Deluxe Digital Scale
Instructions for Use

Model 12-1190
This scale is designed to test and help keep a close eye on the daily change of your body fat, hydration, muscle, bone and weight, providing information for your reference. Based on the analysis of your height, weight and age etc., it tells your daily energy requirement. Please read these instructions carefully before use. Consult your healthcare practitioner before making any changes based on your results.

**User-friendly tips**

1. **During Measuring**
   a. The device is designed to allow auto step on. Please ignore the first reading and start record keeping after the second weighing.
   b. For more accurate results, remove your shoes and socks before using.
   c. Step on the weighing platform gently.
   d. It is advisable to take measurement at the same time of the day.
   e. Measured result could be misleading after intensive exercise, excessive dieting or under extreme dehydration condition.
   f. Always weigh / use the scale on a hard and flat surface. Do not use on carpet or mat. When you are measuring, please keep still.
   g. The measured data may be inaccurate due to the following:
      • Body building athletes or other occupational athletes.
      • Adults over 70.

**CAUTION, Safety Warning**

a. **DO NOT** use if:
   • you are pregnant
   • you exhibit signs of edema
   • you have a pacemaker or other implanted medical device
   • you are wearing an electrocardiograph or other portable electronic medical device
   • you receive dialysis treatment

b. Fat% & Hydration% content evaluated by the Deluxe Digital Scale is only for reference (not for medical purposes). If your Fat% or Hydration% content is over/below normal level, please consult your doctor for more advice.

c. Keep away from strong electro-magnetic field when using the scale.

d. Surface could be slippery if you weigh on a wet surface. Moreover, if the weighing platform surface is glazed, never step on the edge of the scale. Always keep your balance during your weighing.
# Features / Specifications

1. Size of LCD: 3.62 x 2” (92 x 51mm)
2. Uses high precision strain gauge sensor.
3. Multifunction: measure weight, body fat %, body hydration %, body muscle %, body bone % and suggest calorie intake requirement.
4. Built-in memory for 12 different users.
5. Optional normal weighing mode (bypassing parameter setting): Auto step on weighing and consecutive add-on weighing.
6. Low battery and overload indication.
7. Last immediate memory recall.
8. Compare current result to the last record
9. Five selectable activity levels

## Performance Index

<table>
<thead>
<tr>
<th>Item</th>
<th>Weighing Capacity</th>
<th>Fat%</th>
<th>Hydration%</th>
<th>Muscle %</th>
<th>Bone %</th>
<th>Calorie</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Index Range</td>
<td>150 kg</td>
<td>4.0% - 60%</td>
<td>27.5% - 66.0%</td>
<td>20.0% - 56.0%</td>
<td>2.0% - 20.0%</td>
</tr>
<tr>
<td></td>
<td>Division</td>
<td>0.1 kg</td>
<td>0.1%</td>
<td>0.1%</td>
<td>0.1%</td>
<td>0.1%</td>
</tr>
</tbody>
</table>

## To Install or Replace Battery

Review the following pictures, then install and replace battery as described.

1. **1 x 3V CR2032 lithium battery (included).** Remove isolation sheet before use;
   
   Open the battery case cover at the bottom of scale:
   
   a. Remove the used battery with the aid of a sharp object, as shown in picture.
   
   b. Install new battery by putting one side of the battery beneath the battery baffle and then pressing down the other side.
**Key Illustration**

ON/SET (SET) : Turn on the scale and prompt to next parameter.
(Please refer to the Setting Personal Parameters on page 6)

▲ : Advance the value by one interval with each press.
Continuous pressing will speed up the advance of value.

▼ : Decrease the value by one interval with each press.
Continuous pressing will speed up the decrease of value.

**LCD Display**

- Height Unit
- Weight Unit
- Age
- Calorie Unit
- Bone %
- Muscle %
- Fat status indication
- Fat %
- Hydration %
- User memory code
- Activity level
- Gender

**Activity Level**

- ✶ inactive: little or no exercise
- ✦ light activity: office workers
- ✶ ✦ moderate activity: always stand or walk
- ✦ ✦ very active: manual workers
- ✦ ✦ ✦ extremely active: athletes
Optional Normal Weighing Mode
(bypassing parameter setting)

1. Auto step on weighing

Install battery (please refer to Page 3), and place the scale on flat floor.

