

# User Manual

WITH  
QUICK  
START  
GUIDE

ALDI guarantees that our exclusive brand products are developed to our stringent quality specifications. If you are not entirely satisfied with this product, please return it to your nearest ALDI store within 60 days from the date of purchase for a full refund or replacement, or take advantage of our after sales support by calling the supplier's Customer Service Hotline.

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Made in China

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MINCHINBURY NSW 2770

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MODEL: 64050 PRODUCT CODE: 58697 01/2018

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YEAR WARRANTY



## BODY ANALYSIS SMART SCALE



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# Notes



## Body Analysis Smart Scale

# Repair and Refurbished Goods or Parts Notice

Unfortunately, from time to time, faulty products are manufactured which need to be returned to the Supplier for repair.

Please be aware that if your product is capable of retaining user-generated data (such as files stored on a computer hard drive, telephone numbers stored on a mobile telephone, songs stored on a portable media player, games saved on a games console or files stored on a USB memory stick) during the process of repair, some or all of your stored data may be lost.

**We recommend you save this data elsewhere prior to sending the product for repair.**

You should also be aware that rather than repairing goods, we may replace them with refurbished goods of the same type or use refurbished parts in the repair process.

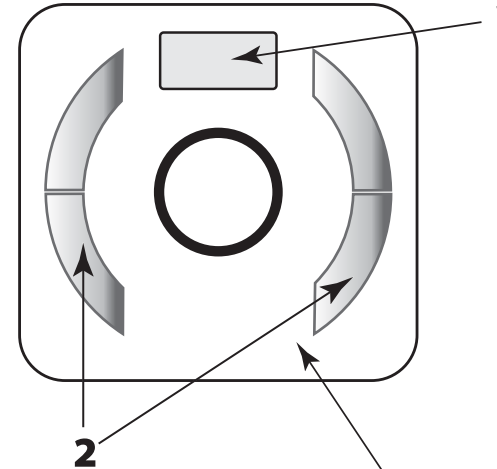
**Please be assured though, refurbished parts or replacements are only used where they meet ALDI's stringent quality specifications.**

If at any time you feel your repair is being handled unsatisfactorily, you may escalate your complaint. Please telephone us on 1300 470 038 or write to us at:

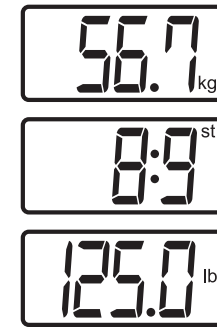
MCGLOINS-SUPERTEX PTY LTD  
 PO Box 6847, Baulkham Hills BC, NSW 2153  
 Telephone: 1300 470 038 Mon - Fri 8.30am - 5pm EST  
 Email: customerservice@mstx.com.au

## Scale Overview

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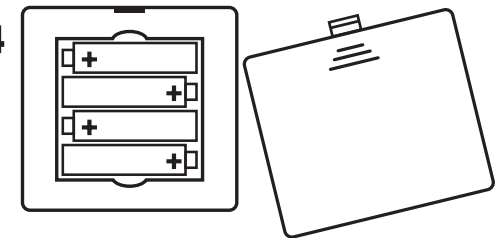
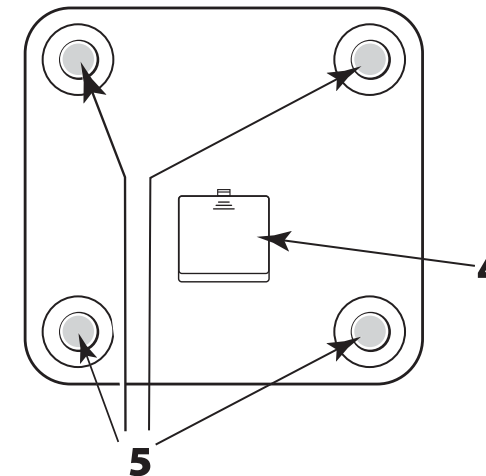
These electrodes allow a very low electrical impulse (which cannot be felt) to pass through the body. The scale applies Bioelectrical Impedance Analysis (BIA) to compute the measurements.



