

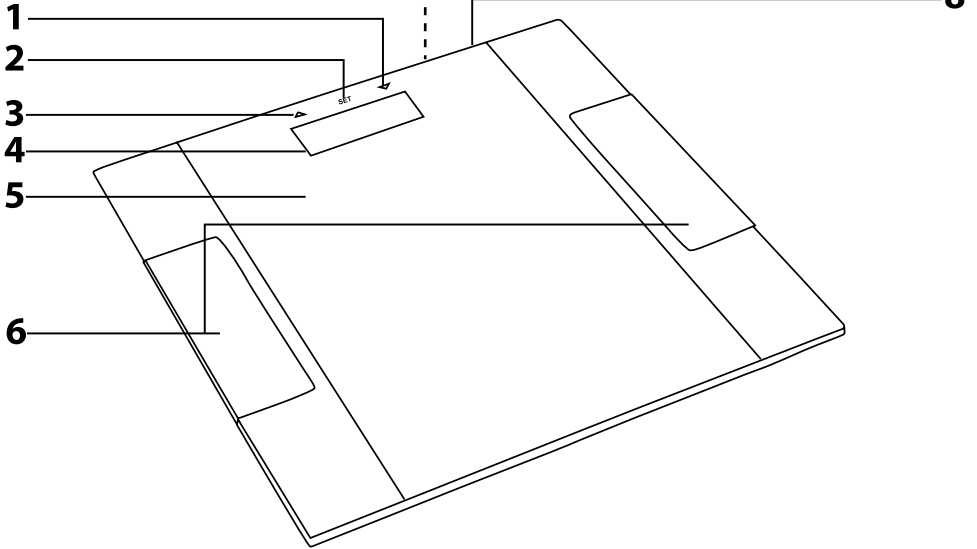
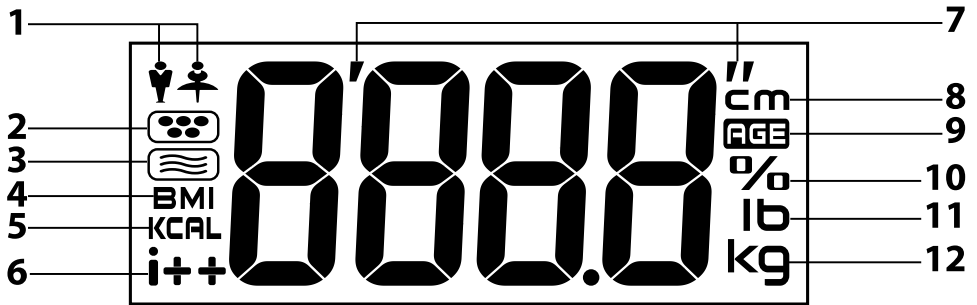
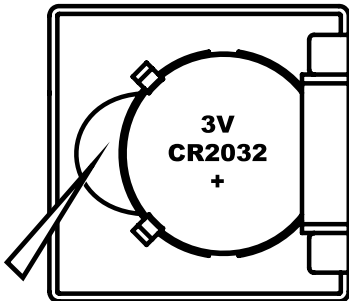
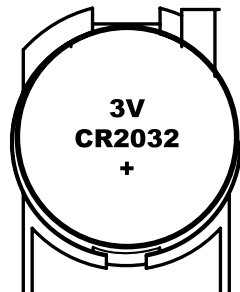
SENCOR®

SBS 5050BK

SBS 5051WH



EN ■ Personal Fitness Scale

A**B****C 1****2**

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 values for fat and water in the body are only indicative. Do not use them to make medical diagnoses. If the measured values 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 water and fat content in the body may be greater in persons older than 70 years of age and sports professionals.
- The use of the body fat and water measurement function 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.
- Despite the risk of the lithium battery leaking being very low, remove the battery from the appliance when you decide that you will not be using it for an extended period of time. If the battery 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 Touch button ▼ | A7 Weigh unit toggle switch is located on the underside of the scale. |
| A2 Touch button SET | |
| A3 Touch button ▲ | |
| A4 LCD display | A8 Battery compartment (not shown) is located on the underside of the scale. |
| A5 Weighing platform from 6 mm thick hardened safety glass | |
| A6 Metal electrodes for measuring body fat and water content. | |

DESCRIPTION OF THE DISPLAY

- | | |
|--|---------------------------------|
| B1 Gender (male/female) | B7 Imperial length unit |
| B2 Body fat percentage | B8 Metric length unit |
| B3 Body water percentage | B9 Age |
| B4 Body mass index (BMI) | B10 Percent |
| B5 Unit of energy | B11 Imperial weight unit |
| B6 Graphical representation of measured body fat percentage | B12 Metric weight unit |

PRINCIPLE OF MEASURING BODY FAT AND WATER

- This personal fitness scale is equipped with a function for measuring and analysis of bodily parameters. The determination of the body fat and water percentage 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. Body fat and water percentages are calculated based on differences in the electrical resistance of individual human tissue.
- The electrical impulse is sent and the response is received by metal electrodes **A6**, which are located on the weighing platform **A5** in such a way that the measuring circuit is completed when both feet stand on the weighing platform **A5**.

