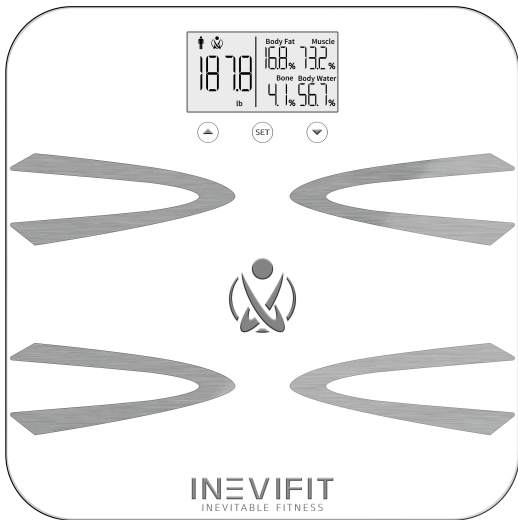




INEVIFIT
INEVITABLE FITNESS

Body-Analyzer Scale

- Instructions -



- Model: I-BA002W

Visit Us: www.inevifit.com

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WARNINGS

DO NOT USE OR ALLOW THE USE OF THE INEVIFIT BODY-ANALYZER IF:

- The User is pregnant.
- The User's body or feet are wet.
- The User is under 10 years of age.
- The User weighs more than 400 lbs or 180 kgs.
- The Body-Analyzer surface is wet.
- The Body-Analyzer is on unlevel floor.
- The Body-Analyzer is on the carpet or soft floor.
- The User uses medical electronic implants such as pacemakers.
- The User uses an electronic life support system such as an artificial heart/lung.
- The User uses a portable electronic medical device such as an electrocardiograph.

NOTE: This scale passes a harmless and unnoticeable electrical current through the body when performing a body composition analysis. This electrical current is not felt while using the scale, however, it may cause the above-mentioned medical devices to malfunction. If the user has had surgery and has metal implants the reading from their body composition analysis may be less accurate.

DO NOT DO THE FOLLOWING WITH THE INEVIFIT BODY-ANALYZER:

- Do not step on the edge of the scale while getting on or off, since it may cause the scale to tip over.
- Do not jump on the scale as this may damage the sensors.
- Do not place or store the Body-Analyzer near places with significant temperature fluctuations.
- Do not place or store the Body-Analyzer too close to heat sources.
- Do not drop the Body-Analyzer or drop any objects on it as this may damage the sensors.
- Do not submerge the Body-Analyzer in water or use chemical/abrasive cleaning agents.

INTRODUCTION

Thank you for choosing INEVIFIT to aid you in your fitness journey. We have designed the INEVIFIT Body-Analyzer Scale to make your life easier when it comes to tracking your fitness progress and we strive to provide every customer with the ultimate INEVIFIT Experience. For more information About Us please visit: www.inevifit.com

Our Body-Analyzer Scale measures weight and uses bio-electrical impedance analysis (BIA) technology to estimate body fat percentage, total body water percentage, bone mass and total body muscle percentage in generally healthy adults and adolescents. It is intended for home use only.

Your INEVIFIT Body-Analyzer Scale comes with the following;

- INEVIFIT Body-Analyzer Scale
- Instruction Manual
- 4 AAA batteries
- 5-Year INEVIFIT Manufacturer's Warranty

Note: Be sure to save the following information for your 5-Year Warranty.

Date of Purchase:	
Place of Purchase:	
Order Confirmation ID	

Please read this full instruction manual carefully before use.

If you have any questions regarding the operation of your INEVIFIT Body-Analyzer Scale, please feel free to contact us and we will be glad to provide you with the ultimate INEVIFIT customer service experience.

