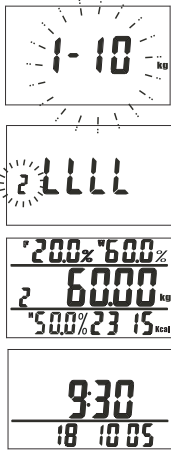


REVIEWING YOUR PAST MEASURED DATA

The hand-held unit has the capacity to store the last 30 sessions of measured data per user. To review past measurements, do the following

- 1. Press the ‘ON/OFF’ key once on the hand-held unit to turn it on. (If necessary, press the ‘SET’ key once to activate the blue backlight)
- 2. Press the ‘SET’ button and hold till ‘LLLL’ appears.
- 3. Release the ‘SET’ button; a USER NUMBER will flash.
- 4. Press the UP or DOWN button to select the number you want to review. Then press the ‘SET’ button to confirm.
- 5. The hand-held unit flashes the last recorded session of measurements, then the time and day this happened. It will flash the information alternately 3 times and then return to normal mode
- 6. Press the UP or DOWN button to review other past recorded measurements



DISPLAY INDICATORS

Low Battery - ‘Lo’ is displayed. Batteries must be replaced. Remember, always use fresh, good quality alkaline batteries.

Over Loading - ‘o.Ld’ is displayed. If the scale is overloaded (over 150kg / 330lb / 23st), remove the weight immediately or damage to the scale may occur.

Error - ‘Err’ is displayed when the body analysis process has been unsuccessful. Step off the scale and start again. Make sure that your socks, stockings or gloves have been removed, and that your feet are comfortably and evenly placed on the sensors on the platform and you are grasping the hand unit correctly.

REFERENCE TABLE

Female							
Age	Body fat				Body water	Muscle proportion	Calorie (kcal) demand/day
	under fat	healthy	over fat	obese	normal	normal	suggestion
6-12	<7	7-19	19-25	>25	>58	>36	1050-2300
13-19	<20	20-31	31-37	>37	>56	>34	
20-39	<21	21-32	32-38	>38	>54	>33	
40-59	<23	23-34	34-40	>40	>53	>32	
60-79	<25	25-36	36-42	>42	>52	>30	

Male							
Age	Body fat				Body water	Muscle proportion	Calorie (kcal) demand/day
	under fat	healthy	over fat	obese	normal	normal	suggestion
6-12	<7	7-18	18-25	>25	>60	>40	1175-2800
13-19	<8	8-19	19-25	>25	>58	>38	
20-39	<9	9-20	20-26	>26	>56	>37	
40-59	<11	11-22	22-28	>28	>55	>36	
60-79	<13	13-24	24-30	>30	>54	>34	

Note: The data tabled were gained by sampling and are only for reference. If you have any questions about your health, please consult your doctor.

** The recommended daily calorie consumption is for maintaining current body composition only. It is not a recommendation of calories required to lose or gain weight, as this will vary with how much weight you want to lose or gain & your exercise level.*

SPECIFICATIONS

Model 3023

Capacity - 150kg / 330lb / 23st; Graduation - 50g / 0.1lb

Body Fat % range - 3% - 50%; Graduation - 0.1%

Water % range - 25% - 75%; Graduation - 0.1%

Body Muscle % range - 25-75%; Graduation - 0.1%

Height range - 80 to 220cm ; Graduation - 1cm

Age range - 6 to 100 years; Graduation - 1 year

Data memory - 10 persons

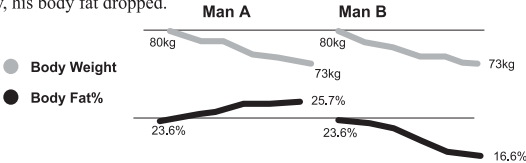
Battery - 8 x AAA Alkaline batteries

Why measure Body Fat and Water?

Obesity is the excess accumulation of fat in the body. Ordinary weighing scales will show if a person is heavy, but not if they are obese. For example, a heavy sportsperson probably has a higher proportion of muscle to fat in their body and is not obese. To judge obesity, the amount of body fat needs to be measured.

Losing weight can make you fatter! Men A & B in the chart below, were the same height and had the same body fat percentage when they started to diet on a health programme. Each lost a total of 7 kilograms.

