

FOR MEASURABLE SUCCESS

**SOEHNLE**  
PROFESSIONAL

# FITNESS SCALE 7850.02

OPERATING MANUAL



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# ENGLISH

## FITNESS SCALE 7850.02

Thank you for choosing this Soehnle Professional product. All the features of this product were designed to the state of the art and are optimised for simple and straightforward use. If you have any queries or experience any problems with your appliance not addressed in the operating manual, please contact your Soehnle Professional service partner, or visit us on the web at [www.soehnle-professional.com](http://www.soehnle-professional.com).

### ■ Intended use

The Soehnle Professional Fitness Scale 7850 was designed to carry out body analyses on people. This scale is intended for non-approved applications within the EC. It complies with the prevailing requirements of EU Directives 89/336/EEC, 73/23/EEC and European standards EN 61000-6-3 and EN 55014-2.

### ■ Safety instructions

Before putting the appliance into use, please read with care the information in the Operating Manual. It contains important instructions for installation, intended use and maintenance of the appliance. The manufacturer shall not be liable if the following instructions are not observed. In case the electrical components are used under increased safety requirements, compliance with the appropriate regulations are compulsory. The device is designed for use in buildings. Observe the permissible ambient temperatures for use (Technical data). The device meets the requirements for electromagnetic compatibility. Do not exceed the maximum values specified in the applicable standards. Please use only a genuine Soehnle Professional power adapter. The power adapter is not waterproof and therefore

must not come into contact with water. Should the power adapter become wet or show visible signs of damage, do not operate the scale with the power adapter. If you have any problems, contact your local Soehnle Professional service partner.



**The scale is not suitable for persons with electronic implants (pacemaker, etc.).**

### ■ Cleaning

It is sufficient to clean the scale using a damp cloth and a normal cleaning agent. Do not use any scouring agents.

### ■ Maintenance

The scale does not require any routine maintenance. However, we recommend that you check the scale's accuracy at regular intervals. The regularity of these checks is dependent on the frequency of use and the condition of the scale. If any inaccuracies occur, please contact your local dealer or Soehnle Professional service partner.

### ■ Note

This appliance corresponds to the valid EU Directive on interference suppression 89/336/EEC. The display value may be influenced by extreme electrostatic and electromagnetic interference, e.g. operation of a radio unit or a mobile phone in the immediate vicinity of the appliance. When electrostatic interference is no longer present, the appliance can again be used for its intended purpose. You may need to switch it on again. The appliance is a measuring instrument. Air currents, vibrations,

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rapid changes in temperature and direct sunlight may have an effect on the accuracy of the scale. The scale is protected to IP 54 protection class. Therefore, avoid high levels of air humidity, vapour, aggressive liquids and heavy soiling.

## ■ Warranty/liability

If the appliance is delivered with a fault or defect which is within Soehnle Professional's scope of responsibility, Soehnle Professional is entitled to either repair the fault or supply a replacement appliance. Replaced parts remain the property of Soehnle Professional. Should the fault repairs or replacement delivery not be successful, the statutory provisions shall be valid. The period of warranty shall be two years starting on the date of purchase. Please retain your invoice as proof of purchase. If your scale requires servicing, please contact your dealer or Soehnle Professional Customer Service.

## **No responsibility shall be accepted for damage caused by any of the following reasons:**

unsuitable or improper storage or use, incorrect installation or commissioning by the owner or third parties, natural wear and tear, changes or modifications, incorrect or negligent handling, overuse, chemical, electrochemical or electrical interference or humidity, unless this is attributable to negligence on the part of Soehnle Professional. If operating, climatic or any other influences lead to a major change in condition or material quality, the warranty for perfect appliance functioning shall be rendered null and void.

**Attention:** To avoid damages, please do not pull the scale to relocate it, please lift it up!

If Soehnle Professional provides an individual warranty, this means that the appliance supplied will be free from faults for the warranty period. Always keep the original packaging in case you have to return the scale.

## ■ Disposing of the scale

This product is not to be treated as regular household waste, but should be handed in to an electrical/ electronic equipment recycling centre. You can obtain further details from your local council, your municipal waste disposal company or the firm from which you purchased the product.



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### ■ Factors affecting readings

The analysis is based on a measurement of the electrical body resistance. Eating and drinking habits during the day and private lifestyles influence the body's fluid balance.