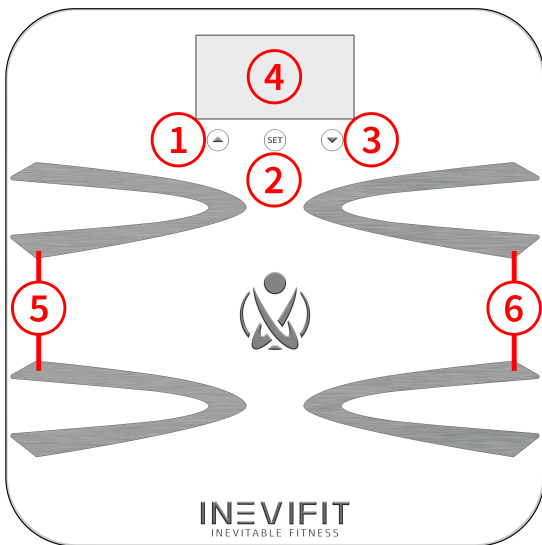
Email: support@inevifit.com

Phone: 1-800-998-7974

Website: www.inevifit.com

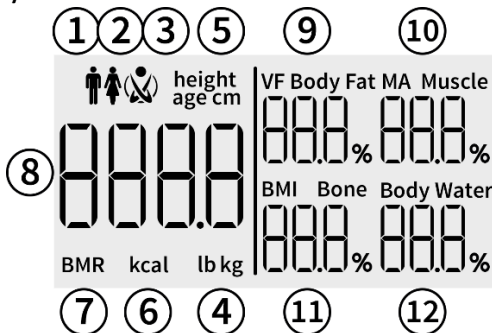
KNOW YOUR SCALE

INEVIFIT Body Analyzer



1. Up Button – Used to input data and switch through options
2. SET Button – Used to confirm data and switch through options
3. Down Button – Used to input data and switch through options
4. LCD Display – Used to view results and information
5. Left-Foot Electrodes – Used to run a bio-electrical impedance analysis (BIA) during the body composition analysis
6. Right-Foot Electrodes – Used to run a BIA during the body composition analysis
7. Battery Port (Backside) – Stores the Body-Analyzer’s batteries

LCD Display information



1. Male – Defines User Gender
2. Female – Defines User Gender
3. Athlete – Requires more than 10 hours/week of physical activity.
4. Weight Unit – Defines the unit of weight measured; lbs or kgs.
5. Height Unit – Defined in Feet & Inches or Centimeters
6. Kilo-calorie – Used to show Basal Metabolic Rate
7. Basal Metabolic Rate –The energy (kcal) required at rest in a day.
8. Weight value – Shows the weight of the user
9. Body Fat & VF (Visceral Fat) Display Area.
10. Muscle Mass & MA (Metabolic Age) Display Area.
11. Bone Mass & BMI (Body Mass Index) Display Area.
12. Body Water & Profile number Display Area.

INSTRUCTIONS




Change Unit of Measurement

To change the unit of measurement to “Metric” (Kilograms & Centimeters) or “Standard” (Pound & Inches) simply:

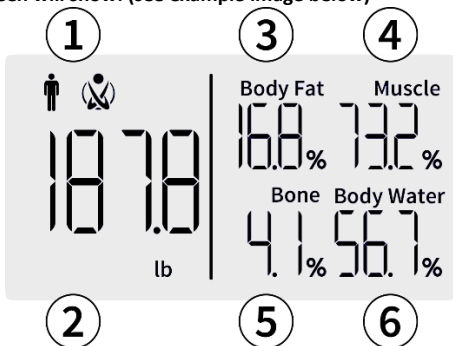
1. Tap the “SET” button to wake up your Body-Analyzer Scale
2. Change between the different Units of Measurement by double tapping the Down Arrow.
3. You are done! Simply wait for the scale to turn off and the selected Unit of Measurement will automatically be save for future uses.

Information In → Information Out

In order for the Body-Analyzer Scale to provide the user with a body composition analysis, the user must create a user profile by entering their “Basic Personal Data” which the Body-Analyzer Scale will then use to complete the body composition analysis. To successfully input the “Basic Personal Data” each user must input the following information:

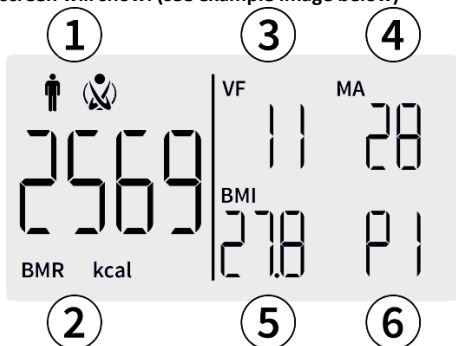
1. Select preferred User Profile number “P#”
2. Input User Gender  (male) or  (female) and Athletic setting  (active mode)
3. Input User Age
4. Input User Height

Upon the completion of the body analysis, the Body-Analyzer will provide you with the following results and information by switching between two screens; **The first screen will show: (see example image below)**



1. Profile Gender and Activity Mode (normal or athletic)
2. User Weight
3. User Body Fat Percentage
4. User Total Body Muscle Percentage
5. User Bone Mass Percentage
6. User Total Body Water Percentage

The second screen will show: (see example image below)



1. Profile Gender and Activity Mode (normal or athletic)
2. User Basal Metabolic Rate (BMR)
3. User Visceral Fat Score
4. User Metabolic Age
5. User Body Mass Index
6. User Profile Number

Note: Each set of information will be displayed for 7 seconds and then switched to the next set of information. Both sets of information will be displayed twice before the Body-Analyzer turns off.

