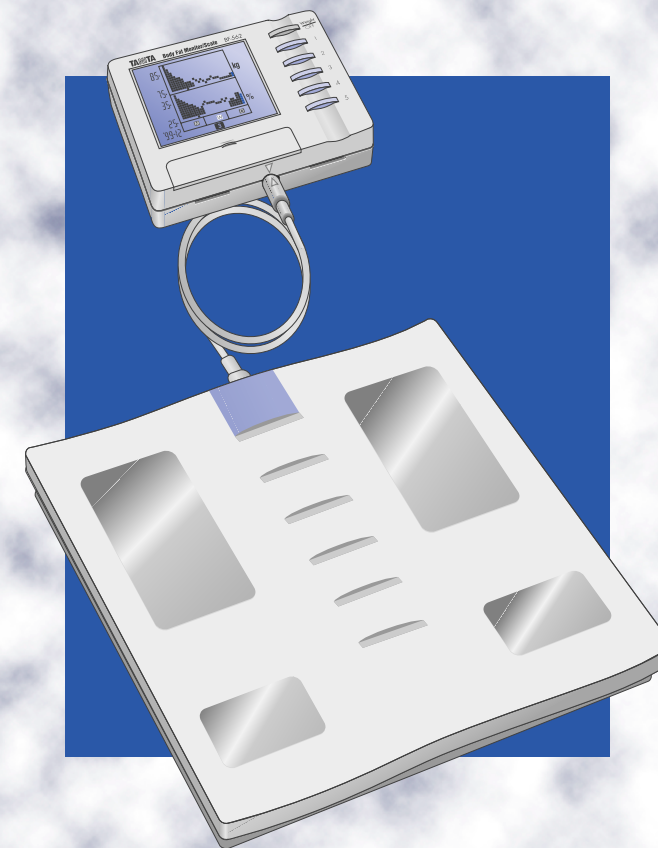


TANITA

For Home Use **Body Fat Monitor/Scale**

BF-562

Instruction Manual



Please note!

Improper use of this product could cause serious injury or damage to the product or other property. Please read this manual carefully before use and keep aside for future reference.

<Corporation Responsible in the EU Region>

TANITA UK LTD.

The Barn, Philpots Close, Yiewsley,
West Drayton, Middlesex,
UB7 7RY, United Kingdom
Tel : +01895-438577 Fax : +01895-438511

TANITA

TANITA Corporation

14-2,1-chome, Maeno-cho, Itabashi-ku
Tokyo, Japan
Tel: (03)3968-2123 / (03)3968-7048 Fax: (03)3967-3766

TANITA Corporation of America, Inc.

2625 South Clearbrook Drive
Arlington Heights, Illinois 60005 U.S.A.
Toll Free : (800) 826-4828
Tel : 847-640-9241
Fax : 847-640-9261
http : //www.tanita.com

TANITA Health Equipment H.K.LTD.

Unit 301-303 3/F Wing On Plaza,
62 Mody Road, Tsimshatsui East,
Kowloon, Hong Kong
Tel : 852-2838-7111
Fax : 852-2838-8667

TANITA Europe GmbH

Dresdener Strasse 25
D-71065 Sindelfingen,
Germany
Tel : 07031-6189-6
Fax : 07031-6189-71



TANITA France S.A.

Villa Labrouste
68 Boulevard Bourdon,
92200 Neuilly-Sur-Seine,
France
Tel : 01 55 24 99 99
Fax : 01 55 24 98 68

TBF5627811(3)

Notes on safety

To ensure the safe use of the product, please familiarize yourself with the meaning of the symbols below.

-  **WARNING** Indicates the possibility of injury if the product is misused or the instructions are ignored.
-  **CAUTION** Indicates the possibility of injury or damage to equipment if instructions are ignored.

-  Do not use under any circumstances.
-  Always observe the instructions carefully.

WARNING

Do not use this product if you have a pacemaker or other implanted medical device.



This product sends a weak electrical current through the body which could cause such devices to malfunction and result in serious injury.

Strictly not for commercial or professional use (e.g. in hospitals)



This product is not designed for commercial or professional use and does not comply with commercial regulations on installation, etc. Use of this product for such purposes could result in serious injury or damage.

Do not place on a tiled, wet or slippery surface.



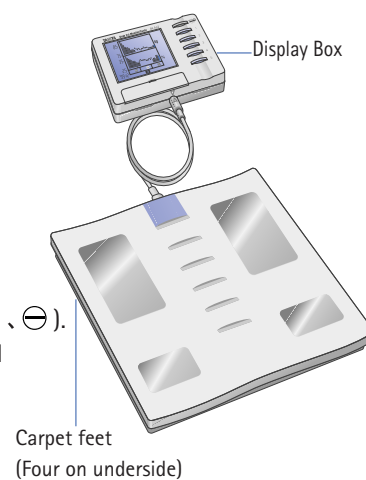
Do not place the product on a wet or tiled surface, as this could cause you to slip and suffer serious injury.

- **Do not interpret readings yourself or undertake an exercise regime without expert advice.**
Always consult a doctor or other suitably qualified professional.
- **Do not stand on the edges or jump on or off the product.**
You could slip or fall and suffer serious injury.
- **Disabled persons should not use the equipment unassisted.**
Use a handrail or obtain the assistance of a nurse or carer. (*If using a handrail, the readings obtained will only provide a rough indication of the user's actual weight and body fat percentage.)

CAUTION

Pay attention to the following points:

- Do not step on the display box.
You could damage the product or injure yourself.
- The carpet feet should only be used on carpeted surfaces.
Use of the feet on other surfaces could make the product unstable and cause you to fall.
- Do not put your fingers into holes and openings in the product.
This could result in injury.
- Do not let small children pick up or carry the product.
They could drop it and injure themselves.
- When installing the dry cell batteries, pay attention to their polarity direction (⊕, ⊖).
If the batteries are placed the wrong way around, the equipment may be damaged by a leaking battery.
- Do not use while wet.
Dry your feet and body thoroughly before use, if you have just had a bath or shower.
- Communications equipment could cause the product to give incorrect readings.
Do not use mobile phones, microwave medical equipment or other communications equipment near the product.



Notes on correct use

How to obtain accurate readings

Ensure the soles of your feet are clean and step on the scale barefoot.



Socks and dirty feet will reduce accuracy.

Wear as little as possible.



If you weigh yourself fully clothed, the weight of your clothes will be included.

Do not use after vigorous exercise.



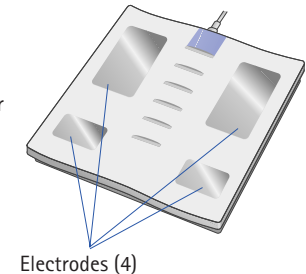
This could cause the product to give incorrect readings. Rest well before use.

Do not use after overeating or when extremely dehydrated.



This could cause the product to give incorrect readings. To improve accuracy, use the product at the same time of day at least three hours after getting up and three hours after eating.

- Ensure the soles of your feet are placed correctly on the electrodes, otherwise the body fat percentage may be underestimated or "-----" may be displayed.
- The following people should use the product to monitor fluctuation in their body fat only.
 - Persons aged 6 or under or 70 or over.
 - Individuals who are pregnant, undergoing dialysis or with water retention.