This is noticeable by fluctuations in the readings.

To obtain analysis results that are highly precise and iterative, make sure that the measurement conditions are constant. Only then will you be able to observe changes precisely over a long period of time.

### In addition, other factors may affect fluid balance:

- After a bath the indicator will display a body fat percentage that is too low and a body water percentage that is too high
- After a meal the indicator may be higher
- Women are subject to fluctuations due to their menstrual cycle
- Body fluids are lost due to illness or after bodily exertion (sport) After sporting activity, you should wait for a period of 6 to 8 hours before taking the next measurement

### Anomalous or implausible readings may occur in the following situations:

- Persons with fever, oedema symptoms or osteoporosis
- Persons weighing over 150 kg
- Persons with a body fat portion of more than 50%
- Persons undergoing dialysis therapy
- Persons taking cardiovascular medication
- Pregnant women

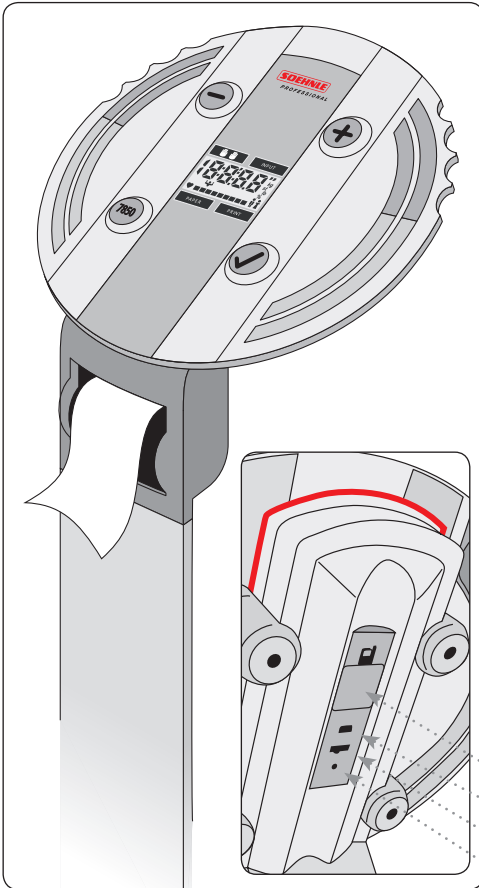
- Athletes who do more than 10 hours of intensive training a week and have a resting heart rate under 60 bpm
- Competitive athletes and body builders
- Young people under 17 years old

### ■ Technical data

Weighing range:	180 kg
Division:	100 g
Operating temperature:	15°C bis 35°C
Max. air humidity:	85%
Storage temperature:	-30° bis 70°C
Power supply:	power adapter input 100-240V AC, output 7,5V DC, protection class IP 54
Battery:	Lithium battery CR2032, 3V for the power supply of time and date settings
Printer:	thermal printer, paper width 58 mm
Print paper:	thermal paper outside layer, 49,5 mm wide, max. roll diameter 50mm, commer- cially available, Order Num- ber from Soehnle Professio- nal 2500.01.008 (pack containing 10 rolls)

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## ■ Indicators and controls

### Keys to type in personal data

(input is cleared after printout)



- key (minus)



+ key (plus)



Key for paper feed



Confirm key

### LED indicators



Grasp hand electrodes



Enter personal data



Refill with paper



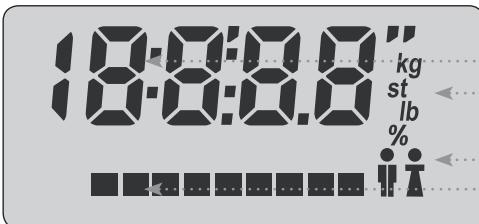
Printing out

### Back

- Lithium battery
- USB port
- Mass unit switchover
- Reset

### LC display

- Value
- Unit
- Sex
- Status bar



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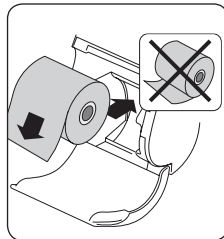
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## ■ Getting started

1. Install the fitness scale level on a firm, flat surface
2. Connect the plug-in power supply unit without standing on the scale
3. Set the clock and date

Please do not stand on the scale. Keep the **+** or **-** key pressed until the display shows the year. Press the **+** or **-** key to select the required year and confirm. Select the month by pressing the **+** key and confirm. Select the day by pressing the **+** or **-** key and confirm. The indicator then shows digits for setting the clock. Adjust the hour by using the **+** or **-** key and confirm. Do the same with the minutes and finally confirm.

