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KALORIK



**Digital bathroom scale
With Body Analyzer**

**Balanza de cuarto de baño
digital**

Con analizador del cuerpo

USK EBS 37074
2 x 3.0 V Lithium (CR-2032)



Front cover page (first page)

Assembly page 1/28



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(EN) OPERATING INSTRUCTIONS

IMPORTANT SAFEGUARDS

Please read these instructions carefully before using the appliance.

Important: People (including children) who are not able to use the appliance in a safe way, due to their physical, sensorial or mental capacity or their lack of experience or knowledge, must never use the appliance except if they are supervised by a person responsible for their safety or if they previously received instructions concerning the safe use of the appliance.

Close supervision is necessary to prevent children from using the appliance as a toy.

- Never leave the appliance unsupervised when in use.
- From time to time check the appliance for damages. Never use the appliance if it shows any signs of damage. All repairs should be made by a qualified electrician.
- Only use the appliance for domestic purposes and in the way indicated in these instructions.
- Never immerse the appliance in water or any other liquid for any reason whatsoever.
- Before cleaning, always remove the battery.
- If the battery leaks, remove it, clean the contacts of the appliance and wash your hands.
- If you do not use the appliance for a long time, remove the battery so that it does not leak.

SAVE THESE INSTRUCTIONS

HOUSEHOLD USE ONLY



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WARNING

People with pacemakers or other types of electronic implants should not use this product because the measuring method of the resistance might interfere with its good functioning.

This product is suitable for adults and children of age 10 or older.

If you have any doubt about the use of this product, please consult your physician.

The scale uses the Bioelectrical Impedance Analysis (BIA) method to measure the body fat, the total body water, the bone mass and the muscular mass.

BIA = the scale has electrodes measuring the body electric resistance (muscles offer less resistance than fat, and that can be correlated with the body weight).

The integrated computer calculates the body fat and other data percentages based on age, sex and height.

This method is quick, sure and accurate and gives a result within 30 seconds.

The scale has a memory for 10 persons at most, which allows the whole family to use it without having to re-enter all data at every use.

WHY IS MEASURING THE BODY FAT (BF) SO IMPORTANT?

For years, obesity has been defined as the presence of superfluous « body fat ».

It is not a matter of sheer body weight. Some people have a strong proportion of fat balanced with muscular mass, and some slim people experience a large increase of body fat.

The « body fat » is an important part of the human body and it deals with a certain number of essential tasks: protecting our joints, storing vitamins, regulating our body temperature...

However, fat may contribute to a lot of stress for the human body (particularly for the cardiovascular system) and may also lead to diabetes.

The goal is not only to reduce fat as much as possible, but rather to reach and maintain a good rate between muscular mass and body fat.





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Therefore, the control of these two levels, weight and fat, is a fundamental requirement for a good physical condition and a good health.

WHY IS WATER CONTENT SUCH AN IMPORTANT MEASURE?

After oxygen, water is the most important of the nutritive elements which the body requires to work efficiently.

Water plays an essential role in almost all bodily functions **and** contributes notably to regulate the body temperature, carry nutrients, moisturize and purify the skin, improve the digestive system, lubricate joints ...

Every process in our body is dependent on water and most people do not drink enough water.

By keeping your body liquid level under control, you can react quickly to regulate fluids when necessary.

MEASURING METHOD

The measuring method accepted by scientists worldwide is called "Bioelectrical Impedance Analysis".

With this method, a weak and imperceptible electric current travels through the body (this current is totally harmless for the human body*).

The current, which has the capacity to circulate more easily through liquid in our muscles than through fat, goes through the legs and allows measuring the body electric resistance.

This resistance depends on the quantity of water in the body (our muscles contain about 73% of water).

After measuring the electric resistance, this value can be used to calculate directly the muscular mass of our lower limbs. Our gender and our height are taken into account to determine muscular mass as a whole.

On the contrary, body fat acts as an insulating substance (it reduces the capacity of the current to go through) and thus cannot be calculated directly.





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It is more about determining the measured weight indirectly using the formula **Fat mass = Body weight - Muscular mass.**

This method allows us to take the whole body fat into account.

The water content of the body is measured by the calculation of the 73% of the muscular mass.

***See warning at the beginning of the notice**

CHARACTERISTICS OF YOUR SCALE

- Natural wood platform over glass surface
- LCD display with blue backlight
- Three weight units : kg / lbs / stone
- Maximum weight = 180 kg / 396 lb / 28.4 st.
- Precision of the measurement = 0.1 kg / 0.2 lb / 1 lb
- Height range set: 3 ft. 3in. – 7 ft. 10 in. (100-240cm)
- Age range set: 10-80 years
- Fat range rate: 0-50%, steps of 0.1%
- Water range rate: 32-74% (man) / 35-79% (woman), step of 0.1%
- Muscle range rate: 10-80%, steps of 0.1%
- Calorie analysis: 0- 9999Cal, steps of 1 cal.
- Bone range rate: 0.5-30kg, steps of 0.1kg
- 10 memories (for use by 10 different people)
- Low battery indicator and overloading indicator
- Auto-on, auto-zero and auto-off functions

BEFORE THE FIRST USE

This appliance works with 2 lithium batteries (3.0 V, type CR-2032, included). Open the lid of the battery housing, on the rear part of the scale. Place the batteries, respecting the polarity indicated, and then close the lid (the "+" side of the battery shall be facing the user; insert the batteries toward the metallic contacts first). You can now use your scale.