**1** Display - The scale's LCD shows weight only in kg. After the 'AlFit' app is downloaded, you may change the unit measure displayed on the scale. Your Smartphone can measure in kg, lb and st:lb and will display your body analysis readings

- 2** Stainless Steel Electrodes
- 3** Tempered Glass Platform
- 4** Battery Compartment & Lid
- 5** Scale 'Feet'

- Base



# Specifications

- Software - AIFit, downloadable free of charge  
Compatibility: Android 4.3 or higher; iOS 8.0 or higher
- Wireless connectivity technology (WCT)
- Tempered glass platform 310 x 310mm
- Large LCD with inverse white backlit illumination
- Four high precision stainless steel electrodes
- Units of measure - kg / lb / st lb; Changeable in App
- Capacity - 180kg / 397lb / 28st; Graduation - 0.1kg / 0.1lb
- 8 person memory
- Functions:

- Weight
- BMI (Body Mass Index)
- BFR (Body Fat Rate)
- Muscle
- Water (moisture)
- Bone mass
- BMR (Basal Metabolic Rate)
- Visceral fat
- Subcutaneous Fat
- Protein
- Step on Start
- Mother and Baby weigh mode

- Powered by 4 x AAA Aldi "Activ Energy" batteries batteries (installed)



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## Body Analysis Smart Scale

# Warranty Details

REGISTER YOUR PURCHASE AT [www.aldi.com.au/en/about-aldi/product-registration/](http://www.aldi.com.au/en/about-aldi/product-registration/) TO KEEP UP-TO-DATE WITH IMPORTANT PRODUCT INFORMATION

The product is guaranteed to be free from defects in workmanship and parts for a period of 3 years (dependent on product) from the date of purchase. Defects that occur within this warranty period, under normal use and care, will be repaired, replaced or refunded at our discretion. The benefits conferred by this warranty are in addition to all rights and remedies in respect of the product that the consumer has under the Competition and Consumer Act 2010 and similar state and territory laws.

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

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## Why Measure Body Fat and Water?

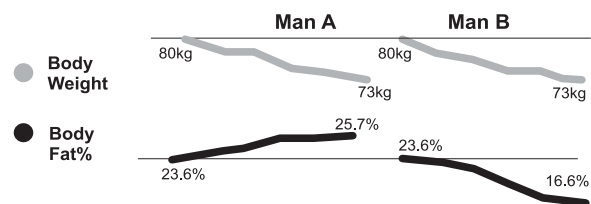
Obesity is the excess accumulation of fat in the body. Ordinary weighing scales will show if a person is heavy, but not if they are obese. For example, a heavy sports person probably has a higher proportion of muscle to fat in their body and is not obese. To judge obesity, the amount of body fat needs to be measured.

Losing weight can increase body fat! **Men A & B in the chart below**, were the same height and had the same body fat percentage when they started to diet on a health programme. Each lost a total of 7 kilograms.

Although the results appear identical, Man A simply cut the number of calories he ate. He lost weight, but his body fat percentage actually increased!

Man B combined cutting calories with an exercise program. He lost the same amount of weight as Man A but more importantly, his body fat dropped.

As shown in the accompanying tables on Page 11, the percentage of body fat in the body can vary dramatically depending on gender and age.



## About Body Fat, Water, Muscle, Bone Mass Measurement, BMI and Recommended Daily Calorie Consumption

The Easy Home® Body Analysis Smart Scale applies Bioelectrical Impedance Analysis (BIA) for measuring. In simple terms, a low electrical impulse (which cannot be felt) is sent through the body. It passes more easily through fluids in muscle tissue & blood than through fat tissue, which has a higher electrical resistance. Using a formula and the information on your gender, height, age and your calculated weight, the scale is able to compute your body fat, water, muscle and bone mass content, BMI and the amount of calories required to maintain current body composition.

Proper hydration is essential for maintaining a healthy body and a good level of energy and concentration. It is commonly accepted that if you feel thirsty, your body is already mildly dehydrated and you need to drink some fluid, preferably water. Monitoring your body water percentage helps you maintain a good level of hydration.

The bone mass reading is an estimate of the calcium content in the bones. It is not a precise medical figure and is only meant to give an indication of bone mass.

BMI is defined as the key index for relating a person's body weight to their height and correlates strongly (in adults) with total body fat content. It is a widely used diagnostic tool to identify weight problems and associated health risks. Some muscular people may have a high BMI without undue health risks.

The recommended daily calorie consumption displayed is for maintaining current body composition only. It is not a recommendation of calories required to lose or gain weight, as this will vary with how much weight you want to lose or gain and your exercise level.

