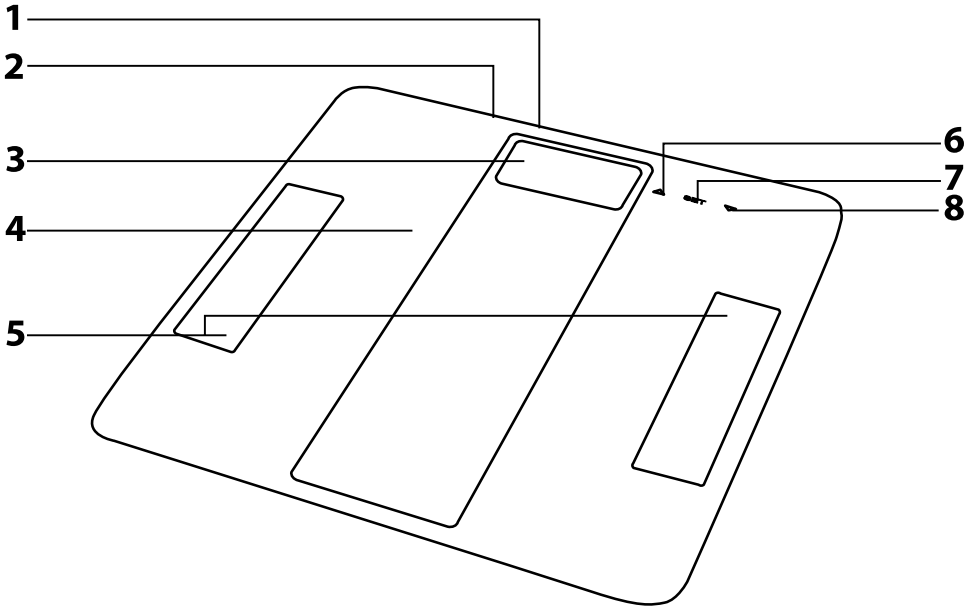




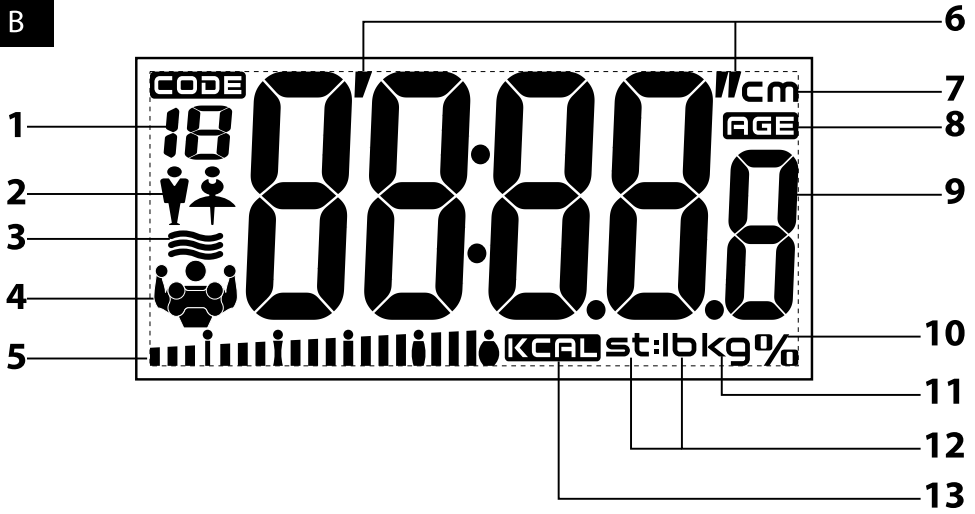
EN ■ Bluetooth Fitness Scale

Translation of the original manual

A

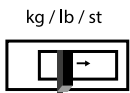


B

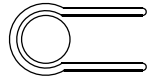


C

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SAFETY INSTRUCTIONS AND IMPORTANT NOTES

- Prior to using this appliance, please read the user's manual thoroughly, even in cases, when one has already familiarised themselves with previous use of similar types of appliances. Only use the appliance in the manner described in this user's manual. Keep this user's manual in a safe place where it can be easily retrieved for future use.
- We recommend saving the original cardboard box, packaging material, purchase receipt and responsibility statement of the vendor or warranty card for at least the duration of the legal liability for unsatisfactory performance or quality. In the event of transportation, we recommend that you pack the appliance in the original box from the manufacturer.
- The appliance is designed for use at home, in offices and similar types of areas. Do not

use it for commercial, medical or other purposes.