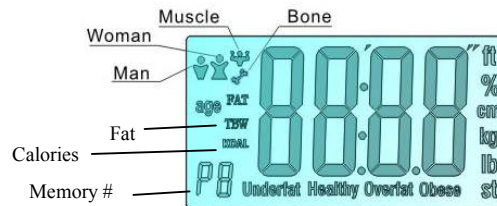




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LCD DISPLAY



WEIGHT UNIT

Your scale allows you to use the metric measurement system (kilograms) OR the imperial system (pounds) OR the British system (stone). Choose the measurement system by pressing the "UNIT" switch. LCD screen will display "kg...lb...St" depending on the measurement system you wish to use. This switch is situated on the rear side of the appliance.

Note: if lb. is selected, then the height setup of the body analyzer will be in ft. and in.. If kg is selected, the height will be entered in cm.

USE

Personal data capture or modification of your data

Put the scales on an even and hard surface. Avoid carpets or soft surfaces.

- Push the "SET" button to turn on the scales. The screen displays the height and memory number (P...) of the person whose who last used the scale, or enables to enter the data in the memory #1 (P0)
- Select a memory number (P0 to P9) by pushing on the "▲" or "▼" button and confirm your choice by pushing on the "SET" button. Remember which user uses which memory.
- Select your gender (the icon "Man" or "Woman" is blinking – see LCD display -) by pushing the "▲" or "▼" button and confirm your choice by pushing on the "SET" button.





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- Select your height by pushing the "▲" or "▼" button and confirm your choice by pushing on the "SET" button. The scale has a range going from 3 ft. 3in. – 7 ft. 10 in. (100 to 220 centimeters) with a one inch graduation (one-centimeter graduation if metric system is selected).
- Select your age by pushing on the "▲" or "▼" button and confirm your choice by pushing on the "SET" button. The range goes from 10 to 99 years old and the graduation is 1 year.
- You'll hear a new beep. It indicates that data capture is over and successful.
Data capture is now over.
- Data can be modified and/or you can add members of the family repeating the process described here above.

Simple Weighing

Put the scale on an even and hard surface. Avoid carpets or soft surfaces. Always use the same scale and at the same place if possible.

- 1) Step on the scale and stay as still as possible.
- 2) LCD screen will light on.
- 3) The stabilized weight is displayed (and flashes twice).
- 4) Step off the scale.
- 5) The scale turns off automatically 10 seconds after the weight is displayed

If the displayed weight seems wrong, you can check if the scale is well calibrated. To do so:

- 1) Check that your scale is on a hard and even surface and that the 4 feet touch the ground.
- 2) When the scale is turned off, gently push with your foot on the right or left superior corner.
- 3) The scale will turn on correctly and the LCD display will show "0.0".
- 4) Step on the scale (turned on) and remain as still as possible.
- 5) The stabilized weight is displayed (flashes twice).
- 6) Step off the scale.
- 7) The scale turns off automatically.





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Full weight mode

Take off your shoes and socks.

First press "SET" and press the ▲ button to choose your own memory (0-9) and press "SET" 4 times to confirm (the screen displays the memory number, the gender, the height, the age with each time you press on "SET" and you will hear a beep).

Step on the scales (stand right in order to distribute the weight evenly), making sure your both feet touch the metallic electrodes on the each side of the scale.

Your weight is displayed on the screen (stay on the scales during the whole process).

The following screen displays "□ □ □ □" for a couple of seconds, then the squares will disappear, and the following will be displayed on the screen alternatively (3 times) with their symbol:

- The body fat percentage (BF),
 - The water percentage (TBW),
 - The muscular mass (MM)
 - The bone mass (BM) in kg or lb.
 - The recommended calorie count
 - The B.M.I. * (Body Mass Index)
- And then the weight again ...

Remark: If the quantity of body fat is very high or very low, check if the right measurement system was chosen (male or female), if your feet are dry and clean and if they are placed correctly on the electrodes. Wet feet might alter the body fat measurement. If this should happen, step off the scales and repeat the instructions.

Body fat proportion is an individual characteristic. The figures hereafter can be used as a rough guide for your fitness profile. The following chart shows how body fat differs from one person to another and how it depends on gender and age.

Here are a few guidelines characterizing a healthy body. The parameters are depending on the gender and age.





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Man					
Age	Fat %	Water %	Muscle %	Calorie	Bone (kg)
<20	12-20	46-69	38-56	1200-2600	2.0-4.1
20-30	13-21	48-69	43-64	1150-2800	2.1-4.0
30-40	15-23	45-68	48-69	1100-2400	1.8-4.0
40-50	16-24	43-69	46-62	1030-2150	1.9-3.8
50-60	17-25	43-65	44-59	980-2060	1.9-3.7
>60	18-26	42-68	41-58	720-1750	1.6-3.7

Woman					
Age	Fat %	Water %	Muscle %	Calorie	Bone (kg)
<20	17-25	43-68	35-56	100-2400	1.8-3.9
20-30	17-25	43-67	38-58	1050-2600	1.8-3.8
30-40	19-27	40-69	42-58	1000-2200	1.5-3.8
40-50	20-28	42-68	40-56	950-2050	1.6-3.7
50-60	21-29	42-65	39-55	950-2000	1.5-3.6
>60	21-29	41-64	35-51	600-1500	1.3-3.5

These figures are to be considered as a rough estimate, if you have any doubt, please consult your physician or dietetics specialist.