## Using a Body Analysis Scale

To get the most accurate readings, please take into account the following points:

- Take measurements more than 3 hours after waking up in the morning. During sleep in the prostrate position, water distribution changes in the body, so that electrical resistance in the arms and legs increases. Some movement is required after waking up to give a stable water distribution in the body.
- Take measurements more than 3 hours after a meal. It takes 2 to 3 hours for a meal to be digested and distributed in the body.
- Excessive drinking and eating causes the amount of water in the body to increase above the normal level, so take measurements more than 24 hours later.
- Excessive drinking of alcohol or excessive exercise will cause dehydration, so also take measurements more than 24 hours later.
- If the flesh of the legs touch together, a short circuit could result, so the user needs to put some thin form of insulation between the legs to make sure the current goes right up the legs and into the body.
- With the scale being used by many different people, it is advisable to wipe the foot pads clean with methylated spirits between each user.

In general, it is best to measure your body fat, water, muscle and bone percentage in the evening, preferably wearing only underwear, and without having partaken of excessive eating and drinking, alcohol consumption and exercise beforehand. Ensure that you make repeated measurements under the same conditions.

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# General Information

## Proper Use

This product is intended for personal household use, and is not intended for commercial, trade, industrial or medical use. **This Body Analysis Smart Scale is not a medical device. It has been designed to provide personal readings which are calculated for reference values only and act as a guideline. Do not use this scale as a substitute for medical attention. If you have any concerns regarding your health, consult your doctor before using the scale.**

Please note our recommendations:

The body analysis scale functions are **not suitable** for:

- People with a pacemaker or other medical implants with electronic components. The correct functioning of the implant could be impaired or endangered.
- People with symptoms of fever, oedema or osteoporosis.
- People undergoing dialysis treatment.
- People who are taking cardio-vascular medication.
- Pregnant women.
- People under 10 yrs and over 70 yrs (the scale has not been programmed for these ages)  
*For the abovementioned people, we advise use of the scale for weighing only with the Smartphone app turned off.*

\* **BMI calculations will only be displayed for people between 18 - 70yrs**

Remove the bathroom scale from the packaging and check that there has been no damage to the scale or individual parts. If you find damage, do not use the scale. Place all items back into the original packaging and contact our Supplier's Customer Service. Details are listed on the Box and the Warranty card.

**To utilise all the body analysing functions of the scale, you must download the app 'AlFit'.** This is free of charge from your App Store. Please note the system requirements. **Without this app, the scale will act as a normal weighing device and give your weight in kilograms (kg) only.**

- Weigh yourself barefoot and without any clothing. To make it easier to compare results, we recommend weighing at the same time (preferably in the evening, before eating) and under the same circumstances.

- Measurement of the body fat and water content as well as muscle and bone mass is only possible **with bare feet.**

- The measured values may be distorted if you measure yourself immediately after doing sport or you have not eaten and/or drunk enough fluids over the day, or if you have not placed your feet correctly over the electrodes.

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## The User Manual

Before using the device for the first time, please read the instructions through carefully and store them in a safe place. If the device is given to someone else, it should always be accompanied by these instructions. The manufacturer and importer do not accept any liability if the information in these instructions is not complied with.

## Dangers of Injury

- Keep the packaging material away from children and animals to avoid suffocation.
- The device is not a toy and must not be left with children and animals unsupervised.
- Avoid slipping. Ensure you do not stand on the scale with wet feet and the scale platform is dry.

## Battery Warnings

- Non-rechargeable batteries are not to be recharged.
- Only use batteries of the same or equivalent type.
- Batteries are to be inserted with the correct polarity.
- Should a battery have leaked, do not allow your skin, eyes and mucous membranes to come into contact with the battery acid.
- Remove exhausted batteries from the product.
- Remove batteries from the battery compartment when not in use.
- Never throw batteries in a fire or attempt to open up their outer casing.

