TAYLOR

5754

Body Fat Analyzer and Scale

Leading the Way in Accuracy®

Thank you for purchasing a Taylor® Precision Product. Your Taylor® Body Fat Analyzer and Scale is an example of superior design and craftsmanship. Please read this instruction manual carefully before use. Keep these instructions handy for future reference.

INTRODUCTION

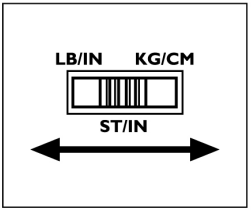
How Taylor's Body Fat Analyzer and Scale Works:
This instrument uses BIA (Bioelectrical Impedance Analysis). BIA is one of the most accurate methods of measuring body fat. It simply sends a harmless signal through the fat and muscle in your body. This method calculates both your personal weight and body fat simultaneously, thus giving you a more accurate reading of your overall health and fitness.

NOTE: This instrument is a personal monitor and should be used in a consistent manner for the most accurate reading. While readings might vary between this analyzer and other methods of measurement (hydrodensitometry or hand held calipers), your changes in body fat percentage shown by this instrument will be reflected accurately.

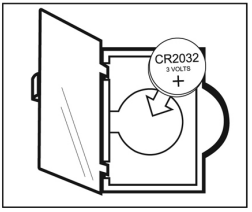
While this analyzer will work accurately as a scale for anyone and give accurate body fat readings for a majority of people, it is not intended for use by pregnant women or children under the age of 18. (See Caution)

Instruction Manual

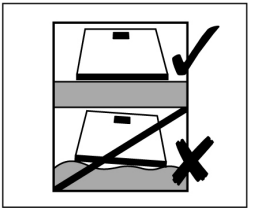
BATTERY INFORMATION AND GENERAL SET-UP



1. Select weight mode.



2. Remove plastic strip. Ensure the + sign is up.

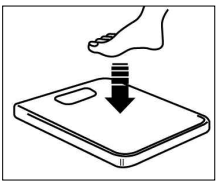

3. Position scale on flat surface.

This scale operates on 1 CR2032 lithium battery (installed).
Please remove any plastic strips from the battery compartment before continuing with these instructions.

Some models have a static cling label on the lens to prevent scratching. Please remove before use.

Your scale has been set to measure in pounds and inches (lb). To change the measurement units to kilograms/centimeters or stone/inches, move the switch on the bottom of the scale to (kg) or (st-lb).

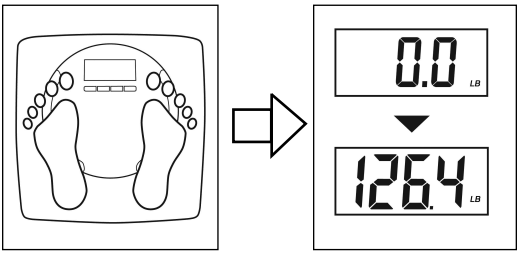
When the LCD displays "Lo", replace the battery with the "+" sign up.
The scale needs to be initialized before first use or after battery replacement. Press lightly on the scale platform. The display will show a running zeros pattern and automatically turn off. Your scale is now ready for use.


Tap to initialize

WEIGHT ONLY OPERATION

Your Taylor® Body Fat Scale will operate as a basic weight-reading scale. No special programming steps are required.

Once the scale is initialized, as previously described, you may simply step on the scale to obtain your current weight. For a weight only reading:



1. Place the scale on a flat, hard surface. Carpeted or uneven floors may affect accuracy.
2. Step onto the scale platform and remain still while the scale computes your weight.
3. The display will flash twice when the weight is locked. Your weight is now displayed.
4. The scale will automatically turn off.

USING YOUR BODY FAT SCALE

In order to measure body fat and body water, you must first enter your height, age, and gender. The analyzer uses these factors to calculate your results. Onscreen prompts will lead you through programming your personal information into the analyzer. The analyzer will then use this data to compute your body fat/body water percentages.