POWER SOURCE

- This scale comes with one CR 2032 lithium battery (1× 3 V). The battery is inserted in the battery compartment **A8**. Before first use, remove the insulation strip from the compartment **A8**. The strip is there to prevent the battery from discharging before the appliance reaches the final customer.
- Replace the battery when "Lo" (weak battery) appears on the display **A4** or when the display **A4** does not light up when the weighing platform **A5** is stepped on or the SET button **A2** is pressed. To replace the battery, remove the battery compartment cover **A8**. Take out the flat battery and insert a new battery of the same type in its place. Ensure that correct polarity is maintained and that the battery properly fits into place. Close the cover.
- The method of battery insertion into the battery compartment **A8** differs depending on the type of scale. The options for battery removal are listed below:
 - To remove the battery, use an implement with a blunt tip, see figure C1.
 - Gently push the battery downwards. This will release it from the battery compartment **A8** and subsequently it can be easily removed, see figure C2.

**Attention:**

Only use CR 2032 type batteries to power this appliance. Do not 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 results to be comparable, it is necessary to weigh oneself 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 **A6**.

1. WEIGHING MODE

- The scale is equipped with an “Auto-On” function, which automatically starts the weighing process immediately after the weighing platform **A5** is stepped on.
- Stand with both feet on the weighing platform **A5** and wait for the measured weight shown on the display **A4** to stabilise. The displayed measured weight will flash once and then the scale will turn off automatically.

2. WEIGHING MODE WITH MEASUREMENT AND ANALYSIS OF BODY PARAMETERS

- Press the SET button **A2** and enter your personal parameters. When the battery is installed and when started for the first time, the default parameters are set as follows: personal user code P-01, gender – female, height 165 cm (5'05.0") and age 25 years. Personal parameters can be set in the range: personal user code P-01 to P-12, gender – female/male, height 100 to 250 cm (3'03.5" – 8'032.5") and age 10 to 100 years.
- To select the personal user code, use buttons **A1** and **A3**. To confirm the settings, press the SET button **A2**. Use buttons **A1** and **A3** to select a gender and confirm the selection by pressing the SET button **A2**. In the same manner, set the height and age. Once you enter your age, tap on the weighing platform **A5** or wait 6 seconds. The display **A4** 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 **A4**. 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 **A2** for 3 seconds will return you to the personal parameter setting mode.

- To turn on the scale, press the SET button **A2**. Use buttons **A1** and **A3** to select a user code under which your personal parameters are stored. Tap on the weighing platform **A5** with your foot. A zero weight will be shown on the display **A4**. Make sure that your feet are clean and dry, then stand on the weighing platform **A5** in such a way that both feet are located on the electrodes **A6**. 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 **A4** to stabilise. The measured weight will flash once. Subsequently, the analysis of body parameters and measured values follows. Within a short time, the display **A4** 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 %, body mass index (BMI) and the recommended daily energy intake in kcal (BMR). The scale will then turn itself off automatically.

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

**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. AUTOMATIC USER RECOGNITION FUNCTION

- Step on the weighing platform **A5** so that both feet are located on the electrodes **A6**. Within a few short moments, your weight will be shown on the display **A4**. If there is an entry in memory that is similar to the measured weight (within ±2 kg / ±4.4 lb), the display **A4** will show the user code and start the analysis body parameters and measured values. The display **A4** 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 %, body mass index (BMI) and the recommended daily energy intake in kcal (BMR). The scale will then turn itself off automatically.

**Note:**

Automatic user recognition will not occur unless you have both feet on the electrodes **A6**, unless a similar value is found or when there are no personal parameters stored in memory. After the measured weight is displayed, the scale will turn off automatically.

In the event that two or more similar weighing results are stored in memory, the result is assigned to the user with the closest value. In the event that there are two identical values stored in memory, the measured value is automatically assigned to the user with the lower code number.

6. RECALLING MEMORY

- To turn on the scale, press the SET button **A2**. The display **A4** will show the code of the user that used the scale previously or the default setting. To select the personal user code the data of which you wish to display, use buttons **A1** and **A3**. Wait 6 seconds or tap your foot on the weighing platform **A5**. A zero weight will be shown on the display **A4**. Press button **A3** to switch to the display data stored in memory mode. The display **A4** will gradually show the previous measuring results three times, i.e. the measured weight, body fat percentage in % with a graphical display of the body fat percentage, body water content in %, body mass index (BMI) and the recommended daily energy intake in kcal (BMR). The scale will then turn itself off automatically. To scroll faster through the displayed information, you may use buttons **A1** and **A3**.

7. 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 **A4**. To prevent damaging the scale, it is necessary to step off the weighing platform **A5**.
- In the event that "ErrL" appears on the display **A4**, then the measured body fat percentage is too low.
- In the event that "ErrH" appears on the display **A4**, then the measured body fat percentage is too high.
- When "Lo" appears on the display **A4**, then the battery is almost flat.

8. WEIGHT UNIT SELECTION

- Switch **A7** enables selecting either metric (kg) or imperial (lb) weight units.
- Unit conversion is performed by pressing button **A7** when the scale is turned on.

**Note:**

1 kg (kilogram) = 2.2 lb (pounds)
1 lb (pound) = 0.454 kg (kilograms)

9. WEIGHING CAPACITY AND PRECISION

- The maximum weighing capacity is 150 kg / 330 lb. In the event that the maximum weighing capacity is exceeded, "Err" will appear on the display **A4**. To prevent damaging the scale, it is necessary to step off the weighing platform **A5**.
- The weighing precision of ± 100 g / ± 0.2 lb may not be guaranteed for items weighing less than 2 kg / 4.4 lb.

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 **A8**.
- 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 supply	1 x 3V CR 2032 type battery
Weighing capacity	150 kg / 330 lb
Weighing precision	100 g / 0.2 lb
Weight unit selection.....	kg / 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 %
BMI calculation accuracy	0.1
Daily energy 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.