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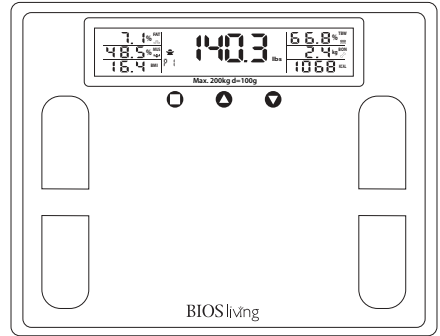
Introduction

Thank you for purchasing the BIOS Living Premium Body Fat Scale. This precision device was developed with state-of-the-art technology and has a weight capacity of 441 lbs / 200 kg. This scale measures body fat by using one of the most reliable methods of analyzing body composition – Bioelectrical Impedance Analysis (BIA). It measures body fat by analyzing biological impedance and other body parameters by sending a mild electrical current through the body.

NOTE: These electronic currents are safe, but this scale should not be used by individuals with pacemakers or other medical implants.

This Premium Body Fat Scale has been designed to give you a snap shot of your body's composition to help you visualize your path to optimal health and wellness.

In order to get the most from your scale, please carefully read and follow the instructions provided below.



Scale Features

- Digital LCD Display
- Auto ON / OFF
- Choice of weighting modes: Kilogram (kg), Stone (st), Pounds (lbs)
- Low Battery / Overload Indication
- Accurate to 441 lbs / 200 kg
- Stores Data for 10 Users (0 - 9)
- 4 x AAA batteries included
- 5 year warranty

7 Measurement Indicators

1. Body Weight
2. Body Fat %
3. Body Water %
4. Bone Weight
5. Muscle %
6. Calorie Consumption (KCAL)
7. BMI

General Tips

- If possible, always weigh yourself at the same time of day (preferably in the morning), after using the toilet, on an empty stomach and unclothed, in order to achieve comparable results.
- Body fat can only be measured when barefoot and with the soles of the feet slightly moist. Completely dry soles can result in unsatisfactory measurements due to inadequate conductivity.
- To get an accurate reading stand with your weight distributed equally on each foot and remain still while the reading is being taken.

Please read the following instructions carefully before use.

Battery Installation

Open the compartment on the back of the scale and insert all (4) AAA batteries.

NOTE: Please be aware that inserting the batteries with the incorrect polarity may cause permanent damage.

If the scale fails to operate, remove the batteries completely and insert again. Your scale is equipped with a “replace battery” indicator. When the scale batteries start to get weak, LO will appear on the scale screen and the scale will automatically turn off. If this occurs the batteries should be replaced.

Safe Battery Use

ALWAYS

- Only use AAA type batteries.
- Make sure that the battery compartment is secure.
- Fit batteries correctly, observing the plus and minus marks on the batteries and compartment.
- Store unused batteries in their packaging and away from any metal objects that could cause a short circuit.
- Remove dead batteries from the scale.
- Remove batteries from the scale if they will not be used for a prolonged period of time.
- Keep loose batteries away from young children.

NEVER

- Dispose of batteries in a fire.
- Attempt to recharge ordinary batteries.

Taking a Weight Measurement Only

1. Place the scale on a firm, flat and even surface to ensure accuracy. Using your finger push the **■** to turn the scale ON and then wait until 0.0 is displayed.
2. Next select the weighting mode (kg / st / lb) of your choice by pushing the **▲** or **▼** buttons.
3. Step on the scale platform with your weight equally distributed on both feet and stand still.
4. Your weight will be displayed and will flash twice before it is fixed on the screen. The scale will automatically shut off after approximately 1 minute.

IMPORTANT: This initialization/calibration process below must be repeated if the scale is moved in order to get an accurate reading.

Step #1 Press the **■** to turn the scale ON.






Step #2 Wait for “0.0” to display.

Step #3 Allow the scale to automatically shut off.

Now your scale is ready to be used.

Setting User Data

To measure your body fat percentage and other physical data, you must enter your personal information.

