- This appliance may be used by children and persons with reduced physical, sensory or mental abilities or with insufficient experience and knowledge if they are properly supervised.
- Children should be supervised to ensure that they do not play with the appliance.
- Do not use the appliance outdoors, do not locate it on unstable surfaces or in the vicinity of an open fire and other sources of heat.
- Do not expose the appliance to direct sunlight or high humidity and do not use it in an excessively dusty environment.
- Make sure that the appliance is located on an even, smooth, hard and stable surface. This applies especially when using the appliance. Otherwise, this could result in inaccurate measurement.
- Do not use the appliance in the vicinity of a strong electromagnetic field.
- Prior to stepping on the weighing platform, check that it not

damp and that your feet are not wet. Otherwise, this presents a slipping hazard.

- Do not jump on the appliance and do not exceed its maximum weighing capacity. This may damage it.
- In the weighing with measurement and analysis of body parameters mode, it is necessary to stand on the weighing platform with clean bare feet, whilst both feet need to be positioned on the electrodes.
- The measured percentage share of bone, fat and muscle tissue and water in the body is only of an indicative nature. Please do not base medical diagnoses on these results. If the fat tissue percentage and hydration level differ significantly from the norm, we recommend consulting this condition with a medical doctor or a dietary consultant. For recommendations of suitable measures for achieving an optimal body weight, likewise consult your medical doctor or dietary consultant.
- Deviations in the measurement of the percentage share of bone, fat and muscle tissue

and water in the body may be greater in persons older than 70 years of age and sports professionals.

- The measurement results may be distorted after intensive exercise, during extreme dehydration of the organism, or when you are on a drastic weight-loss diet.
- The measurement of the bone, fat and muscle tissue, and water percentage share in the body is not recommended for:
 - persons with an implanted pacemaker or other medical implants,
 - pregnant women,
 - persons with oedema symptoms (swelling) or persons undergoing dialysis treatment.
- Children younger than 10 years of age and persons older than 100 years of age may only use the appliance in the weighing mode.
- Do not use the appliance as a place for placing items. Store it in a horizontal position and ensure that no items are placed on it.
- If you decide not to use the appliance for an extended

period of time (longer than 3 months), remove the batteries. If the batteries were to leak into the inner area of the appliance, this could result in its damage.

- Do not use rechargeable batteries to power this appliance.
- Keep the batteries out of children's reach as they may present a hazard. In the event that a child swallows a battery, immediately seek medical help.
- Keep the appliance clean. When cleaning it, follow the instructions in chapter Cleaning and maintenance. Do not submerge the appliance under water or any other liquid and do not rinse it under running water.
- Do not repair the appliance yourself or make any adjustments to it. Have all repairs or adjustments performed at an authorised service centre. By tampering with the appliance, you risk voiding your legal rights arising from unsatisfactory performance or quality warranty.

DESCRIPTION OF THE SCALE

- A1** Weigh unit toggle switch (not shown) is located on the underside of the scale.
- A2** Battery compartment (not shown) is located on the underside of the scale.
- A3** LCD display
- A4** Weighing platform from 6 mm thick hardened safety glass
- A5** Metal electrodes for measuring bone, fat and muscle tissue percentages and water content in the body.
- A6** Touch button ▲
- A7** Touch button SET
- A8** Touch button ▼

DESCRIPTION OF THE DISPLAY

- B1** Personal user code
- B2** Gender (male/female)
- B3** Body water percentage
- B4** Bone, fat and muscle tissue percentage
- B5** Graphical representation of measured body fat percentage
- B6** Imperial length unit
- B7** Metric length unit
- B9** Age
- B9** Measurement result
- B10** Percent
- B11** Metric weight unit
- B12** Imperial weight unit
- B13** Unit of energy

PRINCIPLE OF THE MEASUREMENT OF THE BONE, FAT AND MUSCLE TISSUE, AND WATER PERCENTAGE SHARE IN THE BODY

- This personal fitness scale is equipped with a function for measuring and analysis of bodily parameters. Measurement of the bone, fat and muscle tissue, and water percentage share in the body is based on the bioelectrical impedance analysis (BIA) method. The BIA method enables the determination of these values on the basis of electrical resistance of human tissue that is measured using a weak electrical impulse. The percentages are calculated based on differences in the electrical resistance of the individual tissues. The measured values cannot be added up.
- The electrical impulse is sent and the response is received by metal electrodes **A5**, which are located on the weighing platform **A4** in such a way that the measuring circuit is completed when both feet stand on the weighing platform **A4**.

