SOEHNLE

Body Balance Shape F4

BEDIENUNGSANLEITUNG
OPERATING INSTRUCTIONS
MODE D' EMPLOI
INSTRUZIONI PER L'USO
GEBRUIKSAANWIJZING
INSTRUCCIONES DE MANEJO
MANUAL DE INSTRUCOES
BRUKSANVISNING
BRUGSANVISNING
KÄYTTÖOHJEET
KEZELESI UMUTATO
INSTRUKCJA OBSŁUGI
NÁVOD K POUŽITI
Руководство по обслуживанию
KULLAMA KILAVUZU
Οδηγίες χρήσης
NAVODILA ZA UPORABO
UPUTA ZA UPORABU

Thank you for purchasing the Soehnle Body Analysis Scale.

This brand-name product will aid you in the evaluation of your body condition.

Please read this user manual prior to operating your body analysis scale and familiarize yourself with the device.

Please retain these user instructions so as to have this information on hand whenever it is needed.

Important information

Whether you would like to reduce your body weight because you are overweight or increase it if you are underweight, please contact a physician. Every treatment and diet programs require the advice of a physician.

Recommendations for fitness programs or diets based on calculated values should be obtained from a physician or other qualified person.

SOEHNLE is not liable for any damages or losses caused by the use of Body Balance or for Third Party claims.

This product is intended only for private use by the consumer. It is not suitable for professional operation in hospitals or medical institutions.

It is not suitable for persons with electronic implants (pace maker, etc.)

Only operate this body analysis scale on sturdy, level surfaces (tile, hardwood floor, etc.).
Carpets could cause erroneous measurements.

Weight is not everything - it all depends on the right body analyses

In the past, a person's absolute weight was the determining factor for evaluating one's body. But today, we know that it's all about the "composition". Evolution formed mankind as a living creature, which had to be very active while sustaining itself on a sparse diet.
"Modern" men and women, however, do the exact opposite: Sparse activity and a plentiful diet, often a "bad" diet. The consequences are known to all of us. Many diseases of civilization could be avoided if only we could program ourselves to maintain a healthy lifestyle.

Usually, we weigh too much because we have too much body fat! This means: If you want to loose weight, increase your muscle mass. During times when food is sparse (= diet), the human body reacts with an "emergency program":
Before using up its fat reserves, it uses muscle mass. And vice versa, when normal nutrition is resumed, it first adds further fat reserves, which results in the much feared "yoyo" effect.
With simultaneous muscle and fitness training you will be able to balance your weight, body fat and muscle mass.

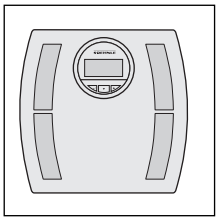
The Body Balance will be a decisive contribution to your health. This electronic body analysis scale features the following functions:

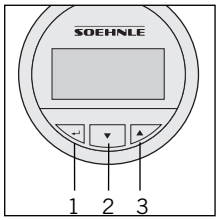
The Body Balance will determine your condition in regard to body fat and body water content, muscle mass and weight based on your personal data and the recommendations of health and body composition experts.

An individual evaluation of the analysis results with personal recommendations will be performed.

Memory slots for 8 persons and automatic recognition of persons.

2 additional measurement modes are available for athletes.





Operating Elements

1. Confirm (↵)
2. Minus (▼)
3. Plus (▲)

Preparation

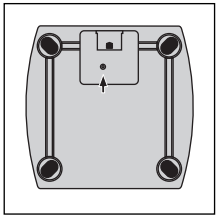
1. Insert batteries.

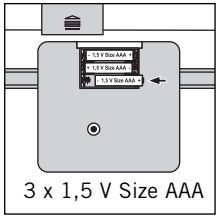
   Note: Immediately after inserting the batteries (while "0.0" is still being displayed), place the body analysis scale on a level surface and wait until the scale powers down automatically. Then begin with data entry. Otherwise, it might be possible that the weight of the scale would erroneously be added to the initial weighting process. The same might occur if the scale is held in the hand prior to the weighing process.