Memory Position	0 to 9
Sex	Male  , Female 
Athlete Mode 	Male  , Female 
Body Size (Height)	80 to 220 cm (2'7"-7'2")
Age	10 to 100 years

Athlete Mode

If you workout more than 8 hours a week and have a resting heart rate of 60bpm or below, you should use the Athlete Mode setting.

When Athlete mode is enabled an alternate algorithm is used to calculate Fat Mass. Fat Mass measurement values will be lower and Muscle Mass measurement values will be higher because the users athletic body type is taken into account.

Taking a Body Fat Measurement

- Place the scale on a firm, flat and even surface to ensure accuracy. Using your finger push the  to turn the scale ON and then wait until 0.0 is displayed.
- Next select the weighting mode (kg / st / lb) of your choice by pushing the  or  buttons. Press  to confirm.
- Then press  or  to switch between memory users 0-9. Once you have selected one press  to confirm.
- Next press  or  to select male, female or athletic male or athletic female and press  to confirm.
- Press  or  to select your height and then press  to confirm.
- Press  or  to select your age and then press  to confirm.
- Once you see - - - - displayed on the screen, step on the scale and stand still.

NOTE: Make sure you step on the scale in bare feet as socks, shoes, slippers, etc. will give you an error reading. Make sure your bare feet are moist and placed directly on the metal pads for best results.

- Your results will appear on the scale after a couple of seconds. These results will remain on the screen for approximately 1 minute.



Data that is automatically displayed

- | | | |
|-------------------|---------------|-------------------------------|
| 1. Body Fat | 4. Weight | 7. Calorie Consumption (KCAL) |
| 2. Muscle Content | 5. Body Water | |
| 3. BMI | 6. Bone Mass | |

NOTE: Do not use this scale if you are using the following devices which will interfere with electromagnetic current such as: cardiac pacemaker and implantable cardioverter defibrillators. Excessive drinking, eating, exercising, medical conditions, medications, menstrual cycle etc. may also affect the measurement results.

Evaluation of Results

Body Weight / Body Mass Index

The body mass index (BMI) is a number that is often called upon to evaluate body composition. The number is calculated from body weight and height, the formula is: body mass index = body weight: height². The measurement unit for BMI is [kg/m²].

BMI	Low	Healthy	High	Overweight
	Less than 18.5	18.5 to 25	25 to 30	30 +

NOTE: BMI only takes height and weight into account, not the composition of the weight and how much of it is fat vs. muscle. For this reason individuals with a more muscular physique will actually have a BMI in the overweight range even though they may not be. See Athlete Mode above for further clarity.

Body Fat Percentage Chart

	Men (% fat)	Women (% fat)
Essential Fat	2 - 5%	10 - 13%
Athletes	6 - 13%	14 - 20%
Fit	14 - 17%	21 - 24%
Acceptable	18 - 25%	25 - 31%
Obese	25% plus	31% plus

Male & Female Body Fat Ratio (%) (Use as a reference only)

Men					Women				
Age	Very good	Good	Average	Poor	Age	Very good	Good	Average	Poor
10-14	<11%	11-16%	16-21%	>21%	10-14	<16%	16-21%	21-26%	>26%
15-19	<12%	12-17%	17-22%	>22%	15-19	<17%	17-22%	22-27%	>27%
20-29	<13%	13-18%	18-23%	>23%	20-29	<18%	18-23%	23-28%	>28%
30-39	<14%	14-19%	19-24%	>24%	30-39	<19%	19-24%	24-29%	>29%
40-49	<15%	15-20%	20-25%	>25%	40-49	<20%	20-25%	25-30%	>30%
50-59	<16%	16-21%	21-26%	>26%	50-59	<21%	21-26%	26-31%	>31%
60-69	<17%	17-22%	22-27%	>27%	60-69	<22%	22-27%	27-32%	>32%
70-100	<18%	18-23%	23-28%	>28%	70-100	<23%	23-28%	28-33%	>33%

Body fat contains relatively little water. Therefore a person with high body fat percentage usually has water percentages below the recommended values.