POWER SOURCE

- Two type AAA (2× 1.5V) batteries are used to power this scale, and they are included with the appliance. Remove the battery compartment cover **A2** and insert the batteries into it. Ensure that correct polarity is maintained and that the batteries properly fit into place. Close the cover.
- Replace the batteries when "Lo" (weak batteries) appears on the display **A3** or when the display **A3** does not light up when the weighing platform **A4** is stepped on or the SET button **A7** is pressed.
- If you decide not to use the scale for an extended period of time (longer than 3 months), remove the batteries.



Attention:

Use only type AAA batteries to power the scale. Do not combine new and old batteries or use rechargeable batteries.

USING THE SCALE

- Place the scale on an even, smooth, hard and stable surface. Do not place it on a carpet or any other soft surface, otherwise the weighing result may be inaccurate.
- When weighing yourself, stand still and do not lean. For weighing results to be comparable, it is necessary to weigh yourself at the same time of day, ideally in the morning. The weighing results are influenced by the clothing that you are wearing as well as the food and drink that you consume before weighing yourself.
- Weighing with measurement and analysis of body parameters requires bare feet, whilst both feet need to be positioned on the electrodes **A5**.

1. WEIGHING MODE

- The scale is equipped with an "Auto-On" function, which automatically starts the weighing process immediately after the weighing platform **A4** is stepped on.
- Stand with both feet on the weighing platform **A4** and wait for the measured weight shown on the display **A3** to stabilise. The displayed measured weight will flash once and then the scale will turn off automatically.
- Before the scale turns off automatically, you may increase the load on it and continue weighing. To get a new weight measurement, each subsequent load must be at least 2 kg. For example, if you wish to weigh your child, first measure yourself, then pick up your child without stepping off the scale and weigh yourselves together. In this way you will get the total weight. The weight of your child is equal to the difference between the current and previous weight.

2. WEIGHING MODE WITH MEASUREMENT AND ANALYSIS OF BODY PARAMETERS

- Press the SET button **A7** and enter your personal parameters. When first turned on and after the installation of new batteries, the default parameters are set as follows: personal user code – 01, gender – female, height 165 cm (5'05.0") and age 25 years. Personal parameters can be set in the range: personal user code 01–12, gender – female/male, height 100 to 250 cm (3'03.5" – 8'02.5") and age 10 to 100 years.
- To select the personal user code, use buttons **A6** and **A8**. To confirm the settings, press the SET button **A7**. Use buttons **A6** and **A8** to select a gender and confirm the selection with the SET button **A7**. In the same manner, set the height and age. The setting of parameters is sped up by holding down button **A6** or **A8**. Once you enter your age, tap your foot on the weighing platform **A4** or wait 6 seconds. The display **A3** will show a zero weight and after a few seconds the scale will turn off automatically.



Note:

If you do not press any button in the parameter setting mode within 6 seconds then a zero weight will be shown on the display **A3**. This signals that weighing with measurement and analysis of body parameters has started. Parameters that were set before the scale switched to the weighing mode are automatically stored in memory. Pressing and holding down the SET button **A7** for 3 seconds will return you to the personal parameter setting mode.

- To turn on the scale, press the SET button **A7**. The display **A3** will show the parameters of the last user or the default setting. Use buttons **A6** and **A8** to select a user code under which your personal parameters are stored. Tap on the weighing platform **A4** with your foot. Zero weight will be shown on the display **A3**. Make sure that your feet are clean and dry, then stand on the weighing platform **A4** in such a way that both feet are located on the electrodes **A5**. Otherwise, measurement and analysis of body parameters will not occur. Stand still on the scale and wait for your measured weight shown on the display **A3** to stabilise. The measured weight will flash once. Subsequently, the measurement and analysis of body parameters takes place. Within a short time, the display **A3** will gradually show three times the measured weight, body fat percentage in % with a graphical display of the body fat percentage, body water content in %, muscle tissue percentage in %, bone tissue percentage in %, and the recommended daily energy intake in kcal (BMR). The scale will then turn itself off automatically. The measurement results will be stored in memory and shown on the display **A3** during the next measurement.