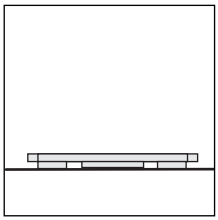
2. For all measurements: place scale level on a hard surface (not carpet).

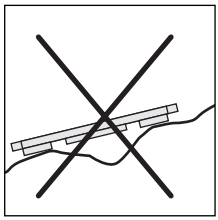
3. Cleaning and care: clean only using slightly damp cloth. Do not use solvents or abrasives.
   Never submerge scale in water.

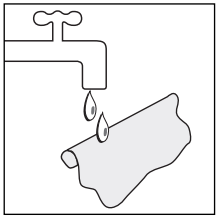
4. A country-specific option to switch from kg/cm to st/in or lb/in is possible by pushing the key on the bottom of the scale.

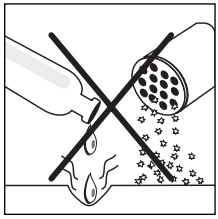


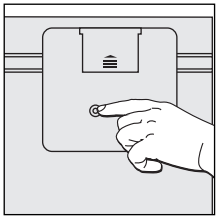


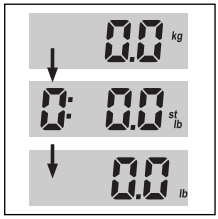












Attention! Slipping hazard if surface is wet.

Teaching

It is necessary to enter personal data for each corresponding person and to step on the scale with bare feet immediately after data entry to ensure correct functionality of this body analysis scale.

1. Place scale on a table for programming.

2. Start data entry (push ↵ key for 1 second).

3. Memory location (P1 ... P8) select **(**▼= minus, ▲ = plus**)** and confirm (↵).

4. Enter your height (▼= minus, ▲ = plus) and confirm (↵).

5. Enter your age (▼= minus, ▲ = plus) and confirm (↵).

6. Select sex using ▼/▲ (=male, =female) and confirm (↵).

7. Set the value of your individual activity level according to the table on the next page (▼=minus, ▲=plus).

Push ↵ key and hold for **3 seconds** until "0.0" appears on the screen.

8. Following this, immediately place the body analysis scale on the floor, wait until the screen displays "0.0" and then step on the scale with bare feet.

The initial measurement is indispensable and serves to store the data and to automatically recognize persons at a later time. If no person steps on the scale, data entry must be repeated.
The first body analysis is performed after a person steps on the scale.

This scale is equipped with a Time-Out mode.
It will automatically switch off after approx. 40 seconds if no keys are pressed.

Data must be entered again after battery change.

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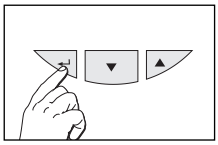

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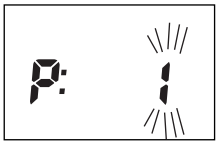

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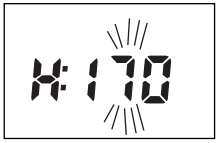

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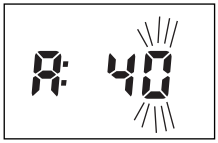

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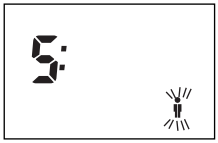

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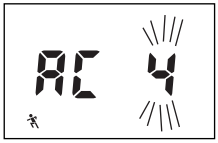

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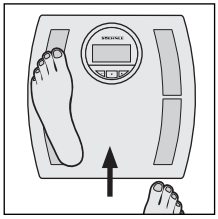


Activity level			
1-3		Persons with average activity level, with light work while sitting or standing	Stand or move for max. 2 hours/day
4*		Athletes and persons with a lot of physical activity	Min. 5 h/week of intensive training
5*		Competitive athlete, worker with heavy physical activity	Min.10 h/week of intensive training

* Intensive training significantly influences the results of the analysis. Therefore, this scale is equipped with two different modes for athletes. You can recognize the selected value based on the following symbols  or  .

Note: For this model, the selection of the activity levels 1-3 does not result in different measurement results.