* The B.M.I. data (Body Mass Index) is a simple way to present your health situation. The BMI is an index calculated in function of your height and weight:

$$\text{BMI} = \text{WEIGHT} / \text{HEIGHT}^2 \text{ (weight in kg and height in m)}$$

Man BMI index:

Less than 20, underweight
20-25, healthy
25-35, overweight
More than 35, obese

Woman BMI Index:

Less than 19, underweight
19-24, healthy
24-34, overweight
More than 34, obese





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ERROR INDICATION


If the display shows symbols randomly or if the scale doesn't turn off automatically, it means that your scale has a problem (wrong initialization or weighing error).

Step off the scale and wait for it to turn off.


You can start again.

If the problem goes on, remove the batteries for 10 seconds, and then put them back in place.

OVERLOADING INDICATOR

If the  symbol appears on the LCD screen, it means that the maximum weight or measurement range accepted by your scale is exceeded, please step off in order not to damage your scale.

LOW BATTERY INDICATOR

If the  symbol is displayed on the LCD screen, it means that the batteries of your scale should be replaced (see paragraph "Before the first use").

BATTERY

If your appliance does not work properly, it is probably because the batteries are discharged. In that case, replace them by new ones of the same type (see paragraph "Before the first use"). Please dispose of the old batteries in an environmentally friendly way.





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TIPS FOR USE AND MAINTENANCE

- The surface of the scale might be slippery when wet. Keep it dry!
- Be careful when manipulating the scale because it is a precision device.
- Clean the outside parts only with a lightly damp cloth. Never use abrasive products to clean your scale.
- Cleaning products formulated especially for sealed wood can be used, but test on a small surface prior to applying to the whole scale as these products might have a sticky touch, or make the surface very slippery.
- NEVER USE THIS APPLIANCE NEAR WATER; NEVER IMMERSE IT IN WATER OR ANY LIQUID WHATSOEVER.
- Keep the scale in a cool and dry place. Always keep your scale in a horizontal position. Do not step on the scale with shoes to avoid scratching the wood surface.
- No liability will be taken for damages caused by an inappropriate use. The warranty becomes null and void if the appliance was open or damaged.

PROTECTION OF THE ENVIRONMENT

In order to preserve our environment and protect human health, the waste electrical and electronic equipment should be disposed of in accordance with specific rules with the implication of both suppliers

and users. For this reason, as indicated by the symbol  on the rating label or on the packaging, your appliance should not be disposed of as unsorted municipal waste. The user should bring it to a municipal collection point performing waste recovery by means of reuse, recycling or use for other applications in accordance with the directive.





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WARRANTY

We suggest that you complete and return the enclosed Product Registration Card promptly to facilitate verification of the date of original purchase. However, return of the Product Registration Card is not a condition of these warranties.

This KALORIK product is warranted in the U.S.A. for 1 year from the date of purchase against defects in material and workmanship. This warranty is not transferable. Keep the original sales receipt. Proof of purchase is required to obtain warranty performance.

During this period, the KALORIK product that, upon inspection by KALORIK, is proved defective, will be repaired or replaced, at Kalorik's option, without charge to the customer. If a replacement product is sent, it will carry the remaining warranty of the original product.

This warranty does not apply to any defect arising from a buyer's or user's misuse of the product, negligence, failure to follow KALORIK instructions noted in the user's manual, use on current or voltage other than that stamped on the product, wear and tear, alteration or repair not authorized by KALORIK, or use for commercial purposes. There is no warranty for glass parts, glass containers, filter basket, blades and agitators, and accessories in general. There is also no warranty for parts lost by the user.

ANY WARRANTY OF MERCHANTABILITY OR FITNESS WITH RESPECT TO THIS PRODUCT IS ALSO LIMITED TO THE ONE YEAR LIMITED WARRANTY PERIOD.

Some states do not allow limitation on how long an implied warranty lasts or do not allow the exclusion of incidental or consequential damages, so the above limitations may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

If the appliance should become defective within the warranty period and more than 30 days after date of purchase, do not return





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the appliance to the store: often, our Consumer Service Representatives can help solve the problem without having the product serviced. If servicing is needed, a Representative can confirm whether the product is under warranty and direct you to the nearest service location.

If this is the case, bring the product, or send it, postage prepaid by the user (all Kalorik customers are responsible for the initial shipment back to the warranty center), along **with proof of purchase** and indicating a **return authorization number** given by our Consumer Service Representatives, to the authorized KALORIK Service Center

If you send the product, please include a letter explaining the nature of the claimed defect.

If you have additional questions, please call our Consumer Service Department (please see below for complete contact information), Monday through Friday from 9:00am - 6:00pm (EST). Please note hours are subject to change.

Only letters can be accepted at this address above. Shipments and packages that do not have a return authorization number will be refused.





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(SP) MANUAL DE INSTRUCCIONES

CONSEJOS DE SEGURIDAD

Lea detenidamente el modo de empleo antes de utilizar el aparato. Importante: Las personas (incluidos niños) con incapacidades físicas, sensoriales o mentales, o sin experiencia o conocimiento nunca deben utilizar el aparato, salvo si están bajo la vigilancia de una persona responsable de su seguridad o si recibieron previamente instrucciones con respecto al uso seguro del aparato.

Es necesario vigilar a los niños para que no jueguen con el aparato.