4. Insert the thermal paper roll (58mm wide) in the paper compartment (see figure) and pull out the paper strip by several centimetres. Close the lid and tap the key "7850"



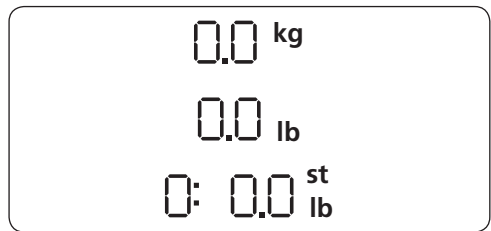
briefly to test whether the paper feeds through correctly. The printer has an easy-load function. There is no need to feed the paper through manually.

5. The scale is ready to operate
6. To relocate the scale do not pull it, please lift it up!

## ■ Mass unit switchover

Slide the switch on the rear at any time to switch over the mass unit from "**kg and cm**" to "**lb and ft/ inch**" or "**st/lb and ft/inch**".

The default setting of the scale is "kg and cm". The last unit setting is retained even when the appliance is switched off.

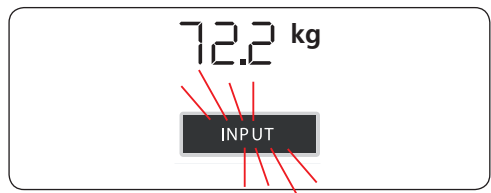


## ■ Battery exchange:

Please change the lithium battery when time and date settings are not correct anymore (without power supply of the scale).

## ■ Weighing

Stand on the scale as still and straight as possible while the Fitness Scale measures your weight. After a short period of time, the weight reading appears and the "INPUT" message flashes. If you only want to measure your weight, you can step off the scale now. The weight reading is printed out. Otherwise continue as described under Body Analysis.



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## ■ Body analysis

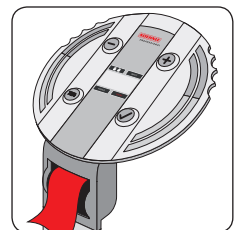
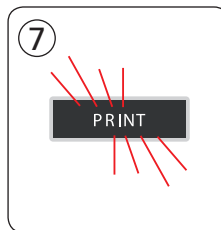
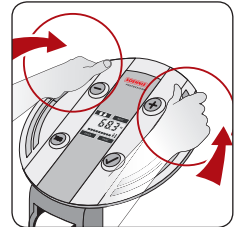
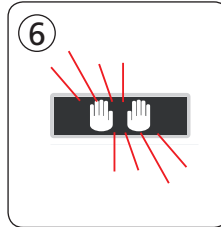
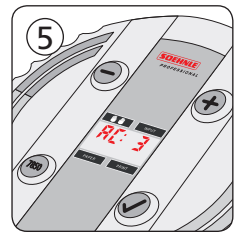
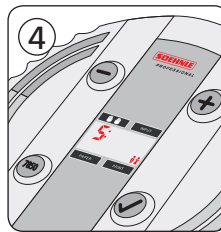
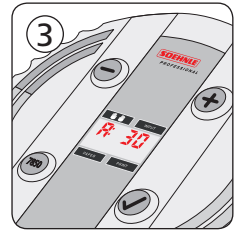
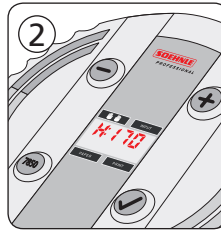
1. Step onto the scale and measure your weight as described under "Weighing". If "INPUT" and "H: 170" flash, you can start entering your personal data.
2. **"H 170"**  
Enter your body size using the keys  $\ominus$  and  $\oplus$  and confirm your input by pressing the  $\checkmark$  key.
3. **"A 40"**  
Enter your age using the keys  $\ominus$  and  $\oplus$  and confirm your input by pressing the  $\checkmark$  key.
4. **"S"**  
Enter your sex using the keys  $\ominus$  and  $\oplus$  and confirm your input by pressing the  $\checkmark$  key.
5. **"AC"**  
Enter your mobility type using the keys  $\ominus$  and  $\oplus$  and confirm your input by pressing the  $\checkmark$  key.