Although the results appear identical, Man A simply cut the number of calories he ate. He lost weight, but his body fat percentage increased - he is actually "fatter". Man B combined cutting calories with an exercise program. He lost the same amount of weight as Man A but more importantly, his body fat dropped.



Proper hydration is essential for maintaining a healthy body and a good level of energy and concentration. It is commonly accepted that if you feel thirsty, your body is already mildly dehydrated and you need to drink some fluid, preferably water. Monitoring your body water percentage helps you maintain a good level of hydration.

Using the Propert #3023 Body Analysis Scale with Hand-held unit

This scale measures body fat, water and muscle mass using Bioelectrical Impedance Analysis (BIA). In simple terms, a low electrical impulse (which cannot be felt) is sent through the body. It passes easier through fluids in muscle tissue & blood than through fat tissue, which has a higher electrical resistance. Using a formula and the information on your gender, height, age and your calculated weight, the scale is able to compute your body fat, water and muscle mass content and also recommend a daily calorie intake.

As shown in the accompanying tables, the percentage of body fat in the body can vary dramatically depending on gender & age

To get the most accurate readings, please take into account the following points:

- Take measurements more than 3 hours after waking up in the morning. During sleep in the prostrate position, water distribution changes in the body, so that electrical resistance in the arms & legs increases. Some movement is required after waking up to give a stable water distribution in the body.
 - Take measurements more than 3 hours after a meal. It takes 2 to 3 hours for a meal to be digested and distributed in the body.
 - Excessive drinking and eating causes the amount of water in the body to increase above the normal level, so take measurements more than 24 hours later.
 - When using the hand held remote unit for body analysis, the measurements will relate to the upper part of the body. It is through contact with your finger tips that the measurements are made. When you stand on the floor unit, the measurements relate to the lower part of your body. It is through contact with your bare feet that the measurements are made. Therefore, there may be a slight difference in the registered percentages. To get a correct average, we recommend that you use both the floor and hand units simultaneously.
 - If the flesh of the legs touch together, a short circuit could result, so the user needs to put some thin form of insulation between the legs to make sure the current goes right up the legs & into the body
 - With the Scale being used by many different people, it is advisable to wipe the foot pads and the hand unit clean with methylated spirits between each user.
- In general, it is best to measure your body fat, muscle mass and water percentage in the evening, preferably with no clothes on, and without having partaken of excessive eating & drinking, alcohol consumption and exercise beforehand. Ensure that you make repeated measurements under the same conditions.

Warning

Do not use this product if you have a pacemaker or other internal device, or if you are pregnant

Made in China for
Propert Housewares
A division of
SUPERTEX INDUSTRIES PTY LTD
- a wholly-owned Australian company
ABN 85 003 833 029

For further information -
website: www.supertex.com.au
Email: customerservice@supertex.com.au
Telephone: (02) 8756 3000
Facsimile: (02) 9748 6622

BATTERY WARNING
Swallowing batteries may lead to serious injury or death.
KEEP BATTERIES OUT OF REACH OF CHILDREN

A signatory to the
Australian Packaging Covenant

N2853



V1.0708

Propert®



BODY ANALYSIS SCALE WITH HAND-HELD UNIT

Model 3023

Operating Instructions

OPERATING INSTRUCTIONS

Please read the instructions carefully before first using to familiarise yourself with the operating procedures of this scale. Omitting certain steps may cause the scale to give incorrect readings. Before attempting to use your Body Analysis Scale with Hand-held Unit, remove all packaging. Be sure also, to remove shoes, socks, stockings or gloves before using the scale as this may affect readings.

The Scale comes as 2 separate components
- The Stand-on Scale and the Hand-held Unit.

Battery Installation

STAND-ON SCALE & HAND-HELD UNIT - Purchase eight AAA (1.5 volt) alkaline batteries and insert 4 into the battery compartment underneath the stand-on scale, and the others into the hand-held unit. (If not using the body analysis scale for a long time, take the batteries out). The hand unit will display full segment for several seconds, then show the time, temperature and humidity, as soon as the batteries are installed.

Using the Backlight

- 1. Press ‘SET’ button once to turn on the backlight
- 2. Press ‘SET’ button once again to turn it off or if left idle for 20 seconds, the backlight automatically turns itself off.