First Use Getting Started:

Turn on the Body-Analyzer Scale by installing the four AAA batteries in the battery compartment located in the back side of the scale.

Auto Calibration:

This unit is equipped with four auto calibrating sensors. To auto calibrate, simply place it on a hard and level surface and quickly step on and off the scale to allow the scale to turn on and display "0.00". Once the scale has the "0.00" on the display it has been calibrated. If you physically move the scale or store it vertically, perform the auto calibration procedure.

Entering User's "Basic Personal Information":

1. Press the SET button 2X until the "P0" profile is flashing. Here you can select the user profile # used to store the "Basic Personal Data" entered. We recommend starting with P1 for the first user and storing additional users in chronological order. When the user's preferred "P#" profile is selected simply press the SET button.
2. Next, the user will select their gender and level of physical activity. Here the options are; Male, Athletic-Male, Female, or Athletic-Female. Simply use the Up and Down Buttons to toggle through the options. Once best option is displayed press the SET button to proceed.
3. The user's Age will then need to be entered by using the Up, Down Buttons and SET to confirm.
4. Finally, the user's height should be entered using the Up, Down Buttons and SET to confirm.

Congrats! The first user is now set to begin using the INEVIFIT Body-Analyzer Scale. Now simply look for a flat and level hard floor where you can place your scale. If additional users will be added to the scale, simply use a different profile "P#" and repeat the process above.

Note: The User Profile MUST be setup and selected before the first body composition analysis can be performed. Failure to setup your profile, will result in the Body-Analyzer providing only weight readings.

Using the Body-Analyzer Scale:

1. After entering the user "Basic Personal Information", you can now place your scale on a flat and level surface.
2. Simply step onto the scale with bare feet and ensure that your feet are properly placed above the electrode on each side.
3. The Scale will get your weight and then begin blinking "8888" as it performs the Body Composition Analysis. During the process make sure that you remain still and that you do not hold on to any objects that may alter the accuracy of the results.

Auto-User Recognition:

After the Body-Analyzer Scale has been properly setup with the user's "Basic Personal Information" it will automatically detect the user on future uses. The Body-Analyzer Scale utilizes saved weight history to determine which user is being analyzed. In the case where two users have similar weights saved in the memory of the scale, the Body-Analyzer Scale will give the user an option to confirm which profile "P#" to use for the body composition analysis. To confirm the user profile, simply use Up or Down Buttons to select the appropriate profile "P#" that should be used in the body composition analysis.

Pre-Select User Mode:

To Pre-Select a user profile, press the SET Button 2X and use the Up/Down Buttons to confirm the profile. Once the user profile is selected, wait for 3 seconds until the "P#" stops blinking. The Body-Analyzer is now ready to take the Pre-Selected User's body composition analysis.

Recall Last Body Composition Results:

To recall the last body composition results, press the SET button to wake up the scale. Then quickly tap the UP arrow three times (3X) to display the last recorded body composition results on the screen.

Reset: Erase All User Profiles:

To "reset" or erase all user profiles, press the SET button to wake up the scale. Then firmly hold both the UP and DOWN arrows at the same time for seven seconds. After the seventh second the screen will display "Clr" which confirms that all user memory has been cleared from the system. In order for the Body-Analyzer Scale to provide Body Composition readings, the unique profile information must be re-entered for all users.

UNDERSTANDING THE BODY COMPOSITION ANALYSIS

Body Fat:

Body fat is essential for maintaining energy, body temperature, cushioning joints and protecting internal organs. The energy/calories that our body needs come from what we eat and drink. Energy is burned through physical activity and general bodily functions. If you consume more than you burn, excess calories are stored in fat cells. If this stored fat is not converted into energy later, it creates excess body fat. A normal body fat level varies with age, activity level and gender. For example, it is normal for women to record up to 10% higher values than men.

Too much fat can damage your long-term health. Reducing excess levels of body fat has been shown to allow individuals to live a healthier life. This is why it is important to maintain a healthy level of body fat throughout your whole life.