### How physically active are you?

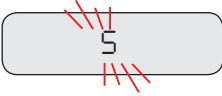
- |                        |                    |
|------------------------|--------------------|
| 1 = up to 1 hr/day     | 2 = up to 2 hr/day |
| 3 = up to 3 hr/day     | 4 = up to 4 hr/day |
| 5 = more than 4 hr/day |                    |

6. When the adjacent symbol flashes, immediately grab the hand electrodes of the body analysis scale like a steering wheel and hold them as long as the status bar in the LC display is running (about 20s).
7. The results are printed out when the measurement was successful. The personal data you entered are then deleted afterwards.

**Important:** Please tear off upwards!

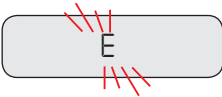


## ■ Messages



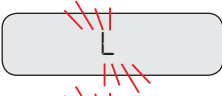
You are not standing still.

Please step off the scale. Then step back onto the scale and stand still.



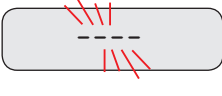
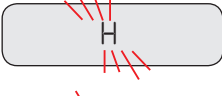
Operator error

Please repeat the measurement. Error message appears as printout.



Values are not feasible.

Please check your entries.



Please only load the Fitness Scale up to max. 180 kg.



PRINT lights up green: printing in progress

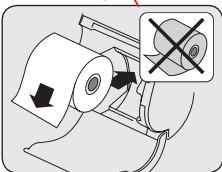
PRINT lights up green and PAPER flashes orange: paper jam or out of paper



Paper jam: Open the paper compartment and remove the paper roll.

Remove any crumpled paper. Replace the paper roll and pull out the paper strip by several centimetres.

Close the lid and tap the key "7850" briefly to test whether the paper feeds through correctly. Printout is printed after clearing the paper jam.



Out of paper: Insert a new paper roll. Insert the thermal paper roll

(58 mm wide) in the paper compartment and pull out the paper strip by several centimetres. Close the lid and tap the key "7850" briefly to test whether the paper feeds through correctly. Printout is printed after clearing the paper jam.

Other messages that may occur appear on printout.



deutsch | english | français

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### FITNESS SCALE 7850

THE MULTI-FUNCTIONAL SCALE

- **Operation manual**  
It's so easy!
- **Manual to install driver**  
How to connect your PC with the scale.
- **"ScaleManager" program**  
Personalize your print-out.
- **Manual to install driver**  
What do these figures mean?



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## ■ Installing "ScaleManger", your customisation software

This program adapts the printout to your requirements (e.g. company name, web address or simply a message to say thank you). "ScaleManager" must be installed on your PC. You can start and operate it easily from the CD. Please install first the driver (for WIN 2000, XP, or Vista) on your computer.

Please find the instructions to install the driver in a separate manual on CD.

## ■ After installing, start the software "ScaleManger"

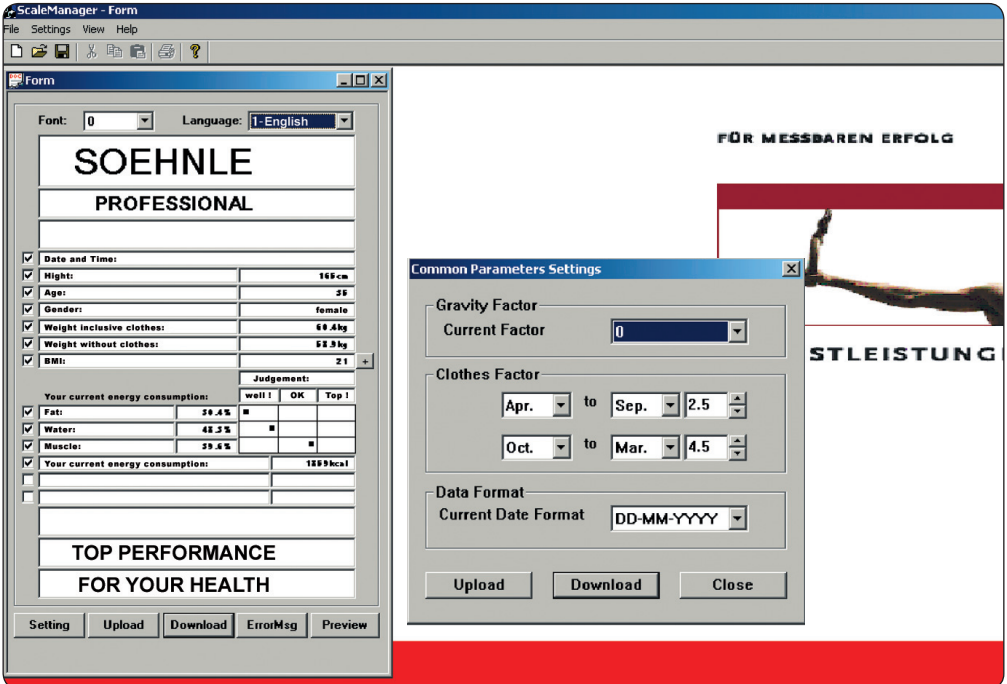
Start the program by pressing the "ScaleManager program" key.