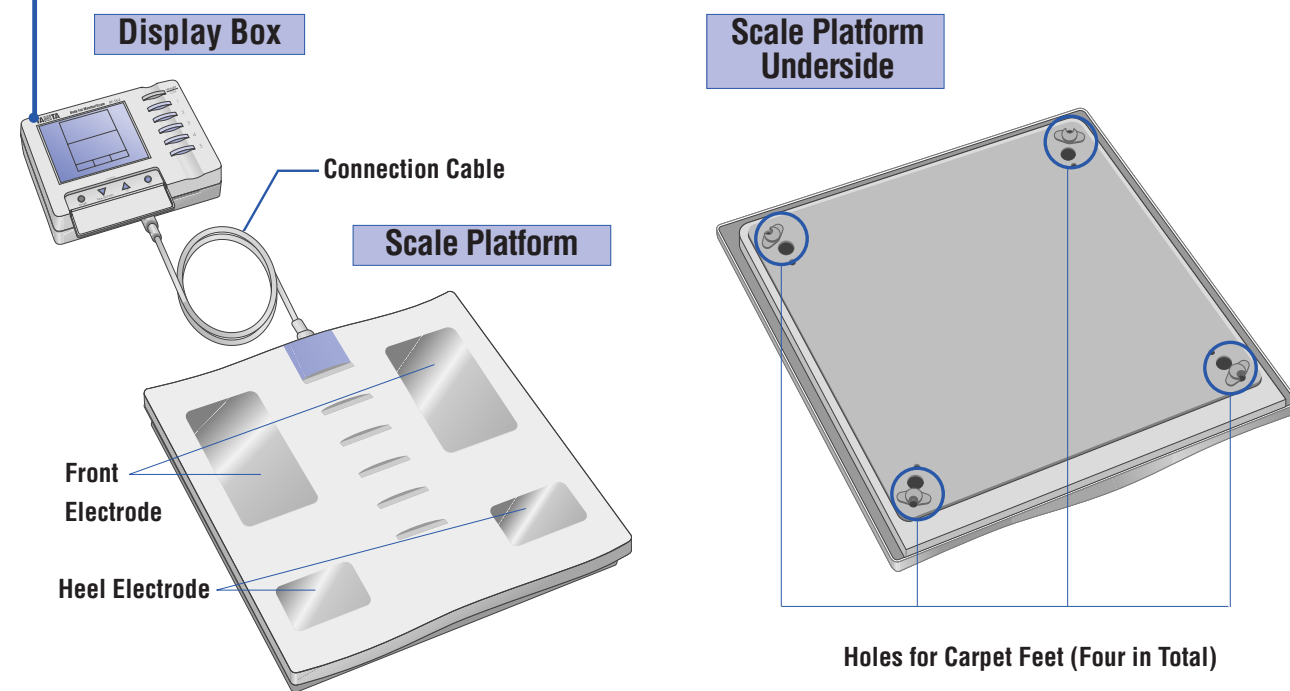
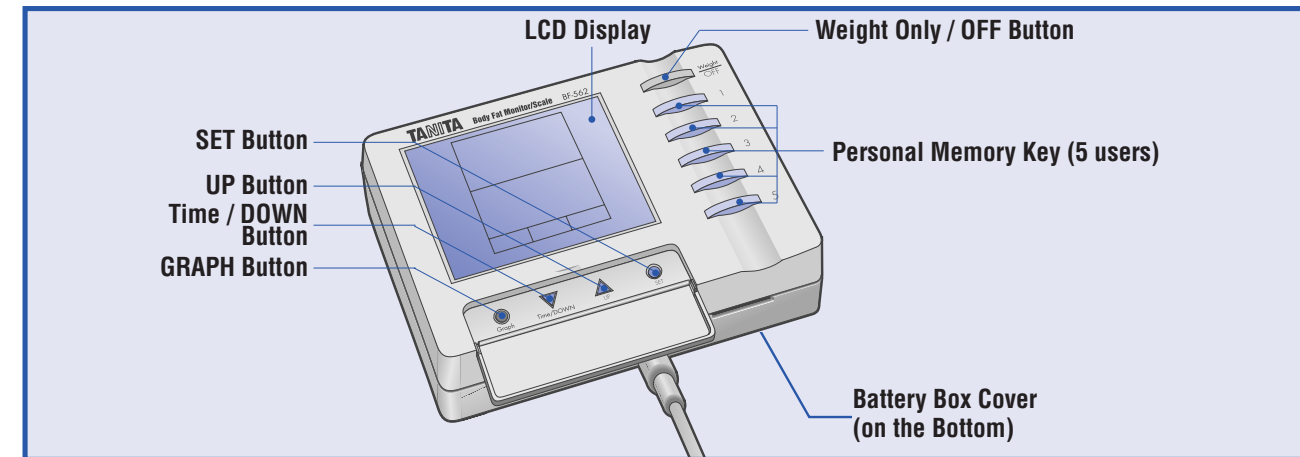


To maintain accuracy

This product is precision-made. In order to maintain its condition, please observe the following:

- Location**
 - Do not put this equipment in direct sunlight, close to heaters or near direct draughts from air conditioners.
 - Avoid using this equipment in places affected by significant temperature changes.
 - Do not store this equipment in places with high humidity or moisture.
 - Do not put this equipment in places where there are strong vibrations or shocks.
- Handling**
 - Never disassemble this equipment or wash it with water.
 - Do not subject the equipment to excessive shocks or vibrations.
- Storage**
 - Do not store this equipment in places where there are strong vibrations.
 - Avoid storing this equipment with any of the display buttons depressed.
- Cleaning**
 - Do not clean this equipment with boiling water, benzene, thinner, etc.
 - To clean the equipment, please wipe it with a damp cloth using water or home-use detergent, and then wipe it with a dry cloth.

Parts/Accessories



Check the Accessories!

CHECK!

- Instruction Manual (This Manual)
- Operating Chart
- Warranty
- Bracket for Wall Installation
- Dry Cell Batteries (AA x 4) (R6P)
- Carpet Feet (x 4)
- Screw (x 2)

Remove when you need to use them.

Preparation

Using the Bracket for Wall Installation

The display box can be used with the attached bracket for wall installation.

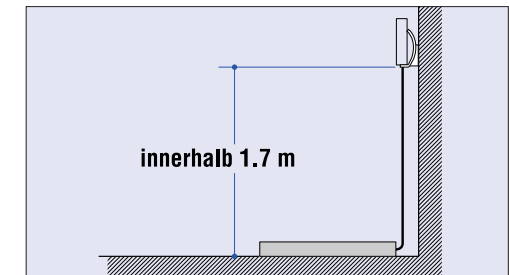
The display box can also be used horizontally (eg on tables).

***Please note:** If you measure yourself while holding the display box in your hand, this weight (about 500 g) will be added to your body weight.

① Deciding on the position of the bracket for wall installation

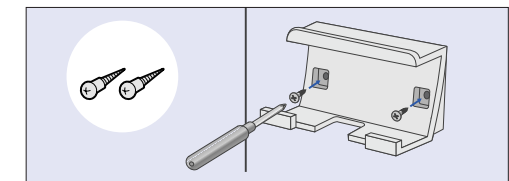
Ensure the bracket is no higher than 1.7 m from the floor.

Do not use the equipment if the connection cable is tightly stretched or part of the platform is unsupported, as this may cause malfunction.



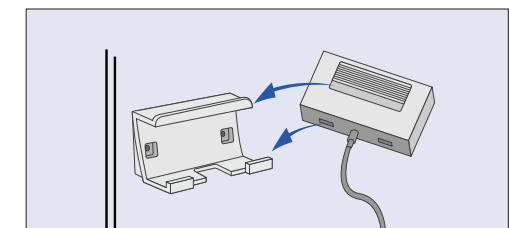
② Attaching the bracket for wall installation

Firmly screw the bracket to the wall by inserting the screws (x 2) through the holes in the bracket using a cross head screwdriver.



③ Attaching the display box

Hang the battery box cover on the back of the display box, insert the hooks of the large bracket into the holes on the bottom to attach the display box.



Use

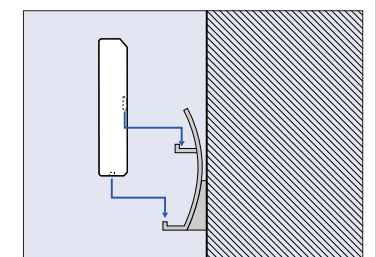
Remarks

Always use the attached screws to attach the bracket for wall installation

If you attach the bracket with double-sided sticking tape, for example, it may fall down.

Ensure that the display box is firmly hooked on the bracket for wall installation

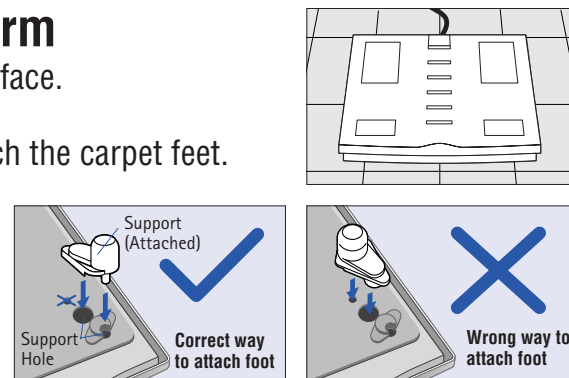
If the display box is not hung on both hooks, it may fall down or become unstable.



Preparation

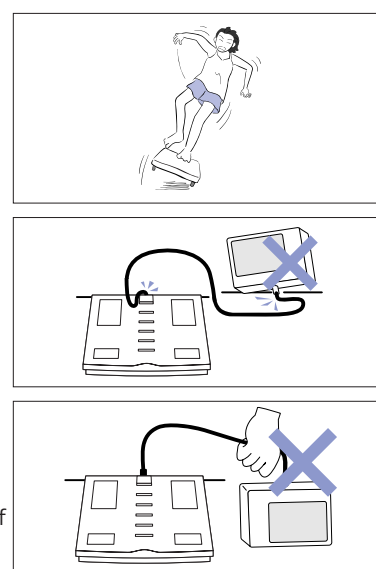
1 Installing the Scale Platform

- Use this equipment on a hard flat surface.
- If using the unit on soft carpets, attach the carpet feet.
 - With the carpet feet you can perform measurement even on carpets up to 20 mm thick.



Caution

- Do not use carpet feet except on carpets. This could make the product unstable.
- Do not damage the connection parts or connection cable. If you use force to bend, pull, twist or step on them, this may cause failure or malfunction.
- Do not carry the equipment by holding it only by the connection cable. This may cause failure, breakage or malfunction, and there is a risk of damage if you drop the equipment.

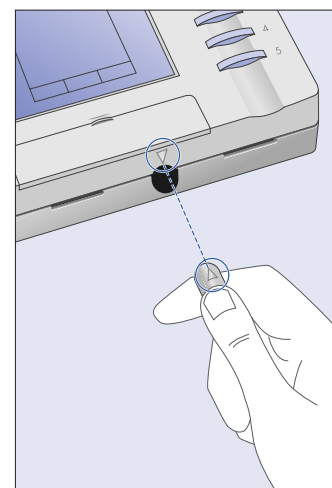


2 Connect the Display Box to the Scale Platform

Be sure to hold the plug at the end of the connection cable and insert it into the display box. (Insert it straight into the box so that the triangle signs on both sides meet.)