- No deje nunca su aparato sin vigilancia cuando esté en marcha.
- Compruebe de vez en cuando que el aparato no esté dañado. Nunca utilice el aparato si está dañado. Todas las reparaciones deben ser hechas por un servicio técnico cualificado recomendado por el distribuidor.
- Utilice el aparato solamente para usos domésticos y de la manera indicada en este manual de instrucciones.
- No sumerja nunca el aparato en el agua o en cualquier otro líquido por ninguna razón.
- Antes de limpiar el aparato, quite siempre la pila.
- Si la pila gotea, quítela, limpie los contactos del aparato y lávese las manos.
- Si no va a utilizar el aparato durante un largo periodo de tiempo, quite la pila para que no gotee.

GUARDE ESTAS INSTRUCCIONES SOLAMENTE PARA USO DOMESTICO





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AVISO

Gente con marcapasos u otros tipos de implantes electrónicos no deberían utilizar ese producto porque el método de medida de la resistencia puede interferir con su buen funcionamiento.

Conviene a los adultos y niños de más de diez años.

En caso de que haya duda, diríjese al médico.

La balanza utiliza el método de "Bioelectrical Impedance Analysis" – Bio-eléctrica Impedancia Análisis - (BIA) para estimar la grasa corporal, el agua corporal total, la masa huesuda y la masa muscular.

BIA = La plataforma contiene electrodos que miden la resistencia eléctrica del cuerpo (los músculos tienen menos resistencia que la grasa y eso puede ser correlato con el peso del cuerpo.

El ordenador integrado calcula el porcentaje de masa grasa gracias a la edad, el sexo y el tamaño.

Ese método rápido, seguro y preciso da un resultado en 30 segundos.

La balanza tiene una memoria para 8 personas máximo, lo que le permite a la familia utilizarlo sin tener que volver a inscribir los datos cada vez.

¿PORQUE ES TAN IMPORTANTE LA MEDIDA DE GRASA CORPORAL (%BF)?

Desde hace varios años, la obesidad se define como la presencia de cuerpo graso superfluo.

No es cuestión de peso corporal en absoluto. Hay gente con una fuerte proporción de grasa equilibrada por la masa muscular, y hay gente delgados que tienen una aumentación de los cuerpos grasos. El cuerpo graso es una parte importante del cuerpo humano y se carga de varias tareas primordiales: protección de nuestras articulaciones, almacenaje de las vitaminas, regulación de nuestra temperatura corporal...

Por lo tanto, la grasa puede contribuir a mucho estrés por el cuerpo humano (particularmente por el sistema cardiovascular) y puede llegar también al diabetes.





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El objetivo, pues, no es simplemente reducir las grasas lo más posible, sino alcanzar y mantener un buen equilibrio entre la masa muscular y el cuerpo graso.

Por lo tanto, el control de esos dos valores, el peso y la grasa, es una condición fundamental para una buena condición física y una buena salud.

¿PORQUE ES TAN IMPORTANTE EL TENOR EN AGUA?

Después del oxígeno, agua es el elemento nutritivo más importante necesitado por el organismo para que funcione eficazmente. Agua desempeña un papel vital en casi todas las funciones del cuerpo y contribuye entre otras cosas en:

- Regular la temperatura
- Trasladar los nutrimentos
- Humidificar y purificar la piel
- Mejorar el proceso digestivo
- Eliminar los desechos
- Lubrificar las articulaciones

Cada proceso en nuestro cuerpo se produce gracias al agua y la mayoría de la gente no bebe demasiada agua.

Al controlar el nivel de líquido en su cuerpo, puede actuar rápidamente para regular los fluidos cuando esté necesario.

METODO DE MEDIDA

El método de medida, reconocido por los científicos en el mundo entero, se llama Bio-eléctrica Impedancia Análisis (BIA).

Con ese método, un corriente eléctrico, débil e imperceptible, (sin ningún riesgo por el cuerpo humano*) circula a través del cuerpo.

El corriente, que tiene la facultad de circular más fácilmente a través del líquido en nuestros músculos que a través de la grasa, pasa por las piernas y permite la medida de la resistencia eléctrica (impedancia) del cuerpo.

Esa resistencia depende de la calidad de agua en el cuerpo humano (nuestros músculos contienen una proporción de más o menos un 73 % de agua).





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Después de medir la resistencia eléctrica, se puede utilizar ese valor para calcular directamente la masa muscular de nuestros miembros inferiores. Nuestro sexo y nuestro tamaño se toman entonces en cuenta para determinar el conjunto de la masa muscular.

La masa grasa, en cambio, actúa como un aislante (reduce la capacidad del corriente a pasar a través) y desde luego no puede calcularse directamente.

Se trata más de determinar indirectamente el peso medido al mismo tiempo utilizando la fórmula **Masa de grasa = Peso corporal - Masa muscular.**

Ese método nos permite tomar en cuenta el conjunto de la grasa corporal.

El tenor de agua en el cuerpo se mide por el cálculo de los 73% de la masa muscular.

