



BLUESTONE

Digital Body Fat Scale Instruction Manual

Model:80-5117

Thanks for your choosing our scale,Before using products for the first time,please read carefully the instruction manual for operating and keep these for future reference.

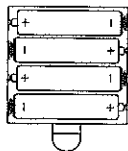


1. Product Description:

- a) High precision strain gauge sensor system
- b) Maximum capacity: 180kg Minimum capacity: 5kg
- c) Backlight LCD size: 74x73mm
- d) Memory: 10 users.
- e) Operation temperature: 10-40 °C
- f) Power supply: 4x1.5V AAA batteries
- g) Units: kg, lb, st:lb

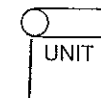
2. Battery Installation

- a) Before using the scale for the first time, check the battery compartment and remove any plastic insulation strips or packaging that may be in place to prevent battery drainage during shipping/storage.
- b) If you are replacing the batteries, make sure the positive and negative contacts are properly aligned.



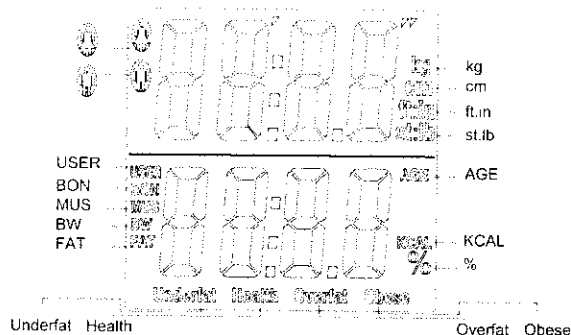
3. Setting of the desired weight units:

- a) Press the UNIT key on the bottom of the scale to select unit of measure.
- b) If the scale is turned off then back, it will default to the last unit used.



Unit Key (kg, lb, st:lb)

4. LCD drawing



5. Key Description

- ▲ ----- Press it to change the data during setting.
- SET ----- Press it to confirm the data when input, and Open key.
- ▼ ----- Press it to change the data during setting.

6. Weight measurement

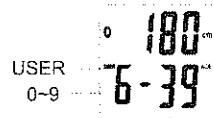
- a) Place the scale on the flat, level surface. Do not weigh on carpet as it may affect accuracy.
- b) Step onto the platform. Once the weight has stabilized, it will be locked data on the display.
- c) The scale will turn off automatically after 10 seconds of non-use.

Note: please ignore the first time weight.

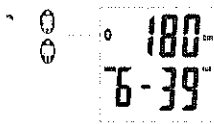


7. Input of USER data for measurement

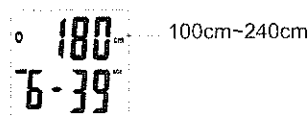
a) Press the SET key, the LCD flashing "USER" and user number.
To select the USER number (0-9), press the ▲ key or the ▼ key.
Press the SET key to confirm it.



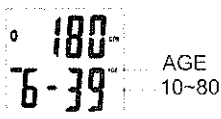
b) To select the gender, press the ▲ key or the ▼ key.
Press the SET key to confirm it.



c) To input the body height, press the ▲ key or the ▼ key.
Press the SET key to confirm it.



d) To input the AGE, press the ▲ key or the ▼ key.
Press the SET key to confirm it.



The USER data will be stored, please remember USER number in mind,
then you just need to find your number only next time.

8. Body weight, FAT %, BW %, MUS%, BON% and KCAL measurement

Step 1 Before the use open the power switch (SET key).

Step 2 Place the scale on the flat, level surface, don't weight on carpet as it may affect accuracy.

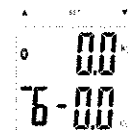
Note:

1) Please select your USER number(0-9) or input USER data(USER number, Gender, Body height, AGE) before standing on the scale. otherwise, it can only measure your weight but can't measure the correct FAT %, BW %, MUS%, BON% and KCAL.

Step 3 Press (touch) the SET key to select USER number(0-9).

Step 4 Wait for the display to show "0.0".

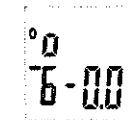
When the scale display "0.0", it is ready to begin weighing, otherwise the scale will automatically off after a few seconds.



Step 5 Step on the scale with bare feet on stainless steel of the platform, keep your feet clean and dry, in order to good touch with the electrodes metal sheet.

Once the weight has stabilized, it will be locked on the display.

Step 6 Body measurement will commence as the display shows a moving "0".



Step 7 When measurement is complete, measurement (included Body weight, FAT %, BW %, MUS%, BON% and KCAL) will cycle on the display three times before auto-off.

FAT % and BW % Reference List

Age	Women		Man		Remark
	Fat(%)	Water(%)	Fat(%)	Water (%)	
≤30	4.0-20.5	66.0-54.7	4.0-15.5	66.0-58.1	Under fat
	20.6-25.0	54.7-51.6	15.6-20.0	58.0-55.0	Normal
	25.1-30.5	51.5-47.8	20.1-24.5	54.9-51.9	Over fat
	30.6-80.0	47.7-13.8	24.6-80.0	51.8-13.8	Obese
>30	4.0-25.0	66.0-51.6	4.0-19.5	66.0-54.5	Under fat
	25.1-30.0	51.5-48.1	19.6-24.0	55.3-52.3	Normal
	30.1-35.0	48.0-44.7	24.1-28.5	52.2-49.2	Over fat
	35.1-80.0	44.6-13.8	28.6-80.0	49.1-13.8	Obese

MUS% and BON% Reference List

Age	Women		Man	
	Muscle(%)	Bone(%)	Muscle(%)	Bone(%)
16-50	>31	>8	>38	>10

9.Error Codes

a) Lo- Batteries are low. Replace the batteries.

Lo

b) Err- Maximum capacity exceeded. This scale cannot be used to give measurements over 180kg.

Err

c) Errl-The LCD will display "Errl" when the test fail or the body fat percent under 5% or over 50%

Errl

10.Faulty measurement:

If an uncertainty has occurred during measurement, For instance, due to the movement and other when measuring, then "Err" will appear on the LCD.

Care Tips

- Avoid dropping your scale.
- The warranty does not cover damage due to rough treatment
- Clean the scale with a slightly damp cloth. Do not use harsh solvents.
- Avoid children, pregnant woman, old person to use.
- To avoid leakage, remove the batteries when storing the scale for extended periods of time.
- Check the batteries first if you are having any trouble with your scale. This simple step can remedy most scale issues.
- Store your scale in a clean, dry location. Dust dirt and moisture can accumulate on the weighing sensors and electronics causing inaccuracy of malfunction.
- The scale could not be used for the person have a pacemaker inside or with any other medical transplanting. The impedance passed through our body will have disturbance of the normal working of medical equipment.
- This scale is for family use only, could not do the medical job with any other medical equipment; we do not advise to use it as a medical equipment.
- The body fat reading will be varied with the amount of body water and following factor will affected body fat percentage reading. Diet style, drinking too much alcohol, heavy exercise, certain prescription drugs or diuretics, illness, or woman's menstrual cycle.