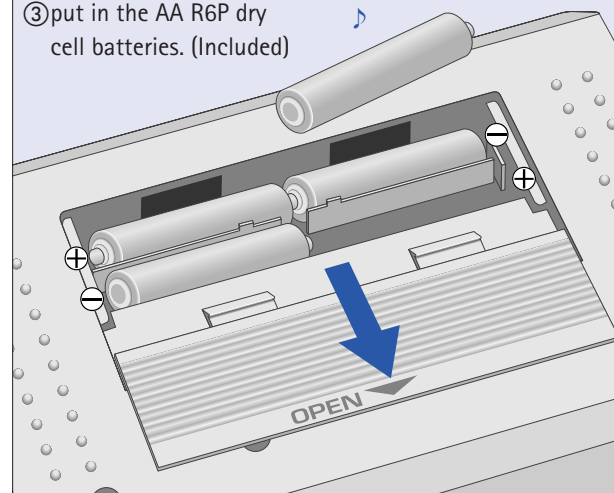
Caution

Be sure to insert and pull out the connection cable by holding the plug at the end of the connection cable. Otherwise this may damage the product.



Loading the batteries

- ① Locate the battery compartment behind the display box.
- ② open the battery box cover.
- ③ put in the AA R6P dry cell batteries. (Included)



When you put dry cell batteries in for the first time after purchasing the equipment, the product will ask you to check the calendar.

■ The life of the dry cell batteries is about 1 year if the product is used once a day. The life of the batteries included may be shorter than stated above.

Changing the Dry Cell Batteries

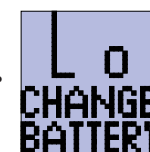
- Even if the batteries are removed, memorised personal data (birthdays, gender, heights and measurement figures) will not be deleted.
- When changing dry cell batteries or operating the equipment, if the LCD behaves oddly or the switch does not work, please remove the batteries, wait until the LCD clears (for about five minutes) and put the batteries back in again.
- If the dry cell batteries are exhausted, **Lo** starts to flash on the display. (You cannot operate the equipment or perform measurement.)



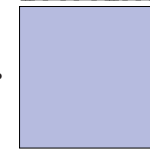
Display

Please change all four batteries immediately to ensure continued accuracy.
 * While **Lo** is flashing, even if you remove the dry cell batteries, the set date and time are maintained (for about five minutes.)
 Please change the dry cell batteries as quickly as possible.
 * Never use alkaline dry cell batteries together with manganese dry cell batteries, as this may cause malfunction.

- After changing the dry cell batteries, the following displays appear. Please follow each instruction and operate the equipment accordingly.



When **Lo** flashes for a few seconds and then disappears.



When nothing is displayed.



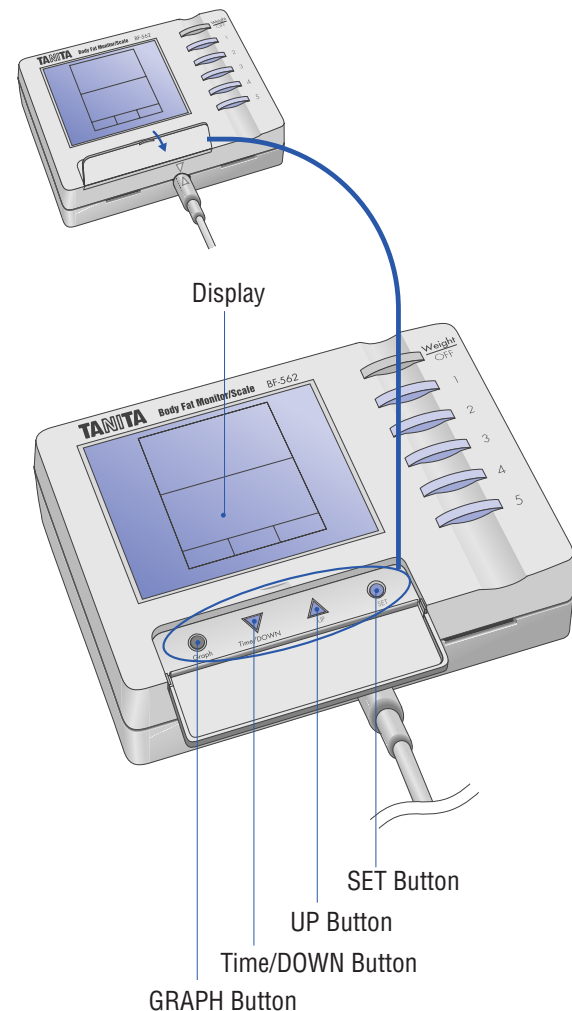
When **SET DATE PRESS <DOWN>** is displayed.

- Press the **Time/DOWN** and check the date and time in the calendar.
 - If the date or time is wrong, please correct it. (See How to change the calendar on page 21.)
- When **SET DATE PRESS <DOWN>** is displayed, please set the calendar. (See Calendar Setting on page 10.)
- Please set the calendar. (See the Calendar Setting on page 10.)

Before measuring Calendar Setting

Set the calendar

This equipment has a function for memorizing measurement results and displaying graphs. In order to efficiently use this function please set the calendar correctly.



* The blue parts in the illustrations of the display signify the flashing parts.

1 Confirm that the dry cell batteries are installed.

Following the instructions on page 11, please place the batteries correctly. (The LCD will appear as here (right), if the calendar is not set.)



2 Set the "Month".

e.g.: In the case of August

Press **UP** or **Time/DOWN** to make the calendar flash.



Press **UP** or **Time/DOWN** to make the "Month" flash.



Press **UP** or **Time/DOWN** set the "Month" and press **SET** to finalize the "Month". (The next item to be set will flash.)



3 Set the "Day".

e. g. In the case of 10th

Press **UP** or **Time/DOWN** and set the "Day".



press **SET** and finalize the setting. (The display changes to the time setting screen.)



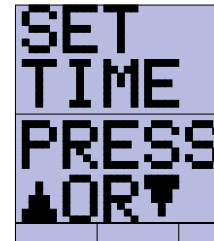
4 Set the "Year".

e. g. In the case of the 1999.

Press **UP** or **Time/DOWN** and set the "Year".



Press **SET** and finalize the setting. (The display changes to the time setting screen.)



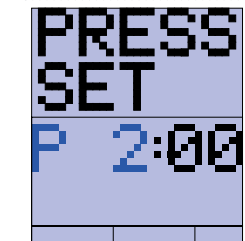
5 Set the "Time".

e. g. In the case of 2 p.m.

Press **UP** or **Time/DOWN** to make the clock flash.



Press **UP** or **Time/DOWN** and set the "Time". * A.M. is displayed as "A" and P.M. is displayed as "P."



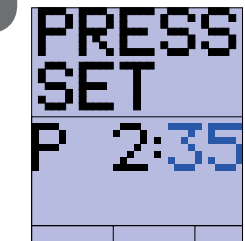
press **SET** and finalize the setting. (The display changes to the time setting screen.)



6 Set the "Minute".

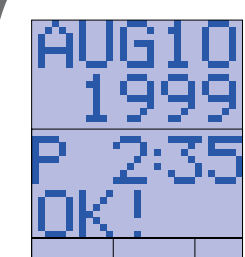
e. g. In the case of 35 minutes

Press **UP** or **Time/DOWN** and set the "Minute". Press **SET** and finalize the setting.



7 Finalize the calendar.

While "PRESS SET" is flashing on the screen, press **SET** again to finalize the calendar. (The finalized setting is displayed and then disappears.) The calendar setting is finished.



Automatic Power Off Function

In order to save power the unit will automatically switch off after use. (The display disappears.) The automatic power off function also works in the following case.

- When the button operations are stopped. Although it depends on the operation concerned, the power will be switched off after about 20 to 30 seconds.

Points to Note

- If you have made a mistake during setting, Please press the **GRAPH** button. This operation takes you back to the month setting, then correct the setting.
- When you want to change the calendar setting, Please refer to the "How to Change the Calendar" on page 21.

Remarks

- Do not continuously press **SET** button. If you keep the button depressed, the data may be set incorrectly.

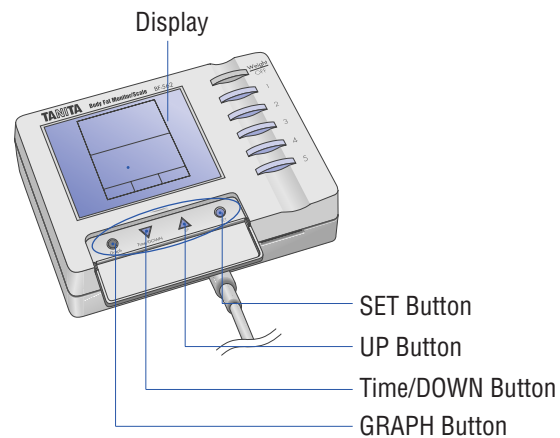
Use

Before measuring Registration of Personal Data

Memorising personal data.

Decide on your **Personal** number and memorise the data (birthday, gender and height).

Without registration, you cannot measure yourself or record the results.



Selecting the measure of weight.

1. Press **UP** button and the **SET** button at the same time.



2. Press **Time/DOWN** or **UP** button to select Kg, st.lb, lb, then press the **SET** button.



The selected measure will flash rapidly, then turn off automatically.

* The blue parts in the illustrations of the display signify the flashing parts.

1 Decide on your personal number.

e.g.: To use **Personal** Memory Key "3".

While nothing is displayed

on the display, press **SET**

(The display shows as right and the **Personal** number blinks.)



Press **UP** or **Time/DOWN**

to select your **Personal** Memory Key and finalise.

the number by pressing **SET**

(The next setting item starts to flash.)