You must have bare feet to use the body fat analyzer function.
Remove your shoes and socks before proceeding. To get the most accurate and consistent reading, wipe your feet with a damp cloth, leaving them slightly damp before stepping on the scale.

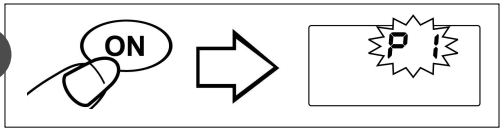
REMINDER: The scale needs to be initialized after battery installation. The scale may also need to be initialized if it is moved or bumped. **At all other times, you may directly proceed with the following instructions for programming your personal data into the scale.**
To initialize the scale, simply press lightly on the scale platform. The display will show "0000" and automatically turn off. Your scale is now ready for use.

HOW TO ENTER PERSONAL DATA INTO MEMORY

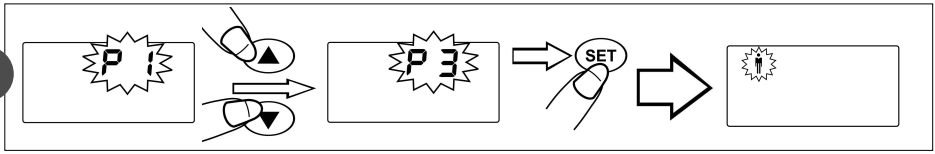
This scale has 4 personal memory numbers (P0-P3). In order to measure body fat, body water, etc, you must first save your height, age, and gender data into one of the scale's memory numbers. The scale will then use these factors to calculate your body composition results.

You will store your data into memory before first use, thus eliminating the need to enter your personal information before each reading. To enter your data into memory, please see directions on the following page.

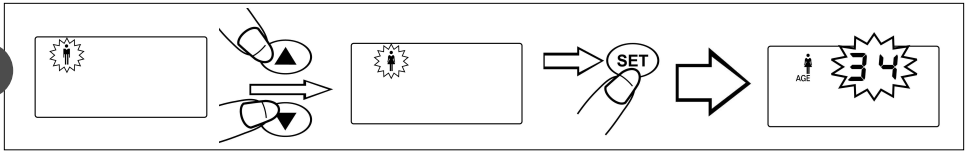
1. Press the ON button to turn the scale on.
   A memory number (P0-P3) will blink.



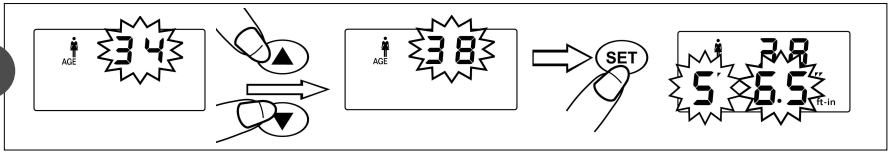
2. Press the (▲) or (▼) button to select a memory.
   Press the SET button to confirm. The gender icon blinks.



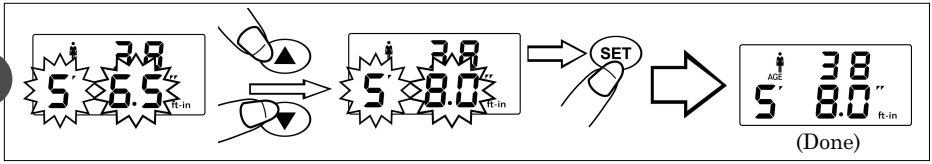
3. Press the (▲) or (▼) button to toggle between the male and female icons.
   Press SET button to confirm your gender. The age digits blink.



4. Press the (▲) or (▼) button to increase / decrease the age value.
   Press SET button to confirm displayed age. The height digits blink.

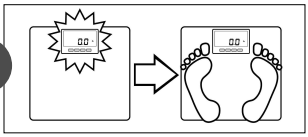


5. Press the (▲) or (▼) button to increase / decrease the height value.
   Press SET button to confirm displayed height.
   Your personal data is now saved in memory



(Done)

6. When the scale shows "0.0", you may step on the scale for a measurement. Otherwise, the scale will turn off automatically. Your data remains saved in memory.