3. BODY PARAMETER ASSESSMENT

- The human body contains on average 45–85 % water, whilst the water content in muscles is around 90 % and in fat tissue around 45 %. Whereas the body of an infant may have a water content of up to 85 %, with increasing age, body water content declines, bodily proteins dehydrate and extracellular fluids are lost. For this reason, older people have a water content in their body below the 55 % level. Productive age men have an average body water content of 62 % and women 56 %. The lower value for women is the result of their higher body fat content.
- For men, the normal body fat percentage should be in the range 15–25 %. For physiological reasons, women have a fat level of 18–28 %. The percentage of fat increases with age, e.g. a body fat percentage of 33–35 % is quite normal in women over 50 years of age.

Age	Females		Males		Assessment of condition	Graphical illustration (shown on the display)
	Body fat (%)	Hydration (%)	Body fat (%)	Hydration (%)		
≤ 30	4.0–16.0	66.0–57.8	4.0–11.0	66.0–61.2	Very low body fat percentage	■■■
	16.1–20.5	57.7–54.7	11.1–15.5	61.1–58.1	Low body fat percentage	■■■■
	20.6–25.0	54.6–51.6	15.6–20.0	58.0–55.0	Normal body fat percentage	■■■■■■
	25.1–30.5	51.5–47.8	20.1–24.5	54.9–51.9	High body fat percentage	■■■■■■■■
> 30	30.6–60.0	47.7–27.5	24.6–60.0	51.8–27.5	Very high body fat percentage	■■■■■■■■■■
	4.0–20.0	66.0–55.0	4.0–15.0	66.0–58.4	Very low body fat percentage	■■■
	20.1–25.0	54.9–51.6	15.1–19.5	58.3–55.3	Low body fat percentage	■■■■
	25.1–30.0	51.5–48.1	19.6–24.0	55.2–52.3	Normal body fat percentage	■■■■■■
	30.1–35.0	48.0–44.7	24.1–28.5	52.2–49.2	High body fat percentage	■■■■■■■■
	35.1–60.0	44.6–27.5	28.6–60.0	49.1–27.5	Very high body fat percentage	■■■■■■■■■■



Note:

The above mentioned information is only of informative character.

4. RECOMMENDED DAILY ENERGY INTAKE

- During the body parameter and measured value analysis, the recommended daily energy intake (BMR) is calculated. That is energy necessary for ensuring basic life functions of the organism in still mode per 24 hours. The BMR takes into account weight, height, age and gender. Any mental or physical activity such as, for example running, walking, etc., increases energy consumption, which needs to be reflected in the total daily energy intake. The more active a person is, the higher the daily energy consumption.
- If you wish to lose weight, the most effective method is the corresponding daily energy intake, a balanced diet and a sufficient amount of physical activity.

5. OVERVIEW OF MESSAGES SHOWN ON THE DISPLAY

- If "C" appears on the display **A4** when you step off the scale, it means that a weighing error occurred. Weigh yourself again.
- In the event that the maximum weighing capacity is exceeded, "Err" will appear on the display **A3**. To prevent damaging the scale, it is necessary to step off the weighing platform **A4**.
- In the event that "ErrL" appears on the display **A3**, then the measured body fat percentage is too low.
- In the event that "ErrH" appears on the display **A3**, then the measured body fat percentage is too high.
- When "Lo" appears on the display **A3**, then the battery is almost flat.

6. WEIGHT UNIT SELECTION

- Switch **A1** enables selecting either metric (kg) or imperial (lb, st) weight units.
- The appearance and location of the switch **A1** depends on the type of scale. Unit conversion is performed by:
 - sliding the switch to the required position kg-lb-st, see figure **C1**.
 - pressing the switch, when the scale is turned on, see figure **C2**. When the button **A1** is pressed for the first time, the display **A3** will show the currently set weight units. Press the button **A1** again to convert the units.



Note:

1 kg (kilogram) = 2.2 lb (pounds)
 1 lb (pound) = 0.454 kg (kilograms)
 1 st (stone) = 14 lb (pounds) = 6.35 kg (kilograms)

7. WEIGHING CAPACITY AND PRECISION

- The maximum weighing capacity is 180 kg / 400 lb. In the event that the maximum weighing capacity is exceeded, "Err" will appear on the display **A3**. To prevent damaging the scale, it is necessary to step off the weighing platform **A4**.
- The weighing precision of ±0.1 kg / ±0.2 lb may not be guaranteed for items weighing less than 2 kg / 4.4 lb.