Remarks

- You can register birthdays for individuals aged from one to 90 years. For an individual who is 91 years or older, register the birthday so that he / she is 90 years old.

Points to Note

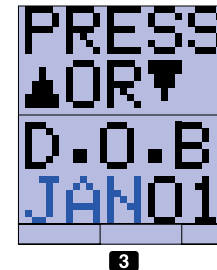
- When you find you made a mistake during setting. Please press the **GRAPH** button. Since this operation takes you back to the registration of your birthday, please start the registration again.
- In order to register with another **Personal** number, After the display disappears, please start over again.
- When you want to change memorised data for another individual's data. Please refer to "Correction and Alteration of Personal Data" on page 22.

2 Register the date of birth.

e.g.: If the date of birth is December 18, 1962

Press **UP** or **Time/DOWN** and set your "Month of Birth".

Press **SET** and finalize the month.



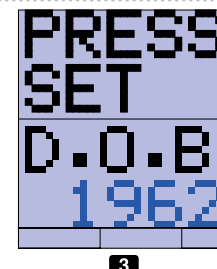
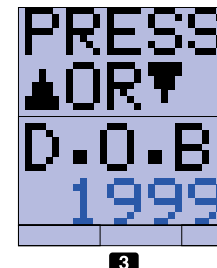
Press **UP** or **Time/DOWN** and set your "Day of Birth".

Press **SET** and finalize the day.

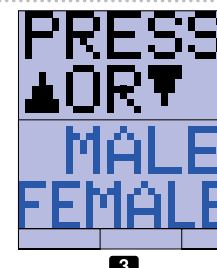


Press **UP** or **Time/DOWN** and set your "Year of Birth".

Press **SET** and finalize the year.



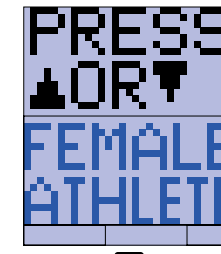
(The memorisation.)



3 Register the gender/body type

(ie Male Athlete, Male Standard, Female Athlete, Female Standard)
e.g.: In the case of a female athlete

Press **UP** or **Time/DOWN** and select your "Gender".



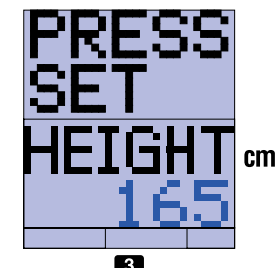
Press **SET** and finalize your gender. (The next setting item starts to flash.)



4 Register the height.

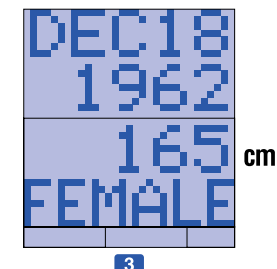
e.g.: If your height is 165 cm

Press **UP** or **Time/DOWN** and set your "Height".

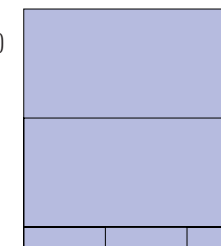


5 Finish the registration.

Press **SET** and finalize the memorisation



(After the memorised data flashes, the display disappears.)
The memorisation is finished.



Use

How to Measure (For Pre-set data)

Have you memorised your personal details?

Remarks

Measure barefoot with clean, dry feet.

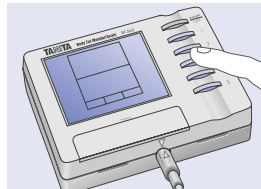
- Stand up with your knees straight.
- Ensure the insides of your thighs are not touching.
- Place your heels correctly on the electrodes.

Points to Note

- If the display box and the scale platform are not firmly connected.
⇒ "ERROR" will be displayed and you cannot measure yourself.
- If the soles of your feet are not clean or you are not standing on the scale platform correctly,
⇒ "-----" will be displayed and you may not be able to measure yourself.
- If the body fat percentage exceeds the range of measurement,
⇒ "-----" will be displayed and you cannot measure yourself.
- If you step on the scale platform before 0.0 kg is displayed,
⇒ Displays such as [ERROR], [-1.1] or [-OL], may appear or the power will be switched off during measurement.

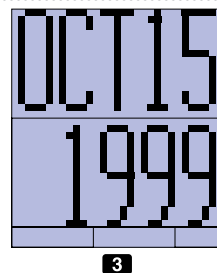
1 Press your "Personal" Memory Key.

(A short beep will sound.)

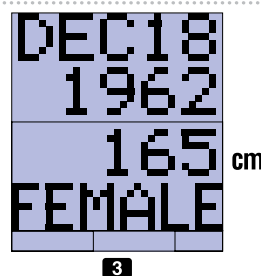


When your data is memorised with "3".

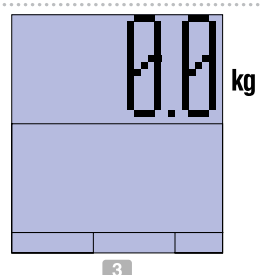
① First, the calendar is displayed.



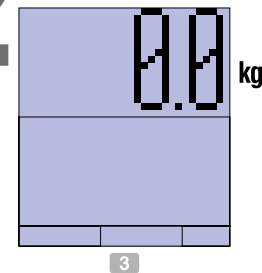
② Next, your date of birth, height, gender and the "Personal" Memory Key are displayed.



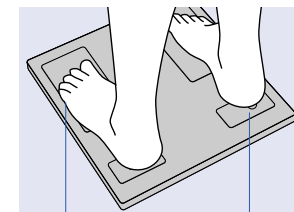
③ The display changes to 0.0 kg.



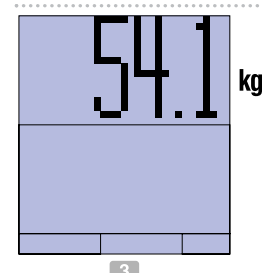
2 Start measurement.



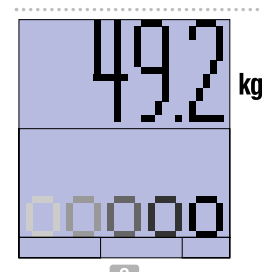
After 0.0 kg is displayed, be sure to stand on the weighing platform barefoot so that your heels touch the center of the electrodes.



Step on the scale platform barefoot.

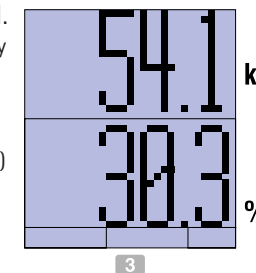


① Your body weight will be displayed. (A short beep will sound.)

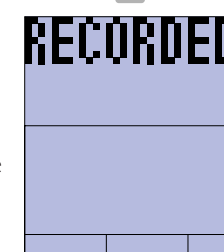


② Then "00000" will appear in succession. Until the "Body fat percentage" is displayed on the digital display, move as little as possible and stand straight.

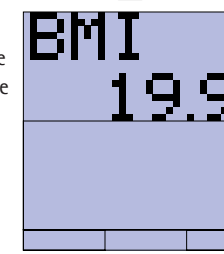
① Measurement is finished. "Body weight" and the "Body fat percentage" will be displayed for about 3 seconds. (Two short beeps will sound.)



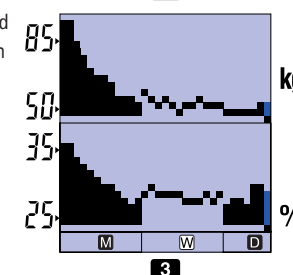
The measurement will be automatically recorded. * If "NOT RECORDED" is displayed, please measure yourself again within one minute. (For details, please refer to page 18.)



The BMI figure is displayed. Note: When measured in the athlete-mode, the BMI figure will not be displayed.



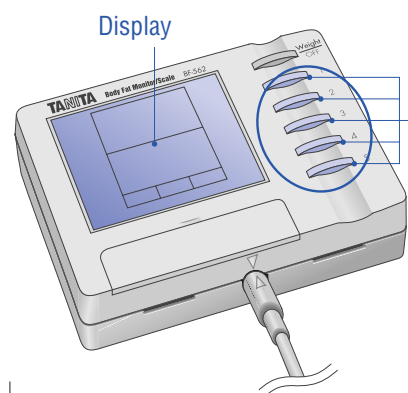
Graphs are displayed and then the unit will switch off.



- The measurement range of the body fat percentage is between 1.0% and 75.0%.
- If the details are not stored in the memory...
⇒ Please refer to "Guest Mode:Measuring without pre-set data" on page 20.

Automatic Power Off Function

- In order to save power, the power will be automatically switched off after use. (The display disappears.) This function also works in the following cases.
 - When the button operations are stopped. Although it depends on the operation concerned, the power will be switched off after about 20 to 30 seconds.
 - When about 30 seconds have passed without you stepping on the scale platform after "0.0" kg is displayed.
 - When you stepped off the scale platform during the measurement.
 - When about 30 seconds have passed since the graph was displayed.

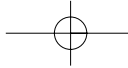


Personal Memory key (for five individuals)

Front electrode

Heel electrode

Use



Body Fat Monitor/Scale



Thank you for purchasing this Body Fat Monitor/Scale. This product determines your body fat percentage by measuring bioelectrical impedance (i.e. the body's electrical resistance), allowing you to monitor your health at home and help keep your body fat level in check to avoid health problems associated with obesity.