7. Repeat procedure for a second user.

HOW TO TAKE A WEIGHT/BODY FAT READING

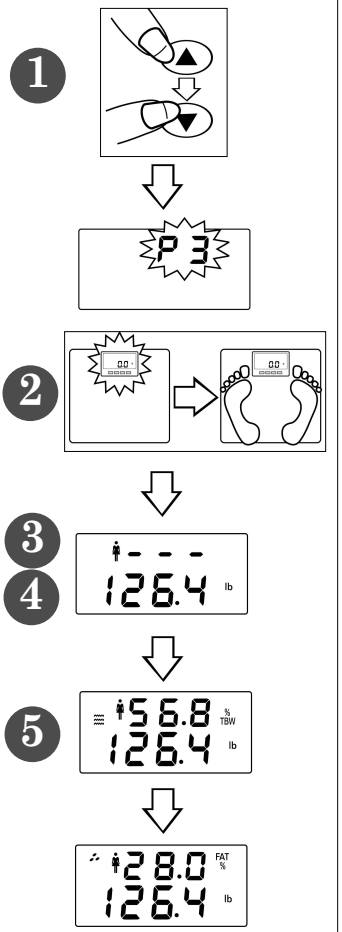
1. Press the (▲) or (▼) button to select your personal memory number. Your personal data will display again.

2. Wait until the display shows “0.0”, then on the scale with bare feet. Stand still while the unit measures your weight.

3. Your weight will display for 2 seconds.

4. Continue to stand still on the scale while your other readings are taken. The screen will show “---” while the scale computes.

5. When measurement is complete, remain on the scale. The body fat % and body water % will alternately appear. The results are repeated five times, then the scale switches off.



TO TURN OFF THE SCALE:

To turn the scale off, press the ON button. Or, the scale will turn off after about 20 seconds if no keys are pressed or nothing is weighed.

NOTE: If you are having a problem operating this Analyzer please call 866-843-3905 from 7:30 am to 4:30 pm, Mountain Standard Time, Monday through Friday.

QUESTIONS AND ANSWERS

How exactly is my body fat and water being measured?
The Taylor Body Analyzer Scale uses a measurement method known as Bioelectrical Impedance Analysis (BIA). A minute current is sent through your body, via your feet and legs. This current flows easily through the lean muscular tissue, which has a high fluid content, but not easily through fat. Therefore, by measuring your body's impedance (i.e. its resistance to the current), the quantity of muscle can be determined. From this, the quantity of fat and water can then be estimated.

What is the value of the current passing through me when the measurement is taken? Is it safe?
The current is less than 1mA, which is tiny and perfectly safe. You will not be able to feel it. Please note however, that this device should not be used by anyone with an internal electronic medical device, such as a pacemaker, as a precaution against disruption to that device.

If I measure my body fat and water at different times during the day, it can vary quite considerably. Which value is correct?
Your body fat percentage reading varies with body water content, and the latter changes throughout the course of the day. There is no right or wrong time of the day to take a reading, but aim to take measurements at a regular time when you consider your body to be normally hydrated. Avoid taking readings after having a bath or sauna, following intensive exercise, or within 1-2 hours of drinking in quantity or eating a meal.

My friend has a Body Fat Analyzer made by another manufacturer. When I used it I found that I got a different body fat reading to that on my Taylor Body Analyzer Scale. Why is this?
Different Body Fat Analyzers take measurements around different parts of the body and use different mathematic algorithms to calculate the percentage of body fat.The best advice is to not make comparisons from one device to another, but to use the same device each time to monitor any change.

Why are the body fat percentage ranges for men and women so different?
Women naturally carry a higher percentage of fat than men, because the make-up of the body is different being geared towards pregnancy, breastfeeding etc.