Setting the Time

- 1. Press and hold the ‘SET’ button till the year digits flash
- 2. Press the Up or Down button to select the correct year
- 3. Then press the ‘SET’ button to confirm or ‘lock in’ the data.
- 4. Set the month and date, hour and minutes the same way.
- 5. The scale will then return to normal display.

Setting the Alarm Clock

- 1. Press and hold the ‘ON/OFF’ button for 3 secs till the hour digits flash
- 2. Press the ‘ON/OFF’ button again. The ‘alarm clock’ symbol will appear .
- 3. With the hour digits still flashing, press the Up or Down button to select the hour
- 4. Then press the ‘SET’ button to confirm or ‘lock in’ the data.
- 5. Set the minutes the same way and ‘lock in’ the data
- 6. To turn the alarm off, press the ‘ON/OFF’ button
- 7. To exit ‘alarm mode’, press and hold the ‘ON/OFF’ button for 3 secs, then press it once again. The ‘alarm clock’ symbol will disappear.

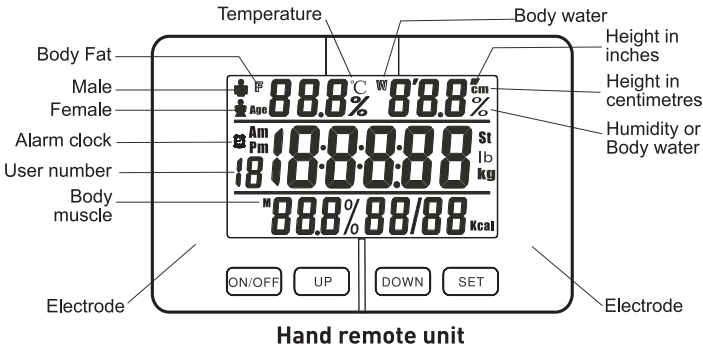
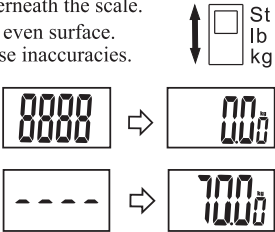
INSTRUCTIONS FOR MEASUREMENTS

The scale can be used in 4 different ways.

- 1. **WEIGHING using the Stand-on Scale only**
- 2. **WEIGHING using both the Hand-held Unit and Stand-on Scale together**
- 3. **MEASURING BODY FAT, BODY WATER AND MUSCLE PERCENTAGE, using the Hand-held Unit only**
- 4. **MEASURING BODY FAT, BODY WATER AND MUSCLE PERCENTAGE, using both the Hand-held Unit and Stand-on Scale together**

WEIGHING using the Stand-on Scale only

- 1. Select the unit measure (stones, pounds or kilograms) by using the conversion switch found underneath the scale.
- 2. Then place the stand-on scale on a hard & even surface. Use on carpet or uneven surfaces may cause inaccuracies.
- 3. Gently step on the scale and remain still.
- 4. The display shows ‘8888’ followed by a zero setting.
- 5. Stand steadily on the unit. You will first see a dotted line and then your weight will be displayed for about 10 seconds
- 6. The scale will turn off automatically 10 seconds after you have stepped off it



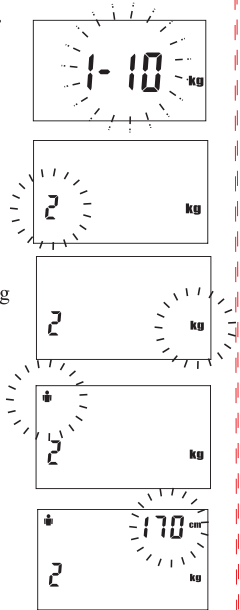
WEIGHING using both the Hand-held Unit and Stand-on Scale together

- 1. If necessary, press the ‘SET’ button once to activate the blue backlight first. Press the ‘ON/OFF’ key on the hand-held unit once to turn it on.
- 2. The display shows a flashing ‘1-10’
- 3. Press the Up or Down button to select the weight unit.
- 4. The display flashes about 7 times, then automatically enters weighing mode
- 5. “8888” is shown on the screen
- 6. Then gently step on the stand-on and remain still.
- 7. The display will show ‘8888’ followed by ‘____’
- 8. Your weight will be displayed for about 10 seconds both on the stand-on and hand-held units
- 9. The scale will turn off automatically 10 seconds after you have stepped off it.