Checking Body Fat is a step towards a healthier life.

This scale can be used safely and conforms with Medical Equipment Directive IEC-601-1.

What does your body fat percentage indicate?

- The body fat percentage indicates the proportion of fat in a person's body. High levels of body fat can lead to heart disease, diabetes, high blood pressure and some forms of cancer. It is important to monitor regularly to keep body fat levels in check.

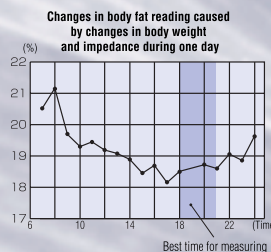
How the Body Fat Monitor/Scale measures your body fat percentage

- This product was researched and developed using bioelectrical impedance analysis (BIA), which is a method of determining body fat percentage by measuring the body's electrical resistance.
- Fat in the body conducts hardly any electricity, whereas the water contained in muscles is a good conductor of electricity. Measuring electrical resistance thus offers a way of determining the proportion of fat and other tissue in the body.

How best to determine your body fat percentage

Variation in bioelectrical impedance (i.e. the body's electrical resistance) is one factor that must be taken into account when determining body fat levels by BIA.

- Readings will vary depending on your physical condition (e.g. if you are ill, have been overeating or overdrinking, have been sweating excessively, or during menstruation) on the day you measure your body fat level. Changes during the day also have an impact. (Normal bioelectrical impedance increases during sleep and falls during activity). see graph below.
- Try to measure your body fat level at around the same time each day and when in the same condition.



Ideal conditions for use

- Time** : Early evening, before the evening meal.
- Conditions** : Clean body and soles of feet well. Wear as little clothing as possible (preferably just underwear).
- Monitor your progress** : Provides a long-term picture of changes in weight and body fat percentage.

Body Fat Ranges for Standard Adults

	Age 20-39	Age 40-59	Age 60+
Men	8%-20%	11%-22%	13%-25%
Women	21%-33%	23%-34%	24%-36%

Source:Based on WHO BMI Guidelines. As reported by Gallagher et al at NY Obesity Research Centre. To determine the percentage of body fat appropriate for your body, please consult a doctor or trained medical professional.

The Body Fat Monitor/Scale also measures your BMI

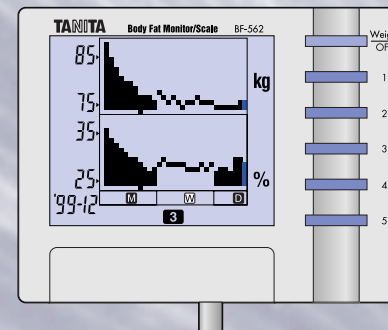
BMI stands for "Body Mass Index" and indicates body size. BMI is calculated by dividing weight (in kg), by the square of your height (in m). Eg weight/height × height height (kg/m × m).

BMI is often used as a measure of obesity, according to the table below. However, because BMI is a measure of weight and height alone, it does not distinguish between muscle and fat tissue. Tanita therefore recommends that you use both BMI and body fat percentage to check the state of your health.

	Underweight	Normal Weight	Overweight	Obese
BMI	Less than 18.5	18.5-24.9	25-29.9	Over 30

Product benefits

- Measures both weight and body fat percentage and evaluates BMI.
- Measures and displays weight up to a max of 136kg/21st6lbs in graduations of 100g/0.2lbs. Measures body fat to the nearest 0.1%
- Memorises details for up to 5 regular users. Displays graph showing present weight/body fat % against past progress.
- It displays graphs in which it is easy to observe changes (body weight and body fat percentage).



- Shows up to 5 years' worth of past results.
- Features weight-only function for use as a conventional scale. Suitable for use by adults and children over the age of 7 years old.

■ This product features the "Athlete Mode".

This mode is specially designed for those adults performing large amounts of intense aerobic exercise, due to the changes that such individuals bodies undergo.

* The Athlete Mode is suitable for:

- People performing more than 10 hours of intense aerobic exercise a week, who also have a resting pulse of below 60 beats per minute.
- People who are performing slightly less than this figure, but who have trained regularly throughout their lives at such an intense level.

* The Athlete Mode is not suitable for the following:

- Professional athletes or body builders.
- Such people should use the Body Fat Monitor/Scale to monitor their change in their body fat only, not as an absolute guide.

CONTENTS

Read this first!

- Notes on safety.....4
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- Parts/Accessories.....6

Notes on use

- Preparation.....7
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Read when necessary!

- Troubleshooting.....24
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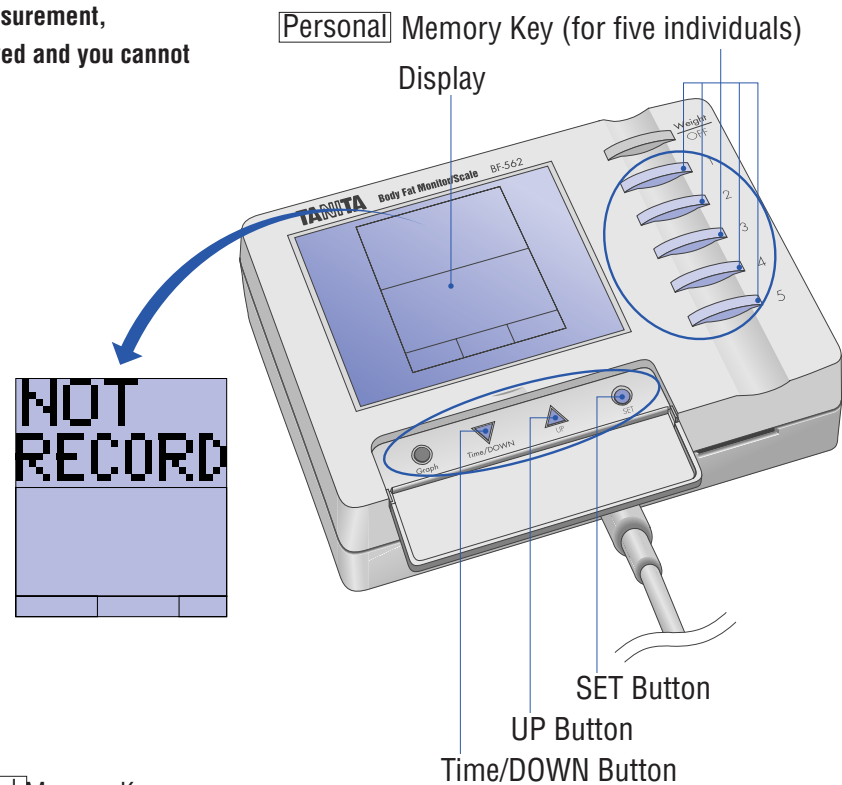
Before use

Use

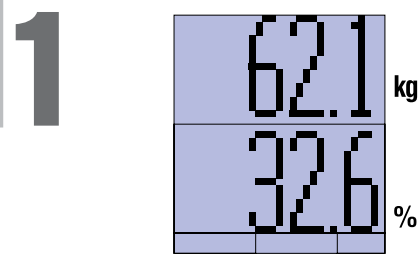
Further information

When "NOT RECORDED" Is Displayed

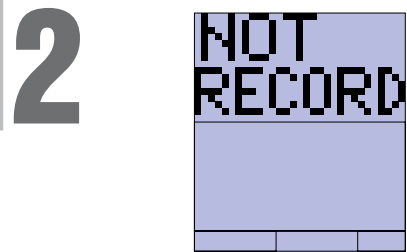
While recording the results of your measurement, sometimes "NOT RECORDED" is displayed and you cannot record the data.



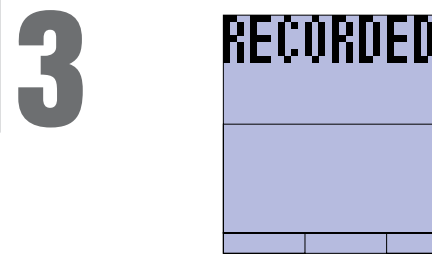
Ensure that you use your own **Personal Memory Key**.



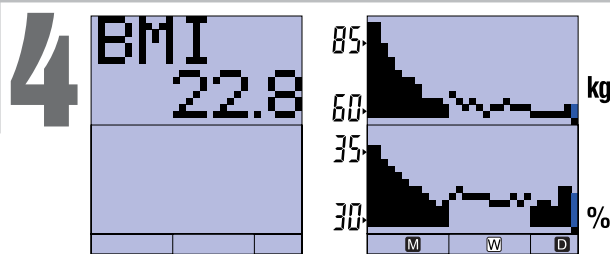
- When "NOT RECORDED" is displayed for the first time, press your **Personal Memory Key** again within **one minute**.
- Measure yourself.



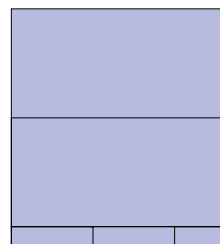
- When "NOT RECORDED" is displayed for the second time, press **SET**.



- The measurement is recorded.