Why should I avoid using the Taylor Body Analyzer Scale while pregnant?
During pregnancy a woman's body composition changes considerably in order to support the developing child. Under these circumstances, body fat percentage readings could be inaccurate and misleading.

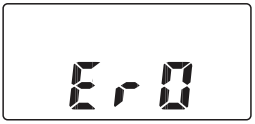
Why is the Taylor Body Analyzer Scale unsuitable for athletes and children?
The body compositions of both athletes and children require different mathematic algorithms for the body fat calculation.

TROUBLE SHOOTING

1. You must have bare feet to make this measurement. To get the most accurate and consistent reading, wipe your feet with a damp cloth, leaving them slightly damp before stepping on the scale. measurement again, maintaining maximum contact between your feet and the metal sensors.
2. The condition of the skin on the bottom of your feet can affect the reading. The natural effects of aging or activity can make this skin hard. Take the reading with clean, slightly damp feet for best accuracy.
3. Please note that body fat contains some body water weight. Thus, body fat and body water percentages will not add up to 100%.

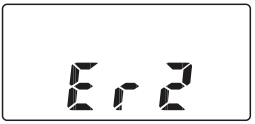
If you are having a problem operating this Analyzer please call 866-843-3905 from 7:30 am to 4:30 pm, Mountain Standard Time, Monday through Friday.

WARNING MESSAGES

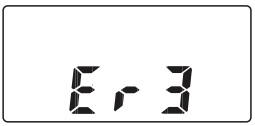


ER0 = Initialization error. If this error occurs after re-locating the scale, please slightly press the scale again to re-initialize the scale.

ER1 = Instability error. Step off and back onto the scale, standing still while your weight computes.

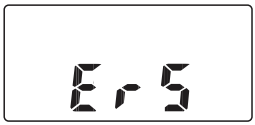


ER2 = Overload Warning. The maximum weighing capacity of the scale has been exceeded. Remove the weight immediately; otherwise, permanent damage to the scale will occur.



ER3 = Contact error. Body impedance is beyond the technical limit. Clean bottom of feet with a damp cloth, leave slightly damp, and repeat measurement again, maintaining maximum contact between your feet and the metal sensors.

ER4 = Body fat percentage is beyong the range. Do not wear shoes or socks during measurement. Cleaning bottom of bare feet with a damp cloth and leaving them slightly damp may help to improve the contact . Repeat measurement.



ER5 = Body water percentage is beyong the range. Do not wear shoes or socks during measurement. Cleaning bottom of bare feet with a damp cloth and leaving them slightly damp may help to improve the contact. Repeat measurement.

CAUTION

BIA (Bioelectrical Impedance Analysis) method determines your body fat percentage by sending a harmless signal through the body. **Do not use this product if you have a pacemaker or other internal medical device. When in doubt, contact your physician.**
This analyzer will give accurate body fat readings for a majority of people, but is not intended for use by the following groups:
Children: Anyone under the age of 18 years
Pregnant Women

GENERAL INFORMATION ABOUT BODY FAT AND BODY WATER

1. Ideal body fat content is not the same for all people. Age, sex, and heredity are variables in this measurement. The table as follows may be used as a general guide.

Consult your physician to determine what is most ideal for you.

MALE AGE	LOW	MODERATE	OVERWEIGHT	OBESE	BODY WATER
<20	<12.0	12.0-20.0	21.0-29.0	>29.0	60%
20-30	<13.0	13.0-21.0	22.0-30.0	>30.0	
30-40	<15.0	15.0-23.0	24.0-32.0	>32.0	
40-50	<16.0	16.0-24.0	25.0-33.0	>33.0	55%
50-60	<17.0	17.0-25.0	26.0-34.0	>34.0	
>60	<18.0	18.0-26.0	27.0-35.0	>35.0	50%