***Véase el aviso al principio de las instrucciones**

CARACTERÍSTICAS DE SU BALANZA

- Plataforma de madera natural sobre superficie de cristal.
- Gran pantalla LCD con luz de fondo azul
- 3 sistemas de unidad de peso : libra / kilo / Stone convertibles
- Peso máximo = 180 kg / 396 lb. / 28.4 st.
- Precisión de la medida = 0.1 kg / 0.2 lb/1 lb
- Ajuste de medición de altura con un Intervalo entre: 3 ft. 3in. – 7 ft. 10 in. (100-240cm)
- Ajuste medición de edad con un intervalo de : 10-80 años
- Ajuste medición de grasas con un intervalo de: 0-50%, incrementos de 0,1%
- Ajuste medición de agua con un intervalo de: 32-74% (hombre) / 35 a 79% (mujer), precisión de 0.1%
- Ajuste medición masa muscular con un intervalo de: 10 a 80%, precisión de 0,1%
- Análisis de calorías: 0 - 9999Cal, precisión de 1 cal.
- Ajuste medición masa ósea entre: 0.5-30kg, precisión de 0,1 kg
- 10 memorias (para su uso por 10 personas diferentes)
- Avisador de batería escasa y indicación de sobrecarga
- Funciones de encendido, cero y apagado automáticas.





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PRIMERA PUESTA EN MARCHA

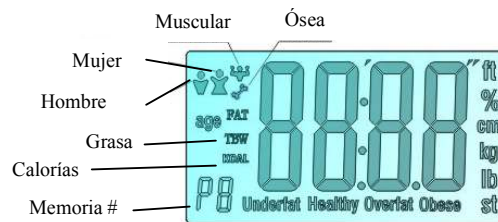
Ese aparato funciona con 4 pilas litio de tipo 3.0V / CR-2032 (incluidas).

Abre las dos tapas de emplazamiento de las pilas ubicados en la parte trasera de la balanza.

Introduzca las pilas respetando las polaridades indicadas, luego cierre las dos tapas; introduzca las baterías hacia los contactos metálicos con el polar "+" mirando hacia la superficie.

Ahora se puede utilizar su balanza.

PANTALLA LCD



UNIDAD DE PESO

Su balanza le permite utilizar el sistema de medida métrica (kilogramos), imperial (libras) o inglés (stone). Elija el sistema de medida con el interruptor "UNIT", ubicado en la parte trasera del aparato. En la pantalla LCD aparecerá "kg...lb...St" dependiendo de la unidad de medida elegida. .

Nota: si se selecciona el peso en libras (lb), la configuración del analizador de la altura del cuerpo estará en pies y pulgadas - Si se selecciona kilos (kg) la altura será ingresado en cm





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FUNCIONAMIENTO

Introducción o modificación de los datos personales

Coloque la balanza en una superficie dura y estable. Evite las alfombras o superficies más blandas.

Pulse en el botón « SET » para encender la balanza. En la pantalla aparecen la altura y el número de memoria (P...) de la última persona que utilizó la báscula, o permite introducir los datos de la memoria #1 (P0)

- Elija un emplazamiento memoria (0-9) pulsando en la tecla "▲" o "▼" y confirme su elección pulsando la tecla « SET ». Cada utilizador debe recordar su número de memoria.
- La pantalla muestra ahora el símbolo de un hombre o de una mujer. Elije su sexo pulsando en la tecla "▲" o "▼" y confirme su elección pulsando en la tecla « SET »
- Elije su tamaño pulsando en la tecla "▲" o "▼" y confirme su elección pulsando en la tecla « SET ». La balanza está configurada entre 100 y 220 cm con una graduación de 1 cm.
- Elije su edad pulsando en la tecla "▲" o "▼" y confirme su elección pulsando en la tecla « SET ». La edad va de los 10 a los 99 años y la graduación es de un año.

Después de la elección del modo, un « bip » indica que la operación se hizo correctamente y el símbolo se muestra en la pantalla.

Un nuevo « bip » indica que las varias operaciones se hicieron correctamente.

La introducción de los datos está terminada.

Los datos pueden ser modificados y / o puede añadir miembros de la familia repitiendo las instrucciones aquí arriba.

Modo de peso simple

Coloque la balanza en una superficie dura y estable. Evite las alfombras o superficies más blandas.

Siempre utilice la misma balanza para pesarse, y si es posible, hágalo al mismo sitio.





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- 1) Suba en la balanza (apagada) y quédense lo más inmóvil posible.
- 2) La pantalla LCD se enciende.
- 3) El peso se indica una vez estabilizada (parpadea 2 veces)
- 4) Baje de la balanza.
- 5) La balanza se apaga automáticamente, 10 seconds after the weight is displayed

Si el peso mostrado le parece falso, puede verificar si la balanza esté correctamente contrastada. Por eso:

- 1) Verificar que su balanza esté en una superficie dura, plana y que los 4 pies tocan el suelo.
- 2) Cuando la balanza esté apagada, pulse suavemente en la parte superior (izquierda o derecha) de la balanza con su pie.
- 3) La balanza se encenderá correctamente y en la pantalla LCD « 0.0 » aparecerá.
- 4) Suba en la balanza (encendida) y quédese lo más inmóvil posible.
- 5) El peso estabilizado aparece (parpadea 2 veces).
- 6) Bajar de la balanza.
- 7) La balanza se apaga automáticamente.

Modo de peso completo

Saque sus calzados y calcetines.

Primero pulse "SET" y después pulse en la tecla "▲" para escoger su propia memoria (0 – 9) y pulse « SET » 4 veces para confirmar (en la pantalla aparecen el número de la memoria, el sexo, el tamaño, y la edad, cada vez que pulse "SET", oirá un « bip »)

Suba en la balanza (quédese derecho para repartir el peso equitativamente en la balanza), asegurarse de que sus dos pies tocan los electrodos metálicos situados a cada lado de la balanza.

Su peso aparece en la pantalla (quédese en la balanza durante toda la duración del proceso).