**BATTERY WARNING:**  
**INTERNAL BURNS / CHOKING HAZARD**  
Swallowing batteries may lead to serious injury or death (severe burns can occur within 2 hours).  
**IMMEDIATELY SEE A DOCTOR**



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**Emergency Telephone Number**  
000  
**Poisons Information Centre**  
13 11 26

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**KEEP BATTERIES OUT OF REACH OF CHILDREN**  
*Dispose of batteries immediately and responsibly*

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## FAQ *Continued*

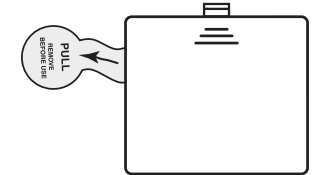
### Q My scale displays erratic differences in weight

**A1** If you are using the scale on carpet or a flexible floor material such as a chair mat, it will show different, inaccurate weights due to the instability of the floor. Please ensure you place the scale on a flat and level, solid surface.

**A2** Do not step on and off the scale in quick succession.

### Q The display on my new scale is blank

**A** Ensure that you have completely pulled out the plastic insulating tape from the battery compartment. This should allow the scale to power up and function.



### Q The display on my scale is blank after I have changed the batteries

**A1** Ensure that the battery cover is closed correctly and securely. If the cover is not closed securely, the batteries may have been dislodged.

**A2** Ensure the batteries are inserted with the correct polarity - '+' and '-' terminals in the correct direction.

### Q Why doesn't my scale display my body analysis readings?

**A** Your scale is programmed to display body analysis measurements only on your Smartphone using the App. Your scales' LCD will only display weight.

### Q Why isn't there any connection between my Smartphone and my scale?



**A1** Go to the 'Menu List'. Open 'My device'. Click on the scale ID and 'Pair' the devices.

**A2** Turn off the WCT function in your Smartphone, then turn it on.

**A3** Ensure your scale is not 'paired' to another similar device

**A4** Remove the batteries from the scale. Reinsert them or replace them with fresh, new batteries.

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# Frequently Asked Questions

## **Q Is the Body Analysis Scale safe to use if you have a medical device or implant?**

**A** Persons with pacemakers or other electronic medical implants should not use the scale. The correct functioning of the implant could be impaired or endangered. Persons with non-electronic medical implants may safely use the scale. Any metallic implant in your body could affect the body fat reading, giving a slightly lower than normal reading. However, since the metal will continue to have the same effect on the reading each time you use the scale, you can still use it to successfully track the relative change in body fat over time.

## **Q My scale displays 'Lo' when I stand on it to weigh myself**

**A** The 'Lo' message signals that the batteries in the scale must be replaced. Turn the scale over and remove the spent batteries from the battery compartment. Insert 4 new batteries ensuring polarity is correct by corresponding the positive (+) and negative (-) terminals with the markings inside. Remember to always use fresh, good quality batteries.

## **Q Why won't my Smartphone display my body analysis readings?**

**A1** Ensure the app has been downloaded to your Smartphone. Ensure you are standing directly on the stainless steel electrodes in barefeet (no shoes, socks or stockings).

**A2** Are your feet are very dry or do you have cracked heels? These can prevent the very low electrical impulse from passing through your body. Moisten your feet slightly with a warm face washer before you step onto the scale, or use after a warm bath or shower. Ensure you remove any excess water from the scale to prevent slipping or water entering inside the scale causing damage.

**A3** A 'short circuit' can result if the flesh of your thighs touch. Place some thin form of 'insulation' (like a piece of paper or cardboard) between your thighs. This ensures the very low electrical impulse travels up your legs and into your body.

## **Q How do I change weight and height units?**



**A** Go to the App Menu List and select 'Unit'. Here you will be able to change the unit measures for weight and height.

Note: The 'Visitor' user cannot change the units.

## **Q My scale displays 'Err' when I stand on it**

**A** The 'Err' message will display if the weight on the scale exceeds its capacity which is 180kg / 397lb / 28st. Step off it immediately to prevent damage.

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
## **Caring for your Scale**

- Always check the device for damage before each use. Do not use the device if it has visible signs of damage.
- If the device is broken, do not attempt to dismantle the scale and make repairs yourself as this would void your warranty. In the event of any damage, you should contact our Supplier's customer service department on 1300 470 038.
- Always place the device on a dry, even and firm surface. Soft surfaces, such as long pile carpets, may distort the measurement result.
- Keep the device away from sources of heat such as ovens or naked flames.
- Do not expose the device to extreme temperatures, wide temperature variations, moisture, wet conditions or direct sunlight.
- The device should only be used in closed indoor rooms with a temperate climate. When the device is brought from a cold room into a warm room, condensation can form. Allow the device to warm back up to room temperature before you use it.
- Do not drop the device or allow it to be knocked violently. Make sure that no objects can fall onto the scale as the glass could be damaged.
- Never jump onto the device so that you do not damage the device.