8. SETTING AND USING MOBILE APPLICATIONS

- This scale enables the storing and searching of measurement results using a mobile application. The measured values are transferred to a mobile device using Bluetooth technology. In the application, these values are processed into a clear graph, on which you may monitor the development of the individual parameters. The application also enables the setting of individual user profiles and the language of communication (EN, CZ, SK, HU, PL, RU, HR, IT, ES, FR, DE, PT, AR or GR).
- Follow the instructions below to download the application to your mobile device. Enter the application store "AppStore" or "GooglePlay". Search for and download the application titled "SencorHealth". If you have a QR code reader application installed on your mobile device, you may use the QR code located on the underside of the scale to find and download the application.
- The application requires support for Bluetooth version 4.0 and operating system iOS 7.0/Android 4.3 or higher and it is compatible with iPhone4s or higher versions, Samsung Galaxy S3, HTC One, Huawei Honor 6, Xiaomi 3, Meizu MX3, LG G2, etc. This application is not optimised for tablets. The instructions for the software that is continuously updated are found in the application.
- To transfer the measured values, make sure that the Bluetooth function is activated on your mobile device. Tap on the weighing platform **A4** with your foot. The devices do not need to be paired. Pairing will occur automatically. Bluetooth signal range is approximately 5 to 10 metres.
- If the software is unsuccessful in collecting the measured values, check that:
 - your mobile device supports Bluetooth version 4.0 or higher;
 - Bluetooth is activated on your mobile device;
 - the mobile device is within range of the Bluetooth signal;
 - connection is made with only a single mobile device;
 - the battery in your scale is not almost flat.

CLEANING AND MAINTENANCE

- To clean the scale, use a lightly dampened cloth. Then wipe everything so that it is thoroughly dry. Make sure that when cleaning, no water enters into the battery compartment **A2**.
- For cleaning, do not use steel wool, cleaning products with an abrasive effect, solvents, etc. Otherwise, the cleaned surface may be damaged.
- Do not submerge the scale under water or any other liquid and do not rinse it under running water.

TECHNICAL SPECIFICATIONS

Power source.....	2x 1.5V type AAA batteries
Weighing capacity	180 kg / 400 lb
Weighing precision	0.1 kg / 0.2 lb
Weight unit selection.....	kg / st / lb
Body fat measurement range	4–60 %
Body fat measurement accuracy	0.1 %
Measuring range for body water percentage	27.5–66 %
Body water measurement accuracy	0.1 %
Muscle tissue measurement range	20–56 %
Muscle tissue measurement accuracy	0.1 %
Bone tissue measurement range	2–20 %
Bone tissue measurement accuracy	0.1 %
Daily calorie intake calculation accuracy (BMR)	1 kcal
Memory.....	for 12 users

We reserve the right to change text and technical specifications.

INSTRUCTIONS AND INFORMATION REGARDING THE DISPOSAL OF USED PACKAGING MATERIALS

Dispose of used packaging material at a site designated for waste in your municipality.

DISPOSAL OF USED BATTERIES



Batteries contain environmentally damaging compounds and, therefore, do not belong in standard communal waste. Hand over used batteries for proper disposal at locations intended for their collection.

DISPOSAL OF USED ELECTRICAL AND ELECTRONIC EQUIPMENT



This symbol on products or original documents means that used electric or electronic products must not be added to ordinary municipal waste. For proper disposal, renewal and recycling hand over these appliances to determined collection points. Alternatively, in some European Union states or other European countries you may return your appliances to the local retailer when buying an equivalent new appliance.



Correct disposal of this product helps save valuable natural resources and prevents potential negative effects on the environment and human health, which could result from improper waste disposal. Ask your local authorities or collection facility for more details.

In accordance with national regulations penalties may be imposed for the incorrect disposal of this type of waste.

For business entities in European Union states

If you want to dispose of electric or electronic appliances, ask your retailer or supplier for the necessary information.

Disposal in other countries outside the European Union.

This symbol is valid in the European Union. If you wish to dispose of this product, request the necessary information about the correct disposal method from the local council or from your retailer.



This product meets all the basic requirements of EU directives related to it.

SENCOR hereby declares that radio device model number SBS 8000BK is in compliance with Directive 2014/53/EU. The full wording of the EU Declaration of Conformity is available at the website: www.sencor.eu.