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En la pantalla siguiente aparece "□ □ □ □" durante unos segundos, después los cuadrados van a desaparecer y en la pantalla aparecerán alternativamente (3 veces):

- El porcentaje de grasa corporal (BF)
- El porcentaje de agua (TBW),
- La masa ósea (BM)
- la masa muscular (MM)
- El recuento de calorías recomendado
- El IMC * (Índice de Masa Corporal)

Y entonces el peso otra vez...

NB. Si la cantidad de grasa corporal es muy baja o muy elevada, verifique si se ha seleccionado el buen modo de medida, si sus pies estén limpios y secos y si estén bien situados en los electrodos. Pies húmedos o mojados pueden alterar la medida de la grasa corporal. En ese caso, baje de la balanza y repita las instrucciones.

La proporción de grasa corporal es una característica individual. Las cifras que siguen después sirven de línea general para su perfil de fitness. La masa grasa es diferente de una persona a otra según el sexo y la edad.

Aquí hay algunas pautas que caracterizan un cuerpo sano. Los parámetros están en función del sexo y la edad.

Hombre					
Edad	grasa %	agua %	Musculo %	Calorías	Óseo (kg)
<20	12-20	46-69	38-56	1200-2600	2.0-4.1
20-30	13-21	48-69	43-64	1150-2800	2.1-4.0
30-40	15-23	45-68	48-69	1100-2400	1.8-4.0
40-50	16-24	43-69	46-62	1030-2150	1.9-3.8
50-60	17-25	43-65	44-59	980-2060	1.9-3.7
>60	18-26	42-68	41-58	720-1750	1.6-3.7





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Mujer					
Edad	grasa %	agua %	Musculo %	Calorías	Óseo (kg)
<20	17-25	43-68	35-56	1000-2400	1.8-3.9
20-30	17-25	43-67	38-58	1050-2600	1.8-3.8
30-40	19-27	40-69	42-58	1000-2200	1.5-3.8
40-50	20-28	42-68	40-56	950-2050	1.6-3.7
50-60	21-29	42-65	39-55	950-2000	1.5-3.6
>60	21-29	41-64	35-51	600-1500	1.3-3.5

Esos datos tienen que ser considerados como un guía, en caso de duda, diríjese a su médico o dietista especializado.

*El I.M.C. (Índice de Masa Corporal) es una forma sencilla de presentar su situación de salud. El IMC es un índice calculado en función de su altura y peso:

$$\text{IMC} = \text{peso} / \text{talla}^2 \text{ (peso en kg y la altura en metros)}$$

Índice IMC Hombre:

Menos de 20, bajo peso
20-25, saludable
25-35, sobrepeso
Más de 35, obeso

Índice IMC Mujer:

Menos de 19, bajo peso
19-24, saludable
24-34, sobrepeso
Más de 34, obeso





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INDICACIÓN DE ERROR


Si en la pantalla aparecen cifras al azar o si la balanza no se apaga automáticamente, eso significa que su balanza tiene un problema (inicialización incorrecta o error de peso).

Baje de la balanza y espere hasta que se apague.


Después puede probar de nuevo.

Si el problema sigue, quite las pilas durante 10 segundos y colóquenles de nuevo.

INDICACIÓN DE SOBRECARGA

Si el símbolo  aparece en la pantalla LCD, significa que se excede el peso máximo aceptado por su balanza. Baje para que no se dañe su balanza.

INDICACIÓN DE BATERÍA ESCASA

Si el símbolo  aparece en la pantalla LCD, significa que las pilas de su balanza deben ser reemplazadas (Véase el párrafo Primera puesta en marcha).

PILA

Si su aparato no funciona correctamente, eso significa probablemente que las pilas estén descargadas. En este caso, reemplácelas por pilas de tipo idéntico. (Véase el párrafo Primera puesta en marcha).

Les rogamos eliminen las pilas usadas de manera ecológica.





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CONSEJOS DE USO Y DE MANTENIMIENTO

- Se puede resbalar en la plataforma cuando esté mojada. Guárdela seca.
Trate la balanza con cautela porque es un instrumento de precisión.
Limpie el exterior únicamente con un pañuelo seco ligeramente húmedo.
- Nunca limpie su aparato con productos abrasivos.
- Puede utilizar productos de limpieza especialmente formulados para la madera, pero antes de aplicar a todo el aparato, pruébelos primero en una superficie pequeña ya que pueden tener un tacto pegajoso o hacer que la superficie se vuelva muy resbaladiza.
- Nunca utilice ese aparato cerca del agua. No sumerja nunca el aparato en el agua o en cualquier otro líquido.
- Conserve la balanza en un lugar fresco y seco.
Siempre conserve su balanza en posición horizontal.
- No suba sobre la balanza con zapatos para evitar rayar la superficie de madera.
- No se puede comprometer ninguna responsabilidad por deterioraciones debidas a un uso inapropiado o no conforme con el modo de empleo. La garantía vuelve caduca si el aparato ha sido abierto o dañado.

PROTECCIÓN DEL MEDIO AMBIENTE

Para poder preservar nuestro medio ambiente y proteger la salud humana, los residuos eléctricos y equipos electrónicos deberían ser destruidos de acuerdo con unas normas específicas con la implicación de ambos proveedores y consumidores. Por esta razón,



como indica el símbolo  en la placa de datos técnicos, su aparato no debería ser tirado en un contenedor municipal sino que debería ser devuelto a la tienda, o dejado en un punto de recolección para ser reciclado o usado para otras aplicaciones conforme a la directiva.