## **Cleaning your Scale**

- To clean your scale, wipe the glass platform with a slightly damp cloth when necessary. Dry it to prevent a slippery surface.
- Never immerse the device in water or other liquids. No liquid must be allowed to enter the device.
- Do not use any caustic or abrasive cleaning agents. These can damage the surface.

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# Quick Start Guide

1. **Remove the insulating tape from the battery compartment.** Make sure the battery lid is securely closed.

2. **For simple, conventional weighing only,** place the scale on a hard, flat even surface. As this is a 'Step-on Start' scale, gently step onto the scale and keep still. Your weight will be displayed immediately in kilograms only. It turns off automatically.

3. **To prepare your Smartphone for body analysis:**

a. **Download the free App 'AIFit'** from the Google Play Store (Android) or App Store (iOS). The app requires iOS 8.0 or higher, or Android 4.3 or higher. Both operating systems use WCT (wireless connectivity technology). Ensure this feature is turned on and both your scale and Smartphone are 'paired'. The 'C' symbol in the scale's LCD, confirms that connection has been successful.

b. **Register** with your e-mail address and a password (Your details will not be shared with third parties).

c. **Create and Manage User Profile.**

Enter your profile (name, gender, height, date of birth and your desired target weight). Press 'Done' to confirm. The main menu appears.

To add other user profiles (maximum 8 Users), press '+', then 'Done' to confirm. You can now toggle between different user profiles.

d. Once in the 'App', the weight unit may be changed. The default setting is Kgs. Go to 'Settings' and change from metric (kg, cm) to imperial (lb, st, inch)

4. **Calculating Body Fat & Water Content, Bone & Muscle Mass, BMI & BMR**

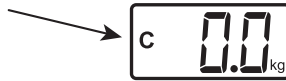
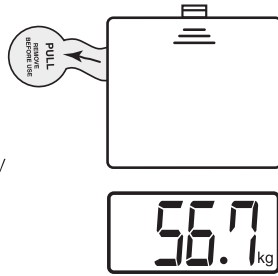
a. After following the above steps, analysis can now take place. Place the scale on a hard, flat even surface. Avoid carpet. Then open the 'AIFit' app

b. Gently step onto the scale and keep still. Your weight will be displayed and the other values are calculated immediately after this. They can be viewed in the main menu of your Smartphone app, in this order:

- Weight • BMI (Body Mass Index) • BFR (Body Fat Rate) • Muscle • Moisture (water)
- Bone mass • BMR (Basal Metabolic Rate) • Visceral fat • Subcutaneous fat • Protein rate • Body age • Standard weight • Weight control • Body fat • Weight without fat
- Muscle weight • The amount of protein • The degree of obesity

c. Alongside each value is a rating such as insufficient, normal or high. For more details, select and open each classification

d. The 'AIFit' app also offers functions like Baby Weighing, Statistics, and Weight Encyclopaedia.



# Reference Table

Body Fat %									
Female	Low	Fit	High	Higher	Male	Low	Fit	High	Higher
AGE					AGE				
< 30	< 16	≥16 - < 24	≥ 24 - < 30	≥ 30	< 30	< 10	≥10 - < 21	≥ 21 - < 26	≥ 26
≥ 30	< 19	≥19 - < 27	≥ 27 - < 30	≥ 30	≥ 30	< 11	≥11 - < 22	≥ 22 - < 27	≥ 27

Moisture (Body Water %)			
AGE	Female	Male	Corresponding Hydration Level
10 - 70	≥ 60	≥ 65	High
	≥ 45 - < 60	≥ 55 - < 65	Normal
	< 45	< 55	Insufficient
			Weight scope of hydration: < 45% to > 65.0%

Muscle %			
AGE	Insufficient	Normal	High
10 - 70	< 30	≥ 24 - < 30	≥ 60
	> 40	≥ 27 - < 30	≥ 65