Body Analysis

For most precise results, please step on the scale while unclothed.

1. Step on scale. The weight and – for the duration of the analysis (5 to 10 seconds) - a moving bar indicator will be displayed. Please stand still until the analysis is complete.

2. After automatic recognition of persons, the body weight, body fat content (), body water content () and muscle mass () is displayed along with the corresponding status bar. The respective person's average range of values is located in the median 3 segments of the bar indicator.Interpretation of measurement values: see page 22.

3. Next, your personal action recommendations are displayed.

Meaning of symbols:

+ You should drink more fluids
+ Muscle growth training is recommended!
+ Change of diet is recommended!
  Your analysis values are ok!

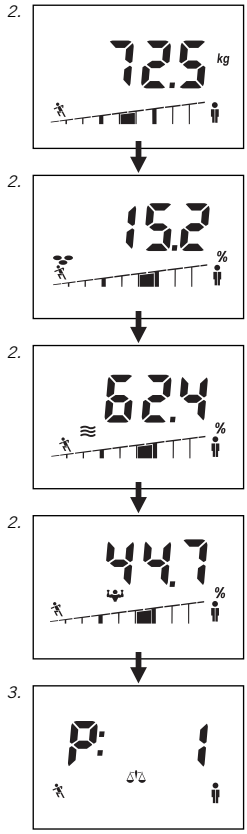
4. Step away from the scale. After display of your memory slot, the scale will switch off automatically.

In rare cases it is not possible to automatically allocate the analysis results. If this occurs, the scale will alternately display the memory slots of persons coming closest to the analysis result. Since weight measurement is already completed, you may now step off the scale and use the key "▼" (for the first memory slot displayed) or "▲" (for the second memory slot displayed) to select your individual memory slot. Following this, body weight, body fat, body water content and muscle mass is displayed.

In the event of a difference in body weight of more than +/- 3 kg compared to the last measurement, the user is not recognized and data entry must be repeated.

Please note that when stepping on the scale while wearing footwear or socks, only the weight is being determined; a body analysis is not performed or performed incorrectl

You will achieve continuously accurate results if you always stand at the same spot on the scale, if possible.

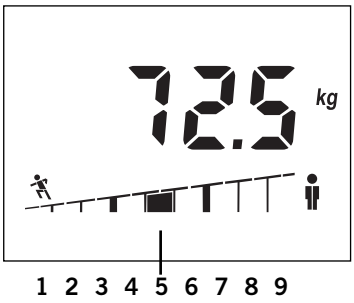


Individual Recommendation

This body analysis scale determines your individual ideal condition in regards to weight and body fat content, based on your personal data and recommendations by health experts.

It also determined your total body water content and muscle mass.
Please remember that muscles also contain body water, which is already calculated in the body water analysis. Therefore, the total result will always exceed 100%.

BMI	
1	< - 7,5
2	- 7,5
3	- 5,0
4	- 2,5
5	0,0
6	+ 2,5
7	+ 5,0
8	+ 7,5
9	> + 7,5



Difference compared with your individual standard value

Body Weight

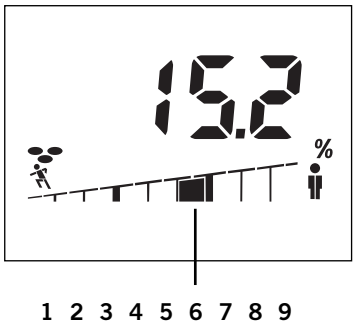
Whilst the body weight is shown in the display in kg, one of the 9 segments is shown in the bar below it. Here the position of the active segment indicates the assessment of the body weight mentioned on the basis of the BMI figure. The BMI (Body Mass Index) is a measure for the health risk resulting from overweight or underweight.