Water Ratio Chart (%) (Use as a reference only)

Men			
Age	Poor	Good	Very Good
10-100	<50%	50-65%	>65%

Women			
Age	Poor	Good	Very Good
10-100	<45%	45-60%	>60%

Muscle Ratio Chart (%) (Use as a reference only)

Men			
Age	Low	Normal	High
10-14	<44%	44-57%	>57%
15-19	<43%	43-56%	>56%
20-29	<42%	42-54%	>54%
30-39	<41%	41-52%	>52%
40-49	<40%	40-50%	>50%
50-59	<39%	39-48%	>48%
60-69	<38%	38-47%	>47%
70-100	<37%	37-46%	>46%

Women			
Age	Low	Normal	High
10-14	<36%	36-43%	>43%
15-19	<35%	35-41%	>41%
20-29	<34%	34-39%	>39%
30-39	<33%	33-38%	>38%
40-49	<31%	31-36%	>36%
50-59	<29%	29-34%	>34%
60-69	<28%	28-33%	>33%
70-100	<27%	27-32%	>32%

Bone Mass

Like the rest of our body, our bones are subject to the natural development, degeneration and ageing process. Bone mass increases rapidly in childhood and reaches its maximum weight between 30 and 40 years of age. Bone mass reduces slightly the older you get. You can help reduce degeneration somewhat by eating a healthy nutritious diet, (particularly calcium and vitamin D) and by exercising regularly. With appropriate muscle building, you can also strengthen your bone structure.

NOTE: This scale will not show you the calcium content of your bones, but it will measure the weight of all bone constituents (organic substances, inorganic substances and water).

NOTE: Do not confuse bone mass with bone density. Bone density can only be calculated by a medical examination.

Bone Mass Chart (Use as a reference only)

	Men			Women		
Body Weight	<132lb / <60kg	132lb to 154lb / 60 to 70kg	>165lb / >75kg	<99lb / <45kg	88lb to 132lb / 40 to 60kg	>132lb / >60kg
Estimate Bone Weight	10lb / 4.5kg	13lb / 6.0kg	16.5lb / 7.5kg	6lb / 3.0kg	9lb / 4.2kg	14lb / 6.5kg

NOTE: To calculate calorie consumption depends on a number of different factors. These factors include age, height, current weight, activity level, metabolic health and several others.

Calorie Consumption

Kcal refers to the number of calories necessary to survive. The Basal Metabolic Rate for adults ranges between 1200 and 1800 kcal.

BMR is influenced by a number of different factors, some of which are age, gender, height, body composition, nutrition, stress, illness and climate.

An average woman needs to eat about 2000 calories per day to maintain their weight and approximately 1500 calories a day to lose one pound per week.

Men need an average of 2500 calories to maintain their weight and approximately 2000 calories a day to lose one pound per week.

Trouble Shooting

Error Message	Problem	Solution
LO	Low Battery	Replace batteries
ERR	Maximum weight has been exceeded	Reduce weight (The weight capacity is 441 lbs / 200 kg)
ERR2	Measurement Error	Check the settings, moisten the soles of your feet and try again. Measurement error will also occur in the following instances: a) Body fat percentage exceeds the maximum capacity of 50% b) Body fat percentage is under 3%

Care and Maintenance

1. Ensure the scale is on a flat, even and firm surface. Avoid carpet or soft surface as uneven floors may affect the reading.
2. Keep scale in a dry place, to protect the electronic components.
3. To clean, use a damp cloth and gently wipe the surface. Do not use solvents or immerse in water.
4. Avoid overloading the scale, otherwise permanent damage may occur.
5. Do not disassemble the scale other than to replace the batteries.
6. Do not store the scale in an upright position when not in use as this will drain the battery.
7. Avoid excessive impact or vibration to the unit, such as dropping the scale onto the floor, or objects onto the scale.

Five Year Warranty

If this product proves to be defective in material or workmanship within five years of purchase, please return it to the address below. It will be repaired or replaced without charge upon receipt of the unit prepaid with \$5.00 to cover handling, packaging and return postage. Please include proof of purchase, your full name, address, daytime phone number or email address.

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