Bone Mass				
Female	Body Weight	Insufficient	Normal	High
	< 45kg	> 1.7	≥ 1.7 - ≥ 1.9	> 1.7
	≥ 45 - < 65kg	> 2.1	≥ 2.1 - ≥ 2.3	> 2.1
	≥ 60kg	> 2.4	≥ 2.4 - ≥ 2.6	> 2.4
Male	< 60kg	> 2.4	≥ 2.4 - ≥ 2.6	> 2.6
	≥ 60 - < 75kg	> 2.8	≥ 2.8 - ≥ 3.0	> 3.0
	≥ 75kg	> 2.4	≥ 3.1 - ≥ 3.3	> 3.3

Body Mass Index (BMI)			
Thin	Fit	Over weight	Fat
< 18.5	≥ 18.5 - < 24	≥ 24.0 - < 28	≥ 28

Visceral Fat		
Fit	Alert	Danger
< 9	≥ 9 - < 14	≥ 14 - ≥ 30

Protein Rate %			
	Insufficient	Normal	High
Female	< 14	≥ 14 - ≤ 16	> 16
Male	> 16	≥ 16 - ≤ 18	> 65

## WARNING

Do not use this product if you have a pacemaker or other internal electronic devices. Artificial joints may contribute to a skewed reading but the scale can still be safely used. People undergoing dialysis treatment, taking cardiovascular medication or experiencing symptoms of fever, oedema or osteoporosis are also advised against using the scale for body analysis. Note that the scale has not been programmed for body analysis on people under 10 and over 70 years of age.

**Using the scale whilst pregnant:** Whilst there is no known, documented health risk, we would advise pregnant women to use the scale for weighing only with your Smartphone app turned off.

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It has been designed to provide personal readings which are calculated for reference values only and act as a guideline.

**Do not use this scale as a substitute for medical attention. If you have any concerns regarding your health, consult your doctor before using the scale.**

**BMI** is defined as the key index for relating a person's body weight to their height and correlates strongly (in adults) with total body fat content. It is a widely used diagnostic tool to identify weight problems and associated health risks. Some muscular people may have a high BMI without undue health risks.

**BMI = Body weight in kilograms ÷ height in metres squared.**

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## Other Functions

**Toggle or manoeuvre your way around the different functions by pressing 'Settings', 'swiping' your screen sideways or up and down or pressing arrows.**

The 'AlFit' app offers other functions. Press the 'Settings' symbol (☰), top right of your phone screen to view the Menu list. See Pic C on the right, 'Menu list'

### • Baby Scale Mode

This tare function is handy for keeping track of your baby's weight.

1. Create a new profile for your baby
2. Once the profile has been created, you are automatically directed to the main menu
3. Select 'Baby Scale Mode'
4. **First step** is to stand on the scale and measure your weight. Then step off it.

**Second step** is to stand on the scale with your baby.

The App automatically computes your baby's weight and then asks if you want to save it.

5. Exit 'Baby Mode' by pressing the 'Settings' symbol and then 'Normal Mode'.

### • Weight Encyclopedia

Here you will find a brief explanation on standard weight, BMI and calculation.

Under 'Wt. Reference', you will have access to growth charts for male and female babies (to be used as a guide only)

### • Weighing Reminder

This function allows you to set up two reminders for weighing in the morning (preferably before breakfast) and at night (preferably before bedtime)

### • Share application

Share your readings with family, friends and people you know via social media

- **Unit** - Please refer to Page 7 - 'Resetting the Unit Measure'

### • My Device

Here you can connect (pair) your Smartphone and the scale manually if automatic connection has failed. It also allows you to disconnect the devices.

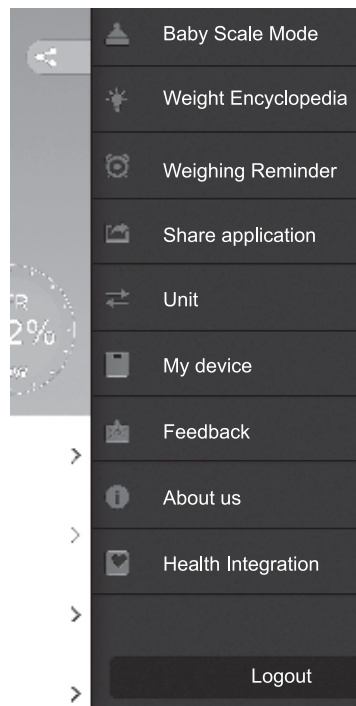
- **Feedback** - Suggestions and comments are welcome

- **About Us** - Check for software updates here and download for use

### • Health Integration (applies to iPhones only)

The Health App shows your health and fitness information all in one place. You are able to track health information from multiple sources, like compatible and fitness accessories.