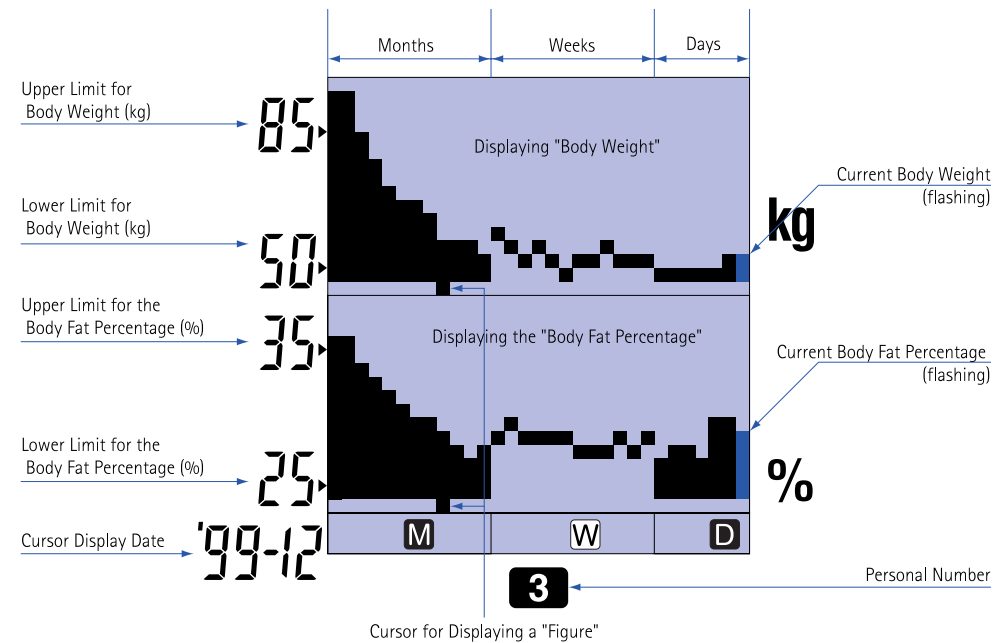
- The BMI is displayed followed by the graphs.



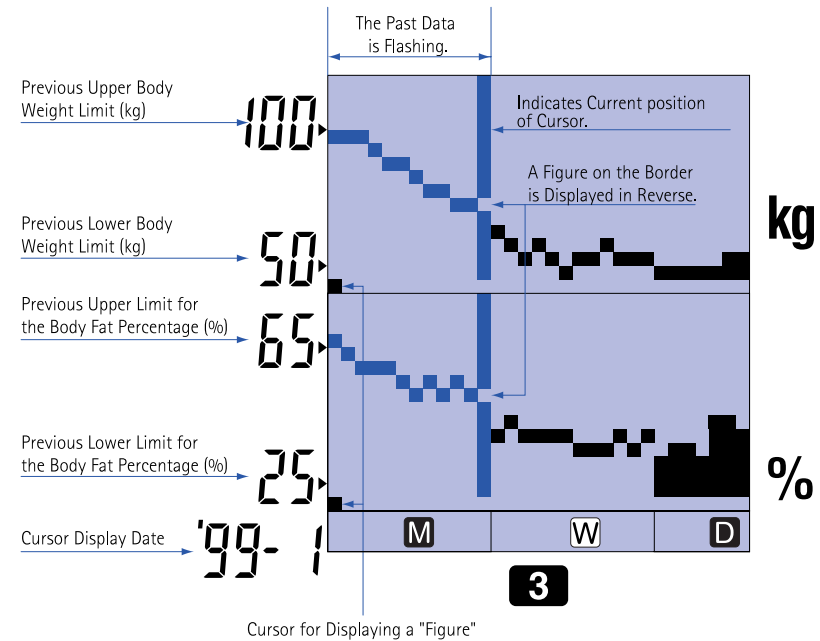
- and the power is switched off.

How to read the display

<Displaying Graphs after Measurement>



<Displaying Past Graphs (More than a year ago)>



Points to Note

- The upper and lower limits for body weight and the body fat percentage change according to the recorded measurements.
- If you press the **SET** button, the figure at the cursor's position will be displayed. (See "Graph Display Function" on page 18.)

Use

Graph Display Function

The equipment can record results for a maximum of 5 years, and display them as graphs. (This function is not available for individuals with no pre-set data, or who only measure their body weight).

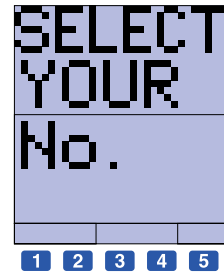
1 Displaying graphs.

e. g. When you want to display the graph registered against the [Personal] Memory Key 3.

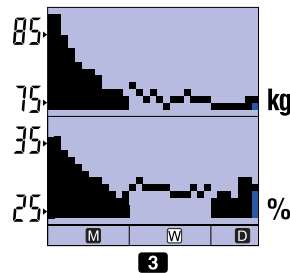
With the display clear.

press **GRAPH**

"SELECT YOUR NO." will be displayed and the [Personal] Memory Key will blink.



Press your [Personal] Memory Key. (In this case, press 3.)

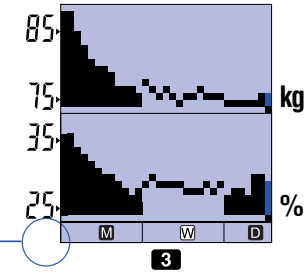


2 To display past measurements

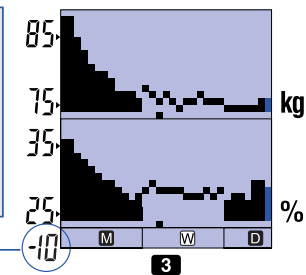
Move the cursor from the current to the past by pressing **Time/DOWN**

(By pressing **UP** you can move the cursor from the past to the current measurement.)

By pressing the "Time/DOWN" button you can move the cursor.



* Day Area: -1 ~ -6 is displayed.
Week Area: -1 ~ -12 is displayed.
Month Area: Year and month (e.g. 99-1) are displayed.

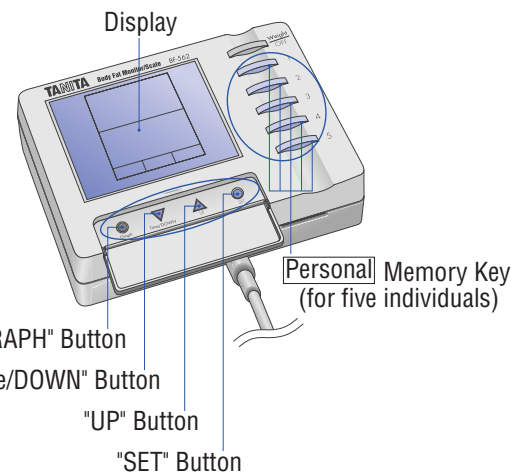


Remarks

In the following cases the measurement may be lost. (If necessary record important measurements in a notebook).

- When the equipment has been used continuously in the wrong way.
- When the equipment is subjected to static electricity or electrical noise.
- When malfunctions related to the recording mechanism occur.

* Please note the manufacturer accepts no responsibility for damage caused by loss and changes to the recorded data.
* Please note the manufacturer accepts no responsibility for any damage, lost profits or any claims by a third party arising from the use of this equipment.



3 Displaying Measurements.

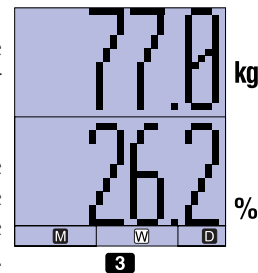
Press **SET** (While pressed, the figure at the cursor position is displayed.)

If "NO DATA" is displayed, Measurements were not recorded at the time to which the cursor is pointing. (This is not a malfunction.)

The displayed figures are weekly and monthly averages.

When you want to end the graph display function, Press **WEIGHT only/OFF** button.

If you do not operate the equipment for about 30 seconds, the power will automatically switch off. (Automatic power off function)



Convenient Use

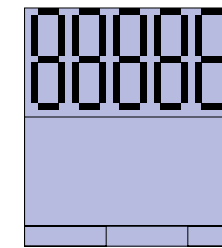
Measurements are recorded in the display box. Recorded data can still be checked even if the display box is separated from the weighing platform. Use this feature if you need to consult with professionals in sports clubs or medical facilities.

To Measure Body weight alone

Points to Note

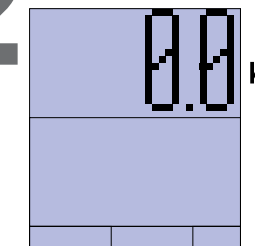
- You cannot record the measurement results.
 - ⇒ To record the measurement results after memorising personal data, please follow the instructions specified in "How to Measure (For Registered Individuals)" on page 16.
- If body weight exceeds the measurement range.
 - ⇒ "OL OVER LOAD" or "OVERLOAD" will be displayed and you cannot measure yourself.
- If you step on the scale platform before "0.0" kg is displayed,
 - ⇒ Displays such as [ERROR], [-1.1] or [-OL], will appear or the power will be switched off during measurement.

1 Press the "WEIGHT only/OFF" Button. (A short beep will sound.)

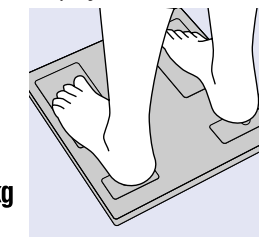


After [88888] is displayed [0.0] kg will be displayed.

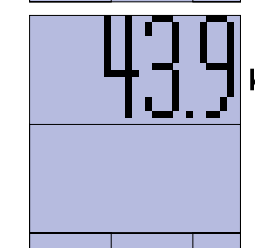
2 Start measurement.



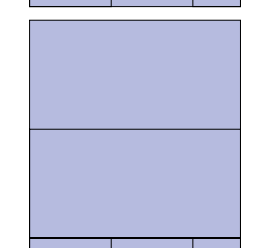
Step on the weighing platform carefully after [0.0] kg is displayed.