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GARANTÍA

Le sugerimos rellenen y nos envíen rápidamente la Tarjeta de Registro de Producto adjunta para facilitar la verificación de la fecha de compra. Por lo tanto, la devolución de esa Tarjeta de Registro de Producto no es una condición imprescindible para la aplicación de esa garantía.

A partir de la fecha de compra, este producto KALORIK está garantizado un año contra los defectos materiales y de fabricación, en los Estados Unidos. Esta garantía no es transferible. Conserve la prueba de compra original. Se exige una prueba de compra para obtener la aplicación de la garantía.

Durante este período, si el producto KALORIK después de una inspección por parte de KALORIK, se manifiesta defectuoso, será reparado o reemplazado, según lo que decida KALORIK, sin gastos para el consumidor. Si se envía un producto de reemplazo, se aplicará la garantía que queda del producto original.

Esta garantía no se aplica a los defectos causados por una mala utilización por parte del comprador o del usuario, o una negligencia al no respeto del manual de instrucciones KALORIK, o una utilización en un circuito eléctrico cuyo voltaje es diferente al que figura en el producto, o un desgaste normal, o modificaciones o reparaciones no autorizadas por KALORIK, o por un uso con fines comerciales. No existe garantía por las partes de cristal, jarras de cristal, filtros, cestos, cuchillas y accesorios en general. No existe tampoco garantía por las piezas perdidas por el usuario.

Toda garantía de valor comercial o de adaptabilidad a este producto está limitada a un año también.

Algunos estados no ponen límites a la duración de la garantía tácita o no autorizan la exclusión de daños y perjuicios accesorios o indirectos, por lo que puede que las restricciones anteriormente mencionadas no le sean aplicables a Usted. Esta garantía le otorga derechos legales particulares, pero usted puede tener también otros





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derechos que varían de un estado a otro y algunos derechos pueden variar de un estado a otro.

Si el aparato tuviera un defecto durante el periodo de garantía y / o más de 30 días después de que se compró, no devuelva el aparato en la tienda donde le compró: a menudo, nuestro Servicio al Consumidor puede ayudar a resolver el problema sin que el producto tenga que ser reparado. Si hace falta una reparación, uno de nuestros representantes puede confirmar si el producto está bajo garantía y dirigirle al servicio post-venta más próximo.

Si fuera el caso, traiga el producto (o envíelo, correctamente franqueado) con la **prueba de compra** que mencione **el número de autorización de devolución** indicado por nuestro Servicio al Consumidor, al servicio post-venta KALORIK más próximo.

Si envía el producto, le rogamos añadan una carta explicando la naturaleza del defecto.

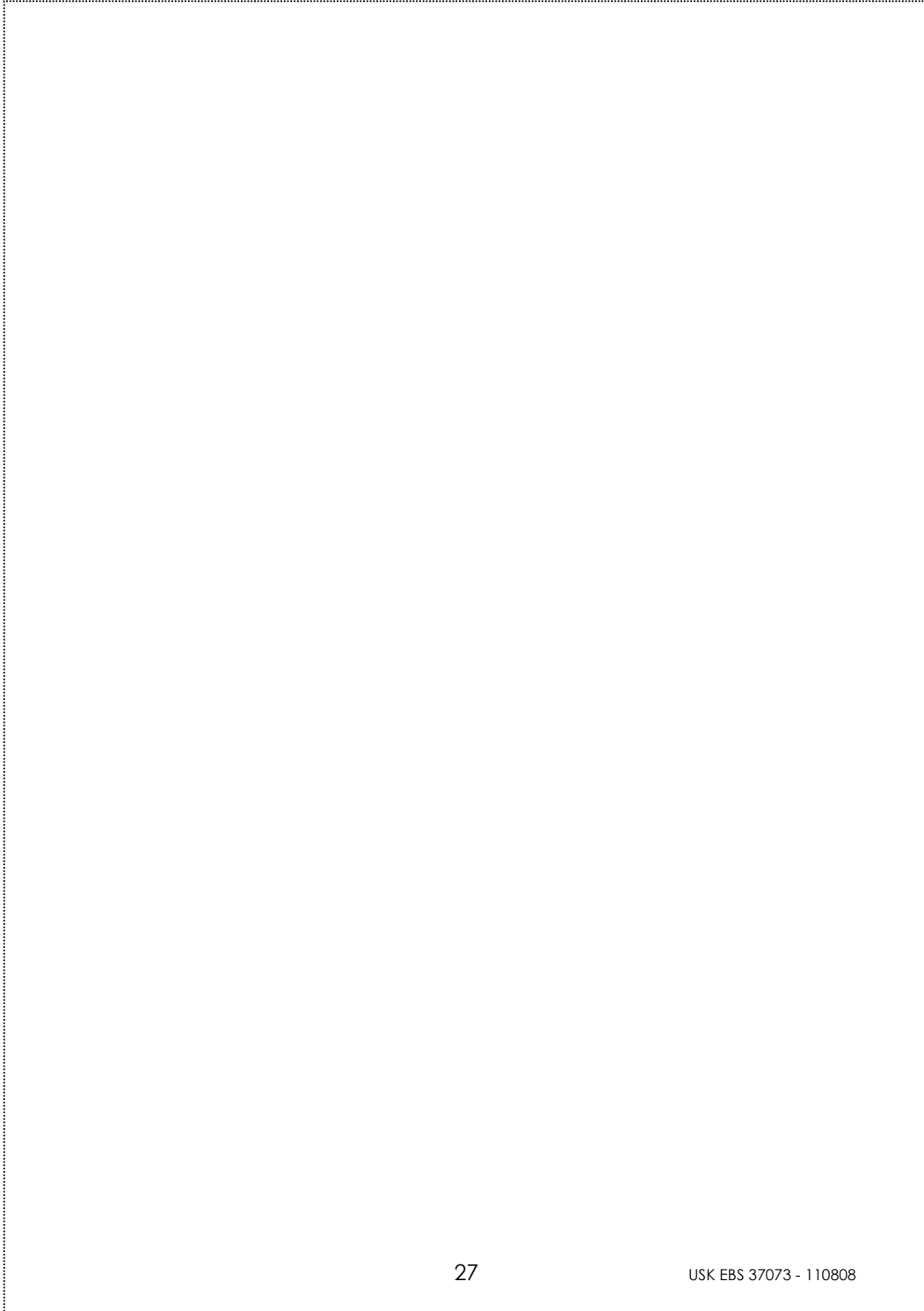
Si tiene preguntas adicionales, por favor llame al Servicio al Consumidor (véase abajo para los datos completos), de lunes a viernes, de las 9 a las 18 (EST). Note que las horas pueden ser modificadas.