On the basis of categorisation of the BMI, doctors distinguish between "underweight", "normal weight", "overweight" and "obese".

$$BMI = \frac{\text{body weight (kg)}}{\text{height (m)}^2}$$

Proportion of Body Fat

Whilst the proportion of body fat in % is shown in the display, one of the 9 segments appears in the bar below it. Too much body fat is unhealthy and does not look nice. What is more important is that a high proportion of body fat is also usually associated with a raised proportion of fat in the blood and this increases greatly the risk of various illnesses such as for instance diabetes, heart disease, high blood pressure etc. But a very low proportion of body fat is equally unhealthy.
Apart from the fatty tissue under the skin, the body also stores important fat deposits for the protection of the internal organs and to ensure important metabolic functions. If this essential fat reserve is compromised, this can lead to metabolic disturbance.
So for instance in women with body fat figures of under 10%, menstruation may cease. In addition, the risk of osteoporosis increases.
The normal proportion of body fat is dependent on age and above all on sex.
In women the normal figure is about 10% higher than in men. With increasing age the body loses muscle mass and so the proportion of body fat increases.

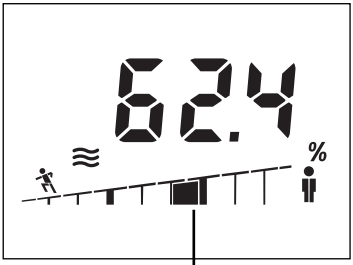


Difference compared with your individual standard value

1	< - 12 %	very low proportion of fat
2	- 12 %	low proportion of fat
3	- 7 %	
4	- 3 %	normal proportion of fat
5	0 %	
6	+ 3 %	
7	+ 7 %	high proportion of fat
8	+ 12 %	
9	> + 12 %	very high proportion of fat

Example:
Measured body fat content = 15.2 % of total weight

This value is approx. 3 % above the calculated personal normal value.



Difference compared with your individual standard value

1	< - 6 %	very low proportion of water
2	- 6 %	low proportion of water
3	- 4 %	
4	- 2 %	normal proportion of water
5	0 %	
6	+ 2 %	
7	+ 4 %	high proportion of water
8	+ 6 %	
9	> + 6 %	

Example:
Measured body water content = 62.4 % of total weight

This value is approx. 2 % above the calculated personal normal value.

Proportion of Body Water

Whilst the proportion of water in the body in % is shown in the display, one of the 9 segments appears in the bar below it.

The figure shown in this analysis reflects the "total body water" (TBW). The body of an adult is composed of about 60% water. Here there is of course a certain range, with older people showing a lower proportion of water than younger people and men showing a higher proportion than women.

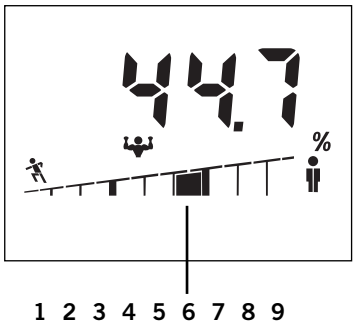
The distinction between men and women is a result of the higher mass of body fat in women. Since the majority of the body's water is to be found in the fat-free mass (73% of the FFM is water) and since the water content in the fat is very low by its nature (about10% of the fatty tissue is water), the proportion of body fat automatically decreases with an increasing proportion of water in the body.

Proportion of Muscle

Whilst the proportion of muscle in % is shown in the display, one of the 9 segments appears in the bar below it.

The muscle mass is the engine of our bodies. Most of our energy conversion takes place in our muscles. The muscles take care of the maintenance of body temperature and they are the basis of our bodily performance. An exercised, muscular body is seen as aesthetically pleasing.

A check of the muscle mass is particularly important for people with weight and fat problems. Since the body needs muscles to reduce excess energy reserves or folds of fat, longterm weight reduction can only



Difference compared with your individual standard value

1	< -	6	%	very low proportion of muscle
2	-	6	%	low proportion of muscle
3	-	4	%	
4	-	2	%	normal proportion of muscle
5		0	%	
6	+	2	%	
7	+	4	%	high proportion of muscle
8	+	6	%	
9	> +	6	%	

Example:
Measured muscle mass = 44.7 % of total weight

This value is approx. 4 % above the calculated personal normal value.