Your "Body Weight" will be displayed.

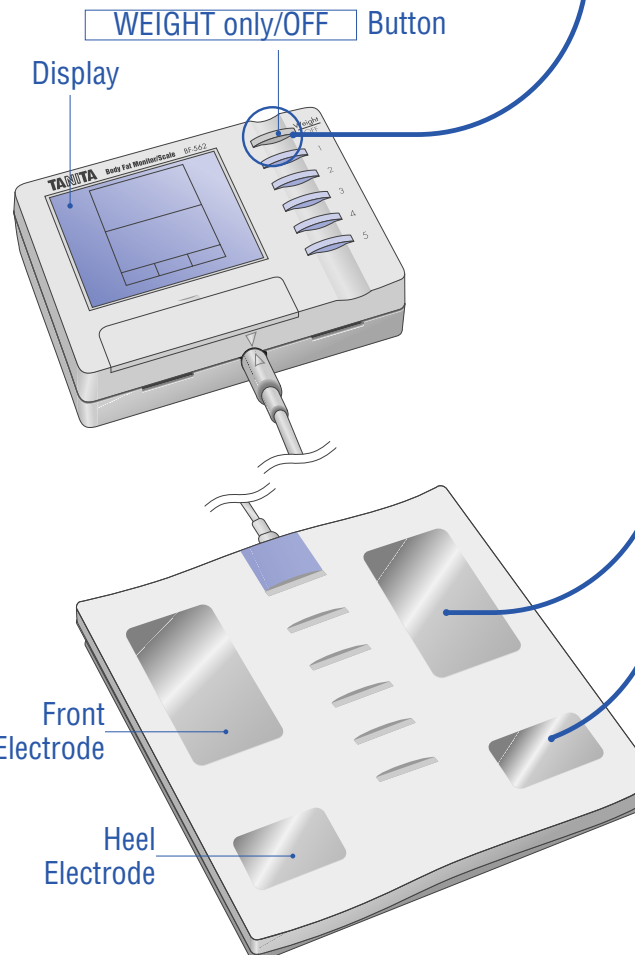


Step off the scale platform. [0.0] kg will be displayed again and the power will be switched off.



Automatic Power Off Function

- If you do not step on the scale within 30 seconds after [0.0] is displayed, the power will switch off.



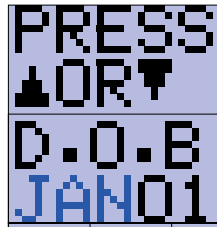
Use

Guest Mode: Measuring without pre-set data

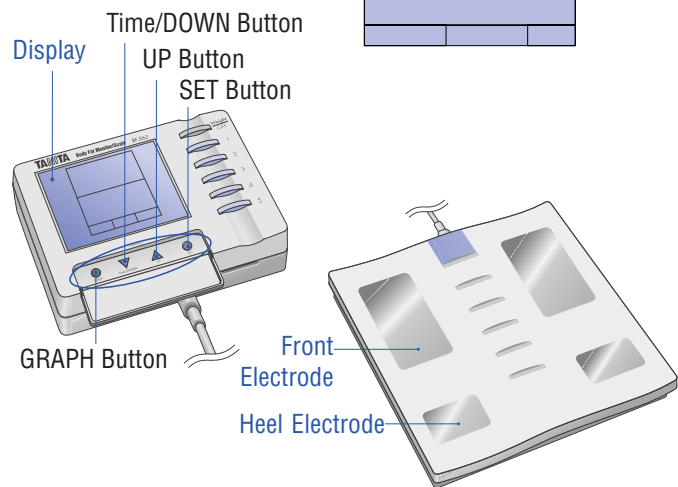
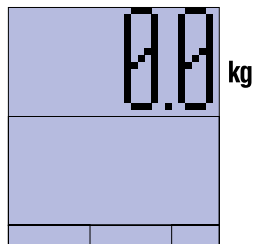
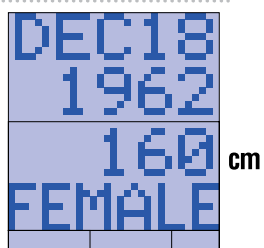
1 To set your details for personal data.

While nothing is displayed,

Press



Following the display instructions, record the "month", "day" and "year" of your "birth", and your "gender" and "height". See "Before Measurement (Registration of Personal Data)" on page 12 for details. (Two short beeps will sound, then "0.0 kg" will be displayed.)

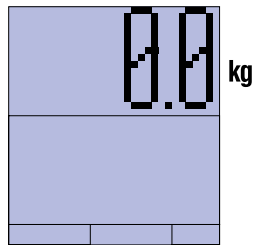
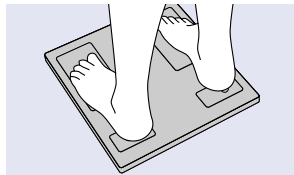


Points to Note

- When you want to change the month, day, hour or minute, please follow the same procedure as for the year.
- When you find you have made a mistake during temporary registration,
 - ⇨ Please press the **GRAPH** button. Since this operation takes you back to the month setting, please start again.
- When you want to quit while changing the calendar,
 - ⇨ Press **WEIGHT only/OFF** button. The display will disappear and the changes will be deleted.

2 To Start Measuring.

After **0.0** kg is displayed, be sure to stand on the scale platform barefoot so that your heels touch the center of the electrodes.



① First "your body weight" will be displayed. (A short beep will sound.)



② The body fat percentage is being measured. (Them "00000" will appear and disappear in succession.) Until the "Body Fat Percentage" is displayed on the digital display, move as little as possible and stand straight.



③ Measurement is finished. "your body weight" and the "Body Fat Percentage" will be displayed for about three seconds. (Two short beeps will sound.)



The BMI figure is displayed. The unit will switch off.



Note: When measured in the athlete-mode, the BMI figure will not be displayed.

Remarks

- Only change the calendar when necessary. Please change the calendar only when the initial settings were incorrect. If you change the calendar after that, the order of the recorded measurement results may become mixed up.

How to Change the Calendar

Changing the calendar settings

1 Display the calendar.

While nothing is displayed, press to display the calendar.



2 Change the calendar.

e.g. In the case of changing the "Day".

Press ("SET DATE" and "PRESS ▲ OR ▼" will be displayed.)



The display will show as the diagram (right).

Highlight the calendar.

by pressing or



Highlight the month.

by pressing or



By pressing continuously,

Highlight the part you want to change. (In this case the "Year.") Change the figure by pressing

or and set it by pressing

(The next item starts to flash.)



3 Finish changing the calendar.

After the year, month and day are displayed, "SET TIME" and "PRESS ▲ OR ▼" will be displayed (as right).



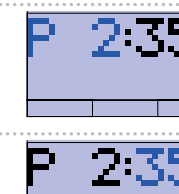
Highlight the clock by pressing

or



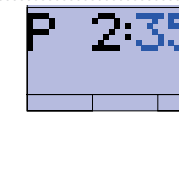
Highlight the hour by pressing

or



Highlight the

"Minute" by pressing



Press to set the calendar.

After "PRESS SET" flashes,

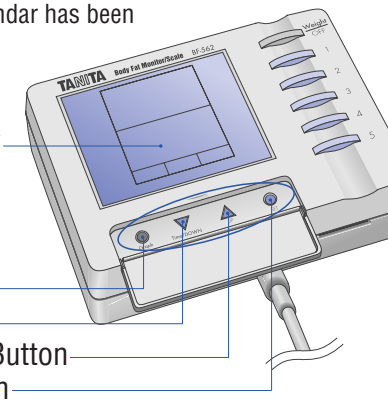
press again to finalize

the calendar. (After flashing, the display will disappear.) The calendar has been changed.



Display

SET Button
UP Button
Time/DOWN Button
GRAPH Button



Use

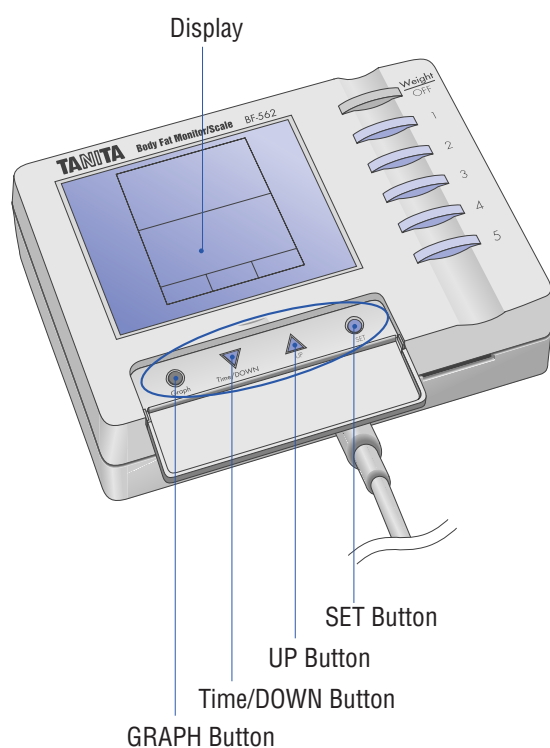
Alteration of Personal Data

Please read this section before altering the pre-recorded data.