### C. Menu list



## Operating Instructions

Before using the Body Analysis Smart Scale for the first time, please read the instructions through carefully and store them in a safe place for future reference. If the device is given to someone else, it should always be accompanied by these instructions.

### \* REMOVE THE INSULATING TAPE FROM THE BATTERY COMPARTMENT

The scale has two operating modes:

- **Conventional Weighing** - Place the scale on a hard, flat even surface. As this is a 'Step-on Start' scale, gently step on and keep still. Your weight will be displayed immediately, **in kilograms only**. It turns off automatically.
- **Body Analysis** - the 'AlFit' App must be downloaded on your Smartphone and 'paired' with the scale. **Body analysis cannot be performed without this application.** Resultant analysis measurements will only be displayed on your Smartphone. Only your weight will be displayed on the scale.

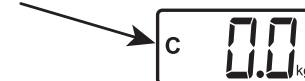
### Downloading application and creating an account

1. **Download the free App 'AlFit'** from the Google Play Store (Android) or App Store (iOS). The app requires Android 4.3 or higher or iOS 8.0 or higher.

2. Both operating systems use WCT (wireless connectivity technology). Ensure this feature is turned on and both your scale and Smartphone are 'paired'.

The symbol 'C' in the scale readout, confirms that connection has been successful.

3. Register with your e-mail address and a password (Your details will not be shared with third parties).



### Creating and Managing User Profile

**The application allows only 8 User profiles per device**

1. Enter your profile (name, gender, height, date of birth and your desired target weight). Press 'Done' to confirm. The main menu appears.
2. Up to 8 user profiles may be entered by pressing '+' in your profile
3. Enter other users' profiles (name, gender, height, date of birth and desired target weight) then press 'Done' to confirm.
4. You can toggle between the profiles by selecting the profile from the profile menu and selecting either the weighing or the statistics function. The app switches to the chosen user profile.

### Resetting the Unit Measure

1. Go to the settings symbol (☰) at top right of your phone screen or swipe your screen from left to right, then select 'Unit'.
2. Reset the unit for weight and/or for height. The default setting for weight is 'Kilograms'. Change from metric (kg, cm) to imperial (lb, st, inch).
3. When you press the arrow to exit, the unit measure is automatically updated.

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#### AFTER SALES SUPPORT

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# Body Analysis

## Weighing for Analysis

The measurement results which are calculated, are only reference values and act as a guideline. Do not use this scale as a substitute for medical attention. If you have any concerns regarding your health, consult your doctor before using the scale.

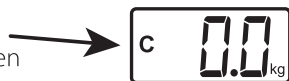
To ensure successful analysis, shoes, socks or stockings MUST be removed when using the scale

1. Place the scale on a hard, flat even surface. Do not use on carpets, rugs or even chair mats as the scale will not give you accurate readings.

2. Ensure the WCT (wireless connectivity technology) feature is turned on in your Smartphone.

3. Open the app 'AIFit'. The app attempts to connect to the scales.

The symbol 'C' confirms that connection has been successful.



**Note:** Whilst more than one Smartphone can be paired with the scale, only one can be actively connected to the scale at any one time.

4. As this is a 'Step-on Start' scale, gently step onto the scale and keep still.

5. Once your body weight has been established, the display begins to flash. The other values are calculated immediately after this.