Digits flash, stabilize and locked
Display your weight

Step on the weighing platform

2. Consecutive add-on weighing

After digits stabilize, additional loadings can be conducted. Ensure each add-on loading exceeds 4.4 lb to get a new reading.

Example: If you want to weigh your baby, weigh yourself first, then hold your baby, without stepping off the scale. Subtract your weight (first reading) from the new reading. The resulting amount is the weight of your baby.
To Set Weight Unit

You can set scaler to the weight unit (lb or kg) you prefer by pressing the unit conversion button.

Press the unit conversion button when scale is off. LCD shows current weight unit. Press the button again to convert weight unit.

At the bottom of the scale, you can find a unit conversion button as shown in picture

After selecting the preferred unit, the scale will be auto-off after 3 seconds. Selected weight unit will be activated when the scale is turned on again.

- When setting lb as weight unit, the default height unit is feet/inch;
- When setting kg as weight unit, the default height unit is cm.

Fat / Hydration / Muscle / Bone / Calorie Measuring Mode

1. Setting personal parameters

The first time you install battery and switch it on, all default parameters are set as follows:

<table>
<thead>
<tr>
<th>Gender</th>
<th>Height</th>
<th>Age</th>
<th>Target weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>165 cm / 5’5.0”</td>
<td>25</td>
<td>50 kg / 110lb</td>
</tr>
</tbody>
</table>

Parameters can be set in the following range:

<table>
<thead>
<tr>
<th>Memory</th>
<th>Gender</th>
<th>Height</th>
<th>Age</th>
<th>Target weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 ~ 12</td>
<td>Male / Female</td>
<td>100 – 250 cm</td>
<td>10 ~ 100</td>
<td>20 ~ 150 kg</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3’3.5”~8’2.5”</td>
<td></td>
<td>44 ~ 330 lb</td>
</tr>
</tbody>
</table>
Parameter setting
Example: the 3rd user, male, 175 cm, 28 years old can set his parameters as follows:

- Press ON/SET (SET) to switch on
- Press ON/SET (SET) to select activity level
- Press ON/SET (SET) to confirm and prompt to next setting
- Press ON/SET (SET) to set gender
- Press ON/SET (SET) to set height
- Press ON/SET (SET) to set age
- Press ON/SET (SET) to confirm and prompt to next setting
- Display target weight
- LCD shows “0.0”
- Scale shuts off automatically after several seconds
- Personal parameters have been saved

NOTE:
If idle for 6 seconds during the parameter setting, the parameters already set will be memorized and LCD will show “0” meaning body fat measuring will be started.

If LCD prompt shows “0” during parameter setting, press SET for 3 seconds to return setting mode, then you can set user code, gender, activity level, height, age and target weight again.
2. **To start measuring** (make sure your feet are touching the metal electrodes on the scale platform, or body fat cannot be measured.)

To ensure accuracy, please remove your shoes & socks before stepping on.

Example: the 5th user, female, 166 cm, 26 years old can measure as follow:

![Diagram of measuring process]

**Measured results (Repeat for 3 times and saved. The reading will re-appear at next measuring for user's reference):**

- Weight: 55.8 kg, increase by 1.2 kg
- Fat status : Fat 23.8%, Hydration 52.3%, Muscle 37.2%, Bone 12%, Calorie 1840.
To recall test record

1. Power off
   - Press ON/SET (SET) to switch on

2. Show parameters of the last user or default parameters
   - Press \( \downarrow \) to select user code
   - Wait for 6 seconds

3. Display the last test record of the user
   - Press \( \uparrow \) to enter Recall mode

4. Display:
   - 55.8
   - 12
   - 23.8%
   - 52.3%
   - 37.2%
   - 12.0%
   - 1840

5. Repeat 3 times and switch off automatically

6. Power off
Warning indications

Low Battery Indication
The battery power is running low, please replace with a new battery.

Over-load Indication
The weighing subject on the platform exceeds the maximum capability of scale. Please step off to avoid damage.

Low Fat% Indication
The Fat% is too low.