<p>To enter corrections for body type (Adult/Athlete/Height etc) e. g. ● To change the height data as a child grows.</p>	<p>The measurement results recorded against the [Personal] Memory Key will not be deleted.</p>
<p>When altering the date of birth or gender e. g. ● When you try to use a [Personal] Memory key which is already being used by another individual.</p>	<p>The measurement results recorded against the [Personal] Memory Key will be deleted.</p>

Remarks

- Before altering the pre-set date, ensure you have the correct [Personal] Memory Key.
- Do not continuously press the [SET] button.
⇒ If you keep the button depressed, the data may be set incorrectly.



1 To display the pre-set data for the chosen [Personal] Memory Key.

e.g. When you want to correct or alter the registration for the [Personal] Memory Key 4.

While nothing is showing on the display, press [SET].

The display shows as for the illustration(right).



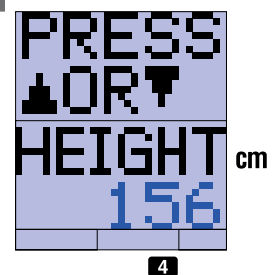
Press [UP] or [Time/DOWN] to select the [Personal] Memory Key



set the number by pressing [SET].
(The next item starts to flash.)



2 Altering the pre-set details.



Following the displayed instructions, alter the data.
See "Before Measurement - Registration of Personal Data" on page 14 for details.

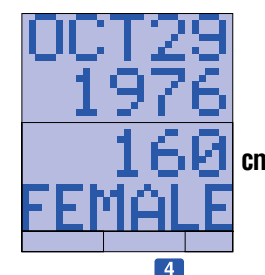
3 Highlight the minute altering the registration and finishing the operation.

① When you correct only body type (ordinary adult/athlete) and height

Press [SET] and finalize the height.

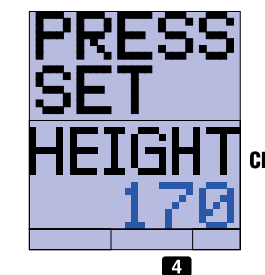


(The corrected display will flash blink and disappear.)
The correction is finished.

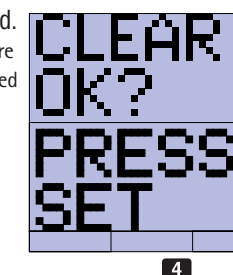


② When you change the date of birth and gender

Press [SET] and set the height.

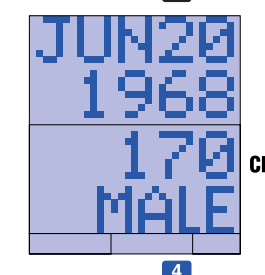
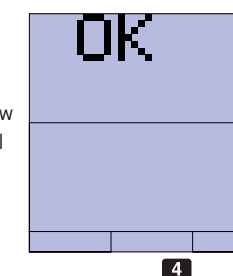


"CLEAR OK?" will be displayed.
* If the data of birth or gender are altered, then the past memorised results will also be deleted.



Press [SET] again,

Delete the previous details and confirm the new data.
(Two short beeps will sound.)
(After "OK" is displayed for a few seconds, the altered display will flash and disappear.)



The alteration is finished.

Use

Troubleshooting

Operations

Exchanging your Personal Memory Key for another individual's Personal Memory Key
Exchanging another individual's Personal Memory Key for your Personal Memory Key
Altering the date of birth (year, month, day) pre-set against a Personal Memory Key
Altering the gender (male, female) pre-set against a Personal Memory Key
Correcting the body type (athlete) pre-set against a Personal Memory Key
Correcting the height pre-set against a Personal Memory Key
Measuring an individual in Guest Mode

Recorded Measurements Refer to Page

Will be deleted	22
Will not be deleted	22
Cannot be recorded	20

- Q** What is the definition of 'Athlete'
- Individuals who perform more than 10 hours intense aerobic exercise a week, with a resting pulse of below 60 beats per minute.
 - Individuals who are performing slightly less than 10 hours of intense aerobic exercise a week, but who have been exercising at such levels for much of their lives.
 - NB This equipment is not suitable for professional athletes or body builders.
- Q** If you press another individual's **Personal** Memory Key...
- ⇒ Press your correct **Personal** Memory Key button.
- Q** If you press one of the keys by accident,
- ⇒ Then press the **WEIGHT Only/OFF** key to unit off.
- Q** If you press the **Time/DOWN** key accidentally,
- ⇒ Wait for the unit to turn off automatically.
- Q** When you want to measure body weight only.
- ⇒ Press the **WEIGHT Only/OFF** button. (See page 19 for details).
- Q** In order to delete the data registered against a **Personal** Memory Key,
- ⇒ Reset all the Personal details for that Memory Key.
- Q** When you just want to see past records without performing a measurement.
- ⇒ Press the **GRAPH** button.
(See "Graph Display Function" on page 18.)

- Q** When you want to delete recorded measurements.
- ⇒ You cannot delete measurements without altering the pre-set data.
- Q** When "CLEAR OK?" is displayed while altering the **Personal** data.
- ⇒ The registered **Personal** data will be altered and all the recorded measurements will be deleted.
- Q** To check your past measurements.
- ⇒ Press the **GRAPH** button.
(See "Graph Display Function" on page 18.)
- Q** If your body fat percentage borders on the obese level in the healthy body fat range.
- ⇒ Compare the reading with past data, to see whether this is simply a fluctuation in your data or not. If in doubt do not attempt to evaluate the data yourself, but seek the advice of a suitably qualified professional.
- Q** When measuring more than 5 individuals.
- ⇒ Measurement results for up to 5 individuals can be recorded. Measure further individuals using the "Guest Mode". (Please note: the "Guest Mode" does not allow their measurements to be recorded.)
- Q** When you find you have made a mistake during registration or setting.
- ⇒ Press the **WEIGHT Only/OFF** button.
⇒ Wait until the power switches off after about 40 seconds (Automatic Power Off Function) then please start the operation again.

Troubleshooting

When a malfunction is suspected, please check the following list before contacting the manufacturer/place of purchase

Symptoms

Please check!

Refer to Page

Despite pressing the Personal Memory Key nothing is displayed.	<ul style="list-style-type: none"> Are the batteries in place? Are the batteries weak? Is there plastic or dirt on the battery electrodes? 	9
Lo CHANGE BATTERY appears.	<ul style="list-style-type: none"> The batteries are weak. Replace immediately. 	9
Entire display appears then immediately disappears.	<ul style="list-style-type: none"> The batteries are weak. Replace immediately. (If the batteries are totally exhausted, Lo CHANGE BATTERY may not be displayed.) 	9
When pressing the Personal Memory Key button, "NO RECORD" is displayed and immediately disappears.	<ul style="list-style-type: none"> No data is recorded for that Personal Memory Key. Please pre-set data for that Personal Memory Key. 	12
While performing a measurement, -OL OVER LOAD , -1.1 or ERROR is displayed.	<ul style="list-style-type: none"> Ensure that you step on after 0.0 kg is displayed? 	14
While performing a measurement, ERROR or "----" is displayed	<ul style="list-style-type: none"> Are the pre-set details correct? Did you select another individual's Personal Memory Key? Did you perform the measurement with your socks on? Were the soles of your feet clean? Your body fat percentage exceeds the measurement range. (In this case measurement is impossible.) 	12 14 14 14 15
While performing a measurement, OL OVER LOAD is displayed.	<ul style="list-style-type: none"> The maximum weight limit of 136 kg has been exceeded. (In this case measurement is impossible.) 	26
While recording a measurement, "NOT RECORDED" is displayed.	<ul style="list-style-type: none"> Did you press the wrong Personal Memory Key? Are the measurement results very different from previous results? 	14 16
While performing a measurement the power switches off. (The display disappears.)	<ul style="list-style-type: none"> Did you move during the measurement? Did you step on the scale platform before 0.0 kg was displayed? Were you performing a measurement with your socks on? 	14
After replacing the batteries, Lo CHANGE BATTERY or nothing is displayed.	<ul style="list-style-type: none"> Press the Time/DOWN button and check the calendar, date and time. <ul style="list-style-type: none"> If the date or time is incorrect, please correct it. (See page 21.) If "SET DATE" is displayed, set the calendar. (See page 10.) 	9 (21) (10)
After replacing the batteries, "SET DATE" is displayed.	<ul style="list-style-type: none"> Please set the calendar. 	9 (10)
If you press a button, "ERROR" is displayed.	<ul style="list-style-type: none"> Please check the connection between the display box and the scale platform. 	8
While displaying graphs, "NO DATA" is displayed.	<ul style="list-style-type: none"> No data was recorded at the time that the cursor is pointing to. 	18

Further information



Specifications

Model	BF-562
Maximum Weight Limit	136kg 21st6lb 300lb
Minimum Graduations	0 ~ 136kg in 100g increments 0 ~ 21st6lb in 0.2lb increments 0 ~ 300lb in 0.2lb increments
Body Fat Percentage Measurement	0.1% increments (1.0% ~ 75.0%)
Personal Memory Details	Male/Female/Athlete Date of Birth, Calendar, Height (100 ~ 220cm: in 1 cm increments)
Power Source	AA Dry Cell Batteries (R6P) x 4
Power Consumption	DC6V/Maximum 60mA

● This product is not legal for trade.

<Points to Note:> Instructions for registration of date of birth

- You can register dates of birth for individuals aged from one to 90 years. (For individuals aged 91 years or older, register the birthday so that he / she is 90 years old.)
For individuals aged six or younger or 70 or older, it is recommended that you observe the changes for reference purposes only.

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