Factors Influencing Maesurement Readings

Analysis is based on the measurement of the body's electrical resistance. Eating and drinking habits during the course of the day and individual lifestyle affect the water balance. This is noticeable by the fluctuations in the display.

In order to ensure that the results of analysis are a accurate and consistent as possible, keep the measurement conditions constant, as only in this way will you be able to observe changes over an extended period.

Other factors can affect water balance:

After a bath, the body fat reading may be too low and the body water reading too high.

After a meal, readings can be higher.

Women may experience fluctuations due to the menstrual cycle.

Due to loss of water caused by illness or after physical activity (sport). After taking exercise, wait for 6 to 8 hours before carrying out the next measurement.

Varying or implausible results can occur in the case of:

Persons with a high temperature, symptoms of oedema or osteoporosis.

Persons undergoing dialysis treatment.

Persons taking cardiovascular medicine.

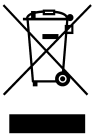
Pregnant women.

If the analysis is performed while wearing wet socks.

Technical Specifications

Load capacity x graduation = max. 150 kg x 100 g
Display resolution:
Body fat content: 0.1%
Body water content: 0.1%
Muscle mass: 0.1%
Body height: 100-250 cm
Age: 10-99 years
8 memory slots for individual persons
Large LCD screen
Batteries requirements: 3 x 1.5 V AAA
Batteries included.

Disposal of Old Electrical and Electronic Equipment



This symbol on the product or on its packaging indicates that this product shall not be treated as household waste. Instead it shall be handed over to the applicable collection point for the recycling of electrical and electronic equipment. For more detailed information about recycling contact your local city office, your household waste disposal service or the shop where you purchased the product.

Messages

1. Batteries spent.
   Insert new battery.

2. Overload: From 150 kg.

3. Implausible analysis result – check individual programming.

4. Bad foot-contact:
   Clean scale or feet or check for sufficient skin moisture.If skin is too dry – moisten feet or carry out measurement after taking a bath or shower.

Disposal of Spent Batteries

Batteries must not be disposed of as normal household waste. Note that you are legally obliged to dispose of used batteries in a correct way. You canreturn spent batteries either to public collection points in your town or to any outlet selling batteries of the same kind.

Pb = Battery contains lead
Cd = Battery contains cadmium
Hg = Battery contains mercury

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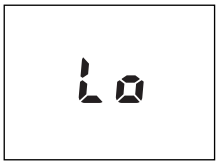

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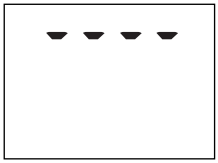

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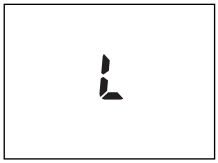

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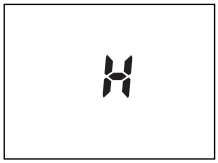

If you have questions or comments, the following points of contact are available:

Consumer service

Ph: (08 00) 5 34 34 34

Monday to Thursday

09:00 to 12:15 and
13:00 to 16.00.

Friday

from 09:00 to 12:15
and 13:00 to 15:00.

Please visit the SOEHNLE homepage www.soehnle.com and see the menu item "Service / International Contacts" to find a contact person in your country.

Compliance Declaration

CE Soehnle hereby declares that the Body Balance device complies with the basic requirements and the other relevant terms of Directive 2004/108/EC.

This device is screened in accordance with the applicable EC Directive 2004/108/EC.
Note: the display value may be affected by extreme electromagnetic influences, e.g. when a radio is operated in the immediate vicinity of the device.
The product can be used for its intended purpose again when the interference disappears (a reset may be required)

Warranty

SOEHNLE guarantees that all defects due to materials or manufacturing faults will be remedied by replacement or repair, free of charge, for a period of 3 years from the date of purchase. Please keep your purchase receipt and the guarantee card in a safe place.
If you have any complaints, please return the scale to your dealer with the guarantee card and receipt.

GARANTEE CARD

If you have any complaints, please return the scale to your dealer with the guarantee card and your receipt.

Sender _____

_____

_____

Reason for complaint _____

_____

_____

_____