Female Body Fat % Reference Chart

Age	Low	Average	Above	High
20-29	<19	20-28	29-31	>31
30-39	<20	21-29	30-32	>32
40-49	<21	22-30	31-33	>33
50-59	<22	23-31	32-34	>34
60+	<23	24-32	33-35	>35

Male Body Fat % Reference Chart

Age	Low	Average	Above	High
20-29	<13	14-20	21-23	>23
30-39	<14	15-21	22-24	>24
40-49	<16	17-23	24-26	>26
50-59	<17	18-24	25-27	>27
60+	<18	19-25	26-28	>28

Note: Short term fluctuations are normal. We recommend that you chart your progress over time rather than focus on a single day reading. To get the most reliable reading it is important to use your Body-Analyzer Scale at a consistent time of day under consistent conditions.

Body Water:

Water is an essential part of staying healthy. Over half of the body consists of water. It regulates body temperature and helps eliminate waste. You lose water continuously through urine, sweat and breathing, so it's important to keep replacing it. The amount of fluid needed every day varies from person to person and is affected by climatic conditions and how much physical activity you undertake. Being well hydrated helps concentration levels, sports performance and general wellbeing. Experts recommend that you should drink at least two liters of water each day. If you are training, it's important to increase your fluid intake to ensure proper hydration levels throughout your day.

Female Body Water % Reference Chart

Age	Low	Normal	High
10-15	<57	57-67	>67
16-30	<47	47-57	>57
31-60	<42	42-52	>52
61-80	<37	37-47	>47

Male Body Water % Reference Chart

Age	Low	Normal	High
10-15	<58	58-72	>72
16-30	<53	53-67	>67
31-60	<47	47-61	>61
61-80	<42	42-56	>56

Note: The best time for obtaining an accurate reading of your Total Body Water Percentage is in the early evening, before your meal. This is when your hydration level will be the most stable. Readings in the morning will show lower levels of hydration because the majority of fluid in your body will be stored in the central torso area. As the day progresses, the fluid becomes more evenly distributed through the limbs, increasing the accuracy of the readings.

Other factors which can affect your hydration level and accuracy of the readings include:

Temperature

The amount of exercise performed during the day

Menstruation

Medical conditions and medications

Alcohol

Caffeine

Bathing patterns

Body Muscle:

Muscle Mass plays an important role in overall health because muscle acts as the body's engine in consuming calories. As you exercise more, your muscle mass increases thus helping you reduce body fat and lose weight in a healthy way.

Additionally, increased muscle mass accelerates the rate at which calories are burned. Muscle uses energy while fat simply stores it. The more muscle mass you have, the more energy you will burn and maintaining a healthy body weight will become easier. As a general guideline, muscle mass percentage will range between 25% and 75%.

Body Bone:

While your bone mass is unlikely to undergo noticeable changes in the short term, it's important to maintain healthy bones by having a balanced diet rich in calcium and by doing plenty of weight-bearing exercises.

You should track your bone mass over time and look for any long-term changes.

Note: The sum of your percentage body fat, total body water and muscle mass will not equal 100%. A large component of your muscle mass is water, therefore, these two parameters overlap.

Visceral Fat:

Visceral fat is technically excess intra-abdominal adipose tissue accumulation. It's known as a “deep” fat that's stored further underneath the skin than “subcutaneous” belly fat. It's a form of gel-like fat that wraps around major organs, including the liver, pancreas and kidneys. For optimal health, your visceral fat rating should stay under 13.

Body Mass Index:

The Body Mass Index (BMI) is an attempt to quantify the amount of tissue mass (muscle, fat, and bone) in an individual, and then categorize that person as underweight, normal weight, overweight, or obese based on that value. As a general reference, these categories can be indexed as follows;

- Under Weight: BMI 15-18
- Normal Weight: BMI 18-25
- Overweight: BMI 26-30
- Obese Weight: BMI 31-39
- Morbidly Obese: BMI 40-45

This information is especially useful for large sample groups when gathering statistical information on large volumes of people, but may be a bit inaccurate depending on the individual's body type. Given that BMI is only based on gender, height and weight; there may be two people who have the same gender, height and weight which result in the same BMI score, but their body composition may vary vastly. One may be more muscle and the other may be more fat. Their BMI is the same in this case but it is only accurate for one of them.

Metabolic Age:

Metabolic age is calculated by comparing one's basal metabolic rate to the average of one's chronological age group. Basal metabolic rate is the amount of energy consumed per unit of time when all environmental factors are considered neutral, the digestive system is in a post-absorptive state and the energy expenditure is only sufficient to support normal functioning of the vital organs, the heart, lungs, nervous system, kidneys, liver, intestine, sex organs, muscles, and skin. Formulas for estimating basal metabolic rate take into account age, weight, height, activity level, body fat mass, and lean body mass.