You are asked to enter a PIN:

**PIN = 1234**

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## ■ "ScaleManager" Program – Customise your printouts

### 1. Upload

Calls the preset printout data and settings from the scale

### 2. Language

Changes the language

### 3. Text input

Design your individual print text in the upper and lower three boxes.

### 4. Font

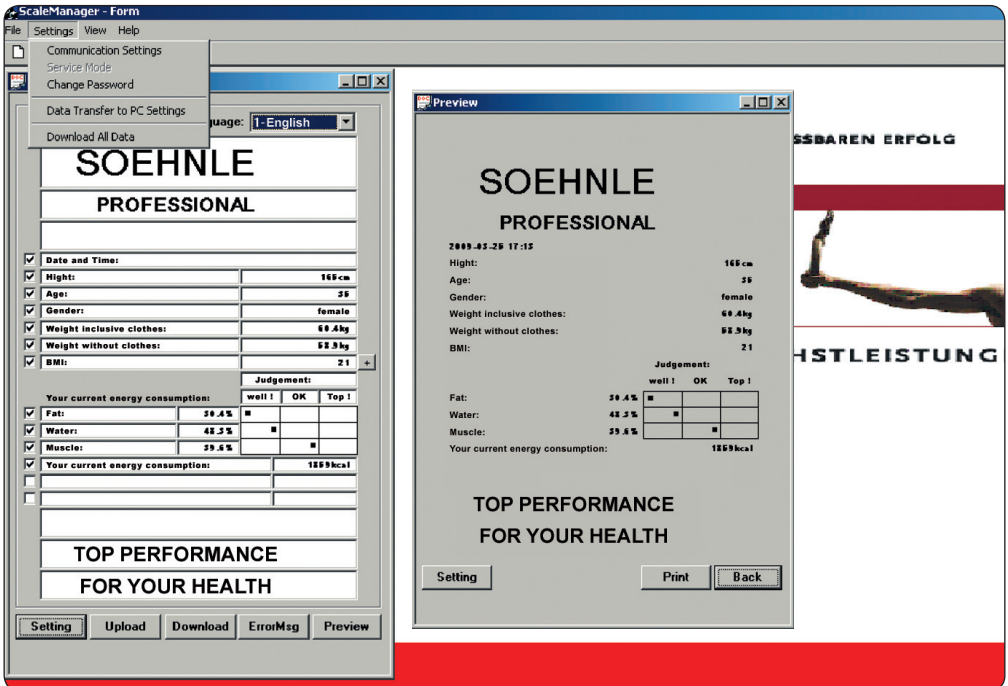
Select the font size **1**, **2** or **3** for your printout data; freely selectable for each field

### 5. Setting

Please select for your application field the appropriate settings for gravity zones, clothing factor and date format.

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## 6. Preview

Preview of your selected printout data

## 7. Download

Transfer of your printout data to the scale;  
Settings > Download All Data = Transfer of all data to the scale

## 8. Print

Press **PRINT** in the Preview window to print out a sample. Before pressing **PRINT**, you must transfer the data to the "Scale" by using **Download**. Confirm and close the window by pressing **OK**

## 9. Exit(X)

Ends the "ScaleManager" program

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