Las cartas se aceptan solamente en la dirección anteriormente mencionada. Los envíos y paquetes que no tengan número de autorización de devolución serán rechazados.



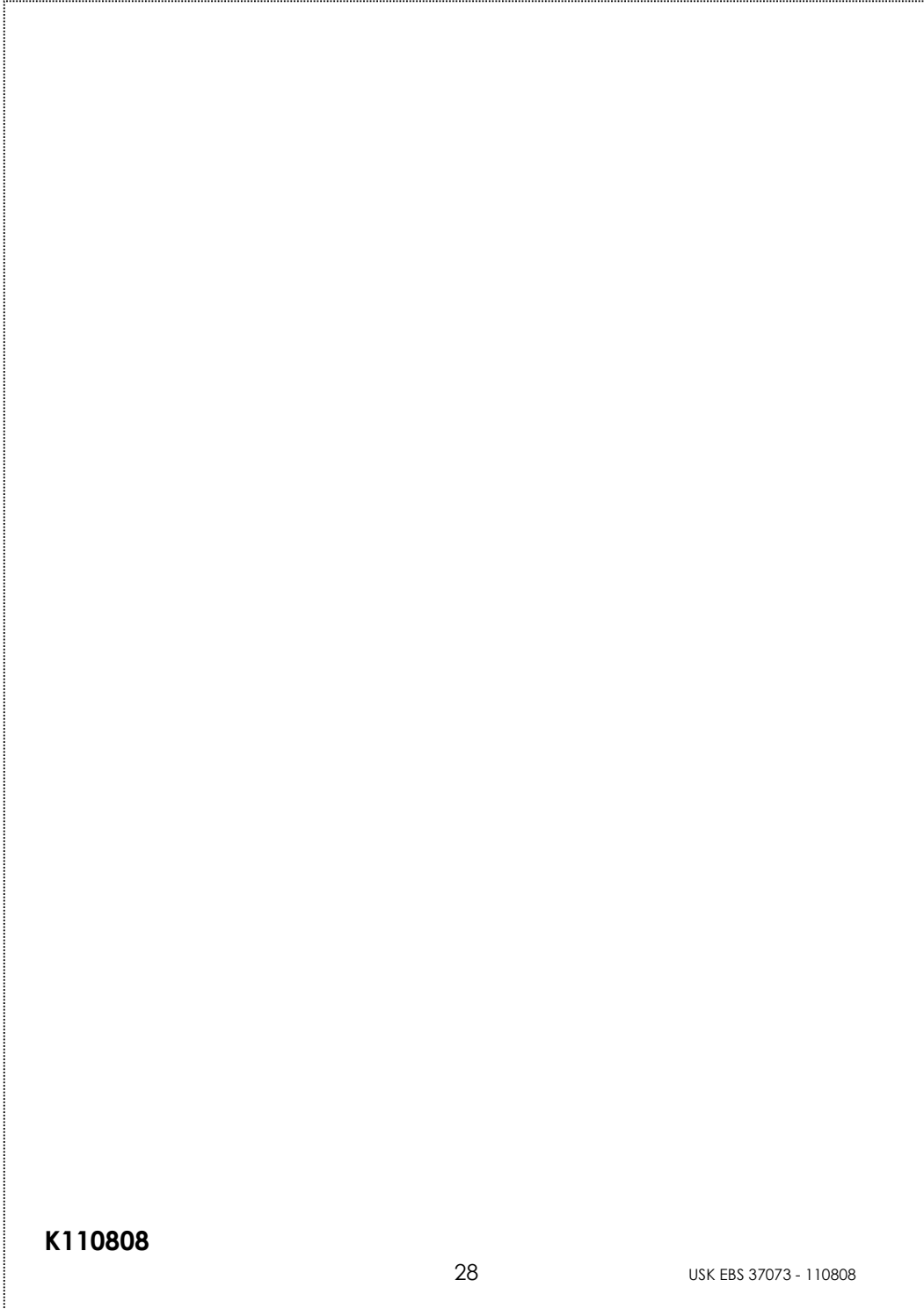


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