MEASURING BODY FAT, BODY WATER AND MUSCLE PERCENTAGE, using the Hand-held Unit only

* The hand-held unit is fitted with sensors that can measure body fat and other data. If you already know your correct weight, you will be able to use this unit independently from the stand-on scale. Personal data (gender, height, age and weight) must first be entered for body fat, water, muscle and daily calorie intake analysis to happen. This scale is able to store data (for 10 people). You must select a user number to facilitate memory function. “1-10” represents each of 10 users. Remember the number you have selected for yourself.

- 1. If necessary, press the ‘SET’ button once to activate the blue backlight first. Press the ‘ON/OFF’ key on the hand remote unit once to turn it on.
- 2. The display shows a flashing ‘1-10’
- 3. Press the ‘SET’ button to enter setting mode. The USER NUMBER will flash. You can choose any number from 1 to 10. Remember this number for future reference.
- 4. Press the UP or DOWN button to select your number. Then press the ‘SET’ button to confirm or ‘lock in’ the data.
- 5. The UNIT MEASURE is then activated and flashing
- 6. Press the UP or DOWN button to select kg, lb or st. Stop at the required unit, then press the ‘SET’ button to confirm or ‘lock in’ the data.
- 7. The GENDER symbol is then activated and flashing
- 8. Press the UP or DOWN button to change it, then press the ‘SET’ button to confirm or ‘lock in’ the data.
- 9. The HEIGHT value is then activated and flashing
- 10. Press the UP or DOWN button to change it, then press the ‘SET’ button to confirm or ‘lock in’ the data.



- 11. The AGE value is then activated and flashing
- 12. Press the UP or DOWN button to change it, then press the ‘SET’ button to confirm or ‘lock in’ the data.
- 13. The WEIGHT value is now activated and flashing
- 14. Enter your weight by pressing the UP or DOWN button
- 15. ‘HHHH’ appears on the hand-held unit indicating that your personal data pre-programming has completed.
- 16. Grasp the unit with both hands so that your finger tips are pressed firmly against the electrodes on both sides. Hold the unit at arms length from your body
- 17. “0000” appears. Body analysis is in progress.
- 18. Your body fat, water, muscle percentages and the recommended daily intake of calories are then displayed
- 19. The hand-held unit then returns to normal display
- 20. You may continue to enter data for another user by repeating steps 1-14.

MEASURING BODY FAT, BODY WATER AND MUSCLE PERCENTAGE, using both the Hand-held Unit and Stand-on Scale together

* The stand-on scale is fitted with sensors that can measure body fat and other data. When using both the hand-held and stand-on units together, there is no need to enter your weight. Ensure that both units are placed in line with each other, without any obstruction between and no further apart than 2 metres.

- 1. If necessary, press the ‘SET’ button once to activate the blue backlight first. Press the ‘ON/OFF’ key on the hand-held unit once to turn it on.
- 2. The display shows a flashing ‘1-10’
- 3. Press the ‘SET’ button to enter setting mode. The USER NUMBER will flash. You can choose any number from 1 to 10. Remember this number for future reference.
- 4. Press the UP or DOWN button to select your number. Then press the ‘SET’ button to confirm or ‘lock in’ the data.
- 5. Repeat Steps 4 -12 in the previous section till WEIGHT value is activated and flashing.
- 6. If you have previously keyed in all your personal data, then select your user number by pressing the UP or DOWN button.
- 7. Press and hold the ‘SET’ button. The screen will display your personal data with the WEIGHT value activated and flashing
- 8. At this point, stand on the floor unit with bare feet, grasp the remote unit with both hands holding it at arms length from your body, and remain still.
- 9. Both units will show ‘0.0’ first and then ‘- - - -’. Several seconds later, your weight will be shown on both units.
- 10. Remain still. Your body fat, water, muscle percentages and the recommended daily intake of calories are then displayed in the hand-held unit.
- 11. The display returns to zero ready for another user and if left idle for 10 seconds, will automatically return to normal display mode.