High Fat% Indication
The Fat% is too high.

Re-test
Error exists, please re-test to get the correct result.
About Fat Measurement

1. About Fat%

Fat% is an index % of fat content in human body.

The fat content in human body is of a certain level. Overabundance of fat can adversely effect metabolism causing a variety of illnesses.

2. Working Principles

As an electrical signal of certain frequency transmits through human body, the impedance of fat is stronger than that of muscles or other human tissues. Through the use of biological resistance analysis, this product will pass a safe frequency of low voltage electrical current through human body, thus, the Fat% will be reflected according to the resistance differences when the electrical signal transmits through body.

3. Fat / Hydration Content Fitness Assessment Chart

After your weighing, you can use the following Assessment Chart for reference:

<table>
<thead>
<tr>
<th>Age</th>
<th>Fat (F)</th>
<th>Hydration (F)</th>
<th>Fat (M)</th>
<th>Hydration (M)</th>
<th>bodyfat level</th>
<th>Key Line Indication</th>
</tr>
</thead>
<tbody>
<tr>
<td>≤30</td>
<td>4.0-16.0%</td>
<td>66.0-57.8%</td>
<td>4.0-11.0%</td>
<td>66.0-61.2%</td>
<td>very low</td>
<td></td>
</tr>
<tr>
<td></td>
<td>16.1-20.5%</td>
<td>57.7-54.7%</td>
<td>11.1-15.5%</td>
<td>61.1-58.1%</td>
<td>low</td>
<td></td>
</tr>
<tr>
<td></td>
<td>20.6-25.0%</td>
<td>54.6-51.6%</td>
<td>15.6-20.0%</td>
<td>58.0-55.0%</td>
<td>normal</td>
<td></td>
</tr>
<tr>
<td></td>
<td>25.1-30.5%</td>
<td>51.5-47.8%</td>
<td>20.1-24.5%</td>
<td>54.9-51.9%</td>
<td>high</td>
<td></td>
</tr>
<tr>
<td></td>
<td>30.6-60.0%</td>
<td>47.7-27.5%</td>
<td>24.6-60.0%</td>
<td>51.8-27.5%</td>
<td>very high</td>
<td></td>
</tr>
<tr>
<td>&gt;30</td>
<td>4.0-20.0%</td>
<td>66.0-55.0%</td>
<td>4.0-15.0%</td>
<td>66.0-58.4%</td>
<td>Too lean</td>
<td></td>
</tr>
<tr>
<td></td>
<td>20.1-25.0%</td>
<td>54.9-51.6%</td>
<td>15.1-19.5%</td>
<td>58.3-55.3%</td>
<td>Lean</td>
<td></td>
</tr>
<tr>
<td></td>
<td>25.1-30.0%</td>
<td>51.5-48.1%</td>
<td>19.6-24.0%</td>
<td>55.2-52.3%</td>
<td>Normal</td>
<td></td>
</tr>
<tr>
<td></td>
<td>30.1-35.0%</td>
<td>46.0-44.7%</td>
<td>24.1-28.5%</td>
<td>52.2-49.2%</td>
<td>Fat</td>
<td></td>
</tr>
<tr>
<td></td>
<td>35.1-60.0%</td>
<td>44.6-27.5%</td>
<td>28.6-60.0%</td>
<td>49.1-27.5%</td>
<td>Too fat</td>
<td></td>
</tr>
</tbody>
</table>

The above information is for reference only. Please consult your doctor to determine the proper Fat / Hydration percentage for your body and health status.
About Calorie

1. Calorie & Energy Consumption

   Calorie: Energy Unit
   The data reading indicates the energy you need to sustain the daily metabolism and ordinary activities for your weight, height, age and sex. This is for reference only. There could be other factors that effect this measurement or your requirements, so consult your healthcare practitioner for advice.

2. Calorie & Losing Weight

   Controlling calorie intake combined with proper exercise is an effective way to lose weight. If the daily energy intake cannot support the energy used up by the human body, the stored saccharides and fats will decompose and provide energy to the body. This leads to weight loss.

Cleaning & Maintenance

Use a damp soft fabric to clean the scale. DO NOT immerse it into water, or use any harsh chemical or corrosive detergents.