		
	Around arm	Around leg	Around belly	Around arm	Around leg	Around belly
20-29	10-20	12-22	10-20	14-24	16-26	14-24
30-39	12-22	14-24	18-28	16-26	18-28	22-32
40-49	14-24	18-28	20-30	18-28	22-32	24-34
50-59	12-22	14-24	18-28	16-26	18-28	22-32

Important!
People measure more than 30 mm on the arm, leg and about 34 mm at more than 36 mm on the belly, might be at increased health risk. To protect your health, please consult a doctor.

How to measure correctly!

The PoccoStick measures all parts of the body contain body fat. For an accurate measurement result note the following!

- 1.) Stand up straight. Hold the device at each measurement angle of 90°.
- 2.) Make sure the measuring sensors opaque on the skin surface to be measured-rest area.
- 3.) If no measurement is performed, select an adjacent part of the body and / or change the lighting conditions and the pressure intensity.
- 4.) Please only use the machine indoors with adequate lighting. Direct sunlight and cloud cover can prevent a measurement.



Measurement Conditions

To ensure the accuracy of the data, perform measurements on the same body part, under the same conditions and on every day. Multiple measurements of the same part of the body to be able to compare identical measurement conditions, such as lighting conditions and pressure measurements are required. With pressure measurement, the pressure intensity is meant that the sensor devices to be pressed in the measurement on the skin surface.

Error Messages

- In some cases, the device does not recognize the strength of subcutaneous fat, it is "Err" is displayed!
- In the absence of contact with skin or if the measurement is aborted
 - In the range there are too many hair, fat and / or moisture
 - The measurable range of the skin surface is outside 30 to 42.9 degrees Celsius
 - There are other materials except body fat measured

For dry skin measurement is not possible! Use a damp cloth to moisten the skin. For measurements outside the measurement range of 3.0-99.9 mm no message on the LCD display.

If you have Questions about our Products

Do you have questions about our products? Visit our forum at Pocco www.poccostick.de