All the components in the body require various levels of energy to be maintained. Body fat requires much less energy than lean muscle, as lean muscle is much more metabolically active and therefore requires more energy expenditure to remain in homeostasis. If comparing two individuals, with all variables being equal, the person with more lean muscle mass will have a higher basal metabolic rate, and therefore, a lower metabolic age in comparison to those with the identical chronological age.

PROPER USE AND TRACKING

Tips for Tracking Accurate Results

The following tips will help make your readings more accurate and consistent:

1. Weigh yourself in the morning (either daily or weekly) to get weight only before you start your day.
2. Test yourself for body composition before you eat your evening meal to get accurate readings of your body metrics. Remember that eating large meals, drinking alcohol, menstruation, illness, exercising, and bathing may also cause variations in your hydration levels.
3. To receive the most accurate results, please remove all articles of clothing and jewelry.
4. Only use your scale to measure your progress. Ideally, users should consult with their doctors in setting long term goals.
5. Choose the correct parameters when setting up your user profile. If you're an athlete (10 hours or more of training a week), choose this setting.
6. Make sure to test yourself at the same time of the day under the same conditions.
7. Your skin temperature affects the electrical current used by the scale. A more consistent room temperature will help with accuracy.
8. Don't test yourself immediately after exercising. When you exercise, you sweat and when you sweat you lose hydration which will affect readings adversely.

9. Thoroughly clean the glass platform and your feet to ensure that you have good contact with the platform surface when performing your Body Composition Analysis.
10. Remember that this scale gives a trend of body fat percentage and is not an exact number. It is important to use the scale at the same time of day and under the same conditions to consistently get accurate measures.
11. Note: Stepping on the scale with shoes, socks or slippers will not allow for proper body composition analysis.

Cleaning and Maintenance

When cleaning simply use a soft damp cloth or sponge and avoid getting any water into the electrical systems inside. For stains or residue use a cloth with rubbing alcohol.

Note: Your scale is not waterproof so do not submerge in water.

When replacing the batteries simply turn the scale upside down to remove the plastic battery cover. Take the 4 AAA batteries out from the battery compartment and install 4 new AAA batteries by following the “+” and “-” signs shown on the plastic. Be sure to close the battery compartment with the plastic cover.

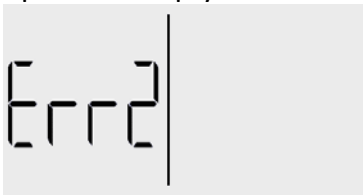
Troubleshooting

“Err” → Weight Overload Display



The weight measured is beyond the measurement scope.

“Err2” → Body Composition Error Display



The Body Composition Analysis was unable to be performed due to bad contact between the user’s feet and the metal electrodes. Ensure that the platform of the scale is clean and dry. Remove shoes and socks, and make sure that feet are clean as they contact the metal electrodes. Then the user may try the body composition test again. If the problem persists contact support@inevifit.com for assistance.

“Lo” → Low Batteries Display



The batteries are running out, please replace with 4 new AAA batteries.

TECHNICAL FEATURES

Capacity: 180kgs / 400lbs

Incremental weight: 0.1 kg / 0.1 lbs

Weight unit: lbs / kgs

Function Buttons: \sphericalangle , SET, \wedge

Display: LCD with blue backlight

Battery: 4 - AAA

Stores Personal Data Information for 10 Users

Age range: 10-100 years of age

Height range: 3' 3" to 7' 3" or 100cm to 220cm

Gender specific

Athlete measuring mode for active adults

User Auto-Identification: Identifies users according to user history

Measures: Body Fat %, Total Body Water %, Muscle Mass %, Bone Mass, BMR, Body Mass Index (BMI), Visceral Fat (VF), Metabolic Age (MA).

Auto-On: Step & On technology

Auto-Off: Shuts down after 10 seconds

Working temperatures: 32° F- 104° F / 0° C – 40° C

Working humidity: \leq 90% RH

Storage temperature: -4° F – 104° F / -20° - 60° C



MANUFACTURER'S WARRANTY

With the purchase of your INEVIFIT Body-Analyzer Scale, you get a 5-Year Manufacturer's Warranty. INEVIFIT warrants your scale against defects in material and workmanship for five (5) years, for the original purchaser, from the date of purchase. Proof of purchase is required.

The warranty is void if the product has been subjected to mechanical damages or mistreatments, such as immersion or negligence. This warranty is in lieu of all other warranties and limits the liability of the manufacturer. Issues arising from the use of poor quality batteries or negligence on replacement low batteries in a timely manner is not covered under the Manufacturer's Warranty.

If you believe that your scale may be defective, please contact us directly;

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