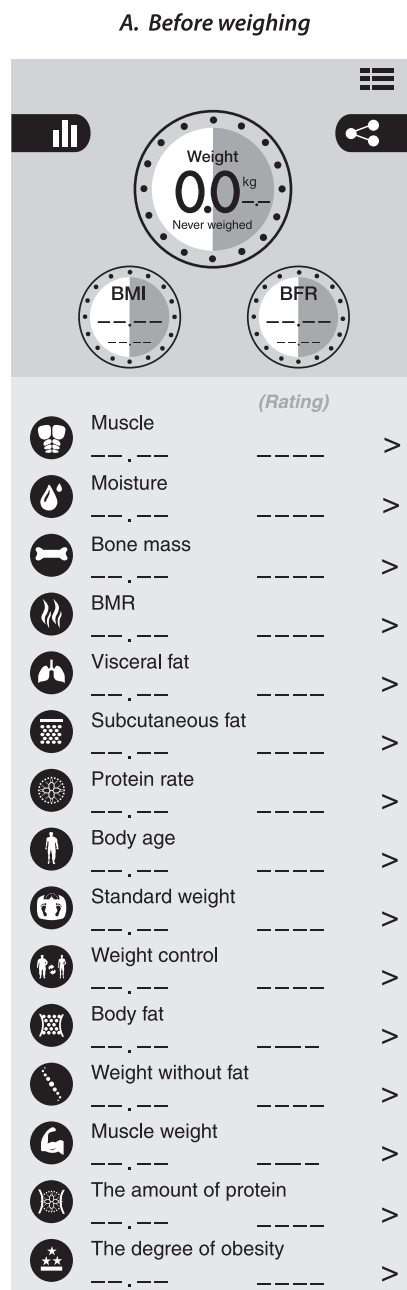
6. Remain still on the scales until they automatically switch off, or all of the data is displayed in the app.

Your weight will be displayed and the other values are calculated immediately after this.

They can be viewed in the main menu of your Smartphone app.

**Note that body analysis measurements will not be displayed in the scale readout.**

See Pic A on the right, 'Before weighing'



7. Alongside each value is a rating based on your weight, height and age. See Pic B 'After weighing'

For example, the percentage of muscle in your body will confirm if you have 'Insufficient', 'Normal' or 'High' content.

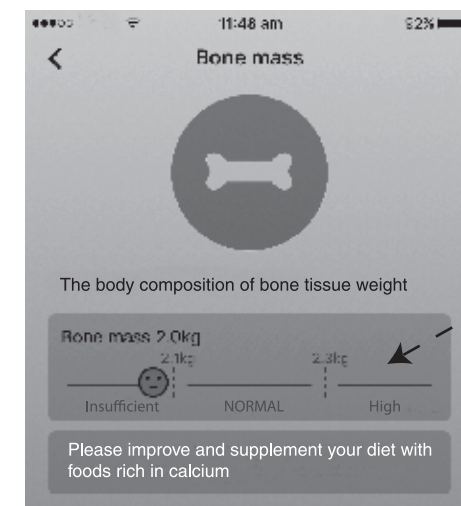
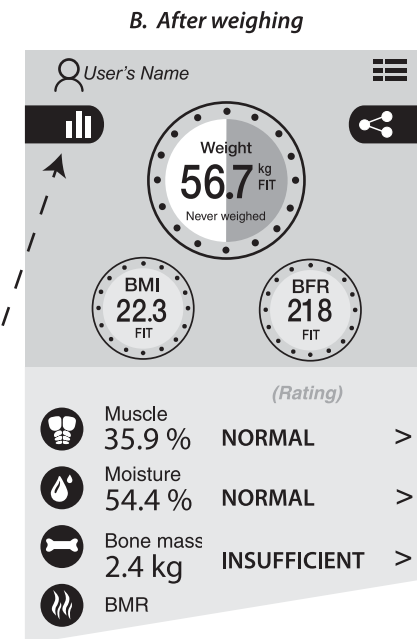
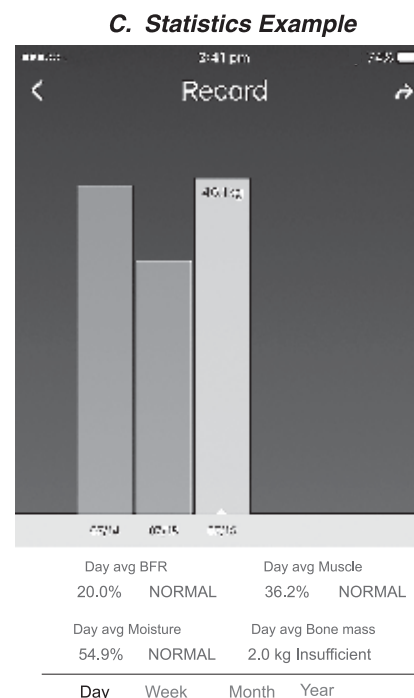
Bone weight will also indicate if you have 'Insufficient', 'Normal' or 'High' content.

8. Pressing '>' in each classification opens up more details on the analysis.

## 9. Statistics

You can also view your daily, weekly, monthly and annual statistics by pressing the symbol shown.

See Pic C 'Statistics Example'



Refer to tables at the end of this booklet.

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