FEMALE AGE	LOW	MODERATE	OVERWEIGHT	OBESE	BODY WATER
<20	<17.0	17.0-25.0	26.0-34.0	>34.0	50%
20-30	<17.0	17.0-25.0	26.0-34.0	>34.0	
30-40	<19.0	19.0-27.0	28.0-36.0	>36.0	
40-50	<20.0	20.0-28.0	29.0-37.0	>37.0	47%
50-60	<21.0	21.0-29.0	30.0-38.0	>38.0	
>60	<21.0	21.0-29.0	30.0-38.0	>38.0	45%

3. It is recommended to measure body fat, body water or weight at the same time period daily. **Please note that body fat contains some body water weight. Thus, body fat and body water percentages will not add up to 100%.**
4. Use this product without clothing for best accuracy. Clothes can vary in weight and affect the percentage calculation.
5. Feet must be bare and clean. For best readings they should also be slightly damp.

LEVEL OF HYDRATION

This analyzer measures your weight, the electrical impedance between your feet, and combines those readings with the information you input (Height, Age, Gender). It then automatically calculates your body fat and body water percentage.
Your level of hydration (water content) varies throughout the day and affects your impedance measurement. If you are dehydrated, there is a greater chance for fluctuation in the body fat and body water percentage displayed by this analyzer than when you are fully hydrated.

For best results, choose a consistent time to use this analyzer, such as in the morning. By establishing the pattern of your body's fluctuation over a period of one month, you can determine your average level of body fat. Women will have more fluctuation in water content than men and need to monitor their reading over a longer time period to establish a personal average. You must determine this as a reference point before measuring progress in a health program.

You must wait several hours before taking a body fat reading when: drinking coffee or alcohol, taking diuretic medications, or exercising. These all affect your level of hydration and the accuracy of this analyzer.

SPECIFICATIONS

- Uses BIA (Bioelectrical Impedance Analysis) to determine body fat and body water percentage
- Weight Capacity: 350 lb or 160 kg or 25 st
- Weight Graduation: 0.2 lb or 0.1kg or 1 lb
- Body Fat Graduation: 0.1% (in the range from 5% - 60%)
- Body Water Graduation: 0.1% (in the range from 43% - 73%)
- Height Range: 2' 5.5" – 7' 4.5" (75.0 – 225.0cm)
- Age Range: 10-85 years
- Weight-only feature with automatic step on
- Data can be stored for up to 4 individuals

PRECAUTIONS

1. OVERLOAD WARNING: the maximum weight capacity of this scale is 350 lbs / 160 kgs / 25 st. Remove the weight immediately when the scale displays "Er2"; otherwise, permanent damage to the scale will occur.
2. The product is intended for home / consumer use only; it is not intended for professional use in hospitals or medical facilities.
3. Do not disassemble the product. Other than replacing the battery, it contains no user serviceable parts.
4. Clean after use with a lightly dampened cloth. Do not use solvents or immerse the product in water.
5. Your scale contains sensitive electronic parts. Avoid rough treatment. Do not drop, kick, or jump on it. Treat it with care to ensure the best performance.
6. Do not store the scale where you store cleaning chemicals. The vapors from some household products may affect the electronic components of your scale. Do not store the scale on its side.
7. This scale is a sensitive weighing device. To prevent run down of the battery, do not store anything on the scale.
8. Do not dispose of batteries in fire. Batteries may explode or leak. Remove the battery if the scale will not be used for a long period of time.

LIFETIME WARRANTY

This scale is warranted against defects in materials of workmanship for the life of the original purchaser from date of retail purchase. It does not cover damages or wear resulting from accident, misuse, abuse, commercial use, or unauthorized adjustment and/or repair.
Do not return to retailer. Should this scale require service (or replacement at our option) while under warranty, please pack the item in the original packaging and return it prepaid, along with store receipt showing date of purchase and a note explaining reason for return to:

Taylor Precision Products
2220 Entrada Del Sol, Suite A
Las Cruces, New Mexico 88001

There are no express warranties except as listed above. This warranty gives you specific legal rights, and you may have other rights which vary from state to state.

For additional product information, or warranty information in Canada or elsewhere outside the USA, please contact us through **www.taylorusa.com.**

www.taylorusa.com.

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