

Escali®

Measuring What's Next™

Model: BF180

User's Guide

Body Analyzing Digital Scale

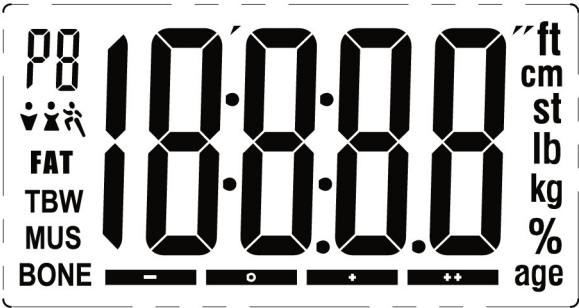


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Thank you for choosing the Escali Body Analyzing Digital Scale. This precision state-of-the-art measuring instrument is most accurate when weighing on a flat hard surface. This scale will not function correctly on carpet. The scale’s electronic sensors are sensitive; avoid dropping or jarring the scale and store it where it will be protected from impact.

Warning! Do not use this product if you have a pacemaker or other internal electronic medical devices.

Display Diagram



FAT	Body Fat Analysis Result		Male
TBW	Total Body Water Analysis Result		Male Athlete
MUS	Muscle Mass Analysis Result		Female
BONE	Bone Mass Analysis Result		Female Athlete
st	Stone		Underfat
lb	Pound		Healthy
kg	Kilogram		Overfat
%	Percentage		Obese
ft	Foot	P8	User ID (Range from P1 to P8)
cm	Centimeter	age	Age

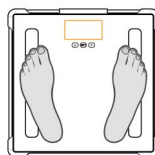
Initial Set Up and User Profile Creation

1. Remove the insulating battery strip before using. Ensure the batteries are correctly seated within the terminals.
2. Select your desired unit of measure by pressing the unit button located on the bottom of the scale near the battery compartment.

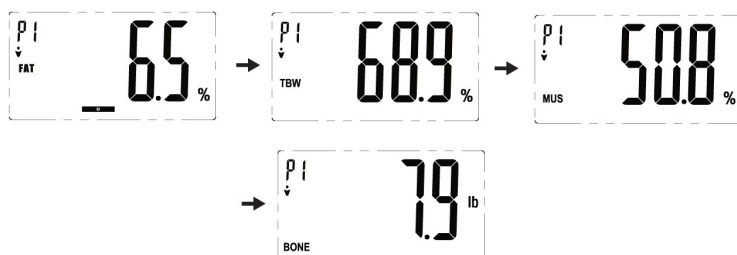
- With the scale off, press **SET** to enter profile set up and edit mode.
- Use the arrow buttons to select your desired profile number. Press **SET** to confirm.
- Use the arrow buttons to select your gender. Available options include: Female, Male, Female Athlete, Male Athlete. Press **SET** to confirm.
- Use the arrow buttons to select your height. Press **SET** to confirm.
- Use the arrow buttons to select your age. Press **SET** to confirm.
- The scale will now display “0.0”. Step on the scale with clean and dry bare feet. The scale will take a body weight measurement to associate to your User Profile for automatic User Profile detection upon future use. Finally, the scale will begin body composition analysis and display all results three times before turning itself off.
- To program other users, or edit preexisting profiles, repeat steps 3 through 7.

How To Weigh Yourself and Measure Body Composition

- Ensure you have created a User Profile before regular use.
See Initial Set Up and User Profile Creation.
- Stand barefooted on the scale with your feet directly over the two metal sensors.
- The scale will measure and display body weight before beginning body analysis; “o” will move across the LCD. Do not step off the scale until it displays your body fat %.



- The scale will display body fat %, total body water %, muscle mass and bone mass measurements three times before turning itself off.



- If the scale is unable to automatically select between two similar User Profiles, the scale will ask the user to confirm which User Profile to associate the measurement with. Use the arrow buttons to select the correct User Profile.
- If the scale cannot automatically select a User Profile based on the initial weight measurement, the scale will not attempt a body analysis.
- If the user is wearing shoes or socks the scale will only measure body weight.

Proper Use and Maintenance

1. Make sure your scale is at room temperature and on a stable horizontal surface free of vibration.
2. This scale is not waterproof. Do not expose to moisture.
3. This scale is a precision instrument and must be handled with extreme care. Avoid rough treatment, shaking and vibration.
4. Do not disassemble this scale, or the warranty will be void.
5. The display value may be affected by electromagnetic disturbances such as operating near a radio. If this occurs, move the device that is causing the disturbance, turn the scale off and restart.

Understanding Body Composition Measurements

Body Fat Analysis (%)

Age	Female			
	Underfat	Healthy	Overfat	Obese
10-39	< 21%	21-33%	33-39%	39-80%
40-59	< 23%	23-34%	34-40%	40-80%
60-80	< 24%	24-36%	36-42%	42-80%

Age	Male			
	Underfat	Healthy	Overfat	Obese
10-39	< 8%	8-20%	20-25%	25-80%
40-59	< 11%	11-22%	22-28%	28-80%
60-80	< 13%	13-25%	25-30%	30-80%

Body Water Analysis (%)

Age	Female	Male
	Normal	Normal
10-12	> 60%	> 64%
13-18	> 58.5%	> 63.5
19-30	> 56%	> 62.5%
31-40	> 53%	> 61%
41-50	> 52%	> 60%
51-60	> 51%	> 59%
60+	> 50%	> 58%

Muscle Mass (%)




Female	Male
Normal	Normal
> 34%	> 40%

Average Estimated Bone Mass (lb./kg.)

Body Weight	Female		
	< 99.1 lb.	99.1 - 132.3 lb.	> 132.3 lb.
	< 45 kg.	45 - 60 kg.	> 60 kg.
Bone Mass	4 lb.	5 lb.	5.5 lb.
	1.8 kg.	2.2 kg.	2.5 kg.

Body Weight	Male		
	< 132.3 lb.	132.3 - 165.3 lb.	> 165.3 lb.
	< 60 kg.	60 - 75 kg.	> 75 kg.
Bone Mass	5.5 lb.	6.5 lb.	7 lb.
	2.5 kg.	2.9 kg.	3.2 kg.

Understanding Error Messages

Error	Description	Solution
	Overload. The device will power off in four seconds.	Stop using this scale for measurement.
	Low Battery. The device will power off in four seconds.	Replace both batteries at the same time. Please purchase the authorized batteries for replacement. CR2032
	Body fat out of range.	Check and confirm the input parameters, stand still and then measure again.

Escali’s liability is limited to two (2) times the cost of the product.

Product Support

24/7 Online support: <https://escali.zendesk.com>

Email support: feedback@escali.com

Phone support: 1-952-469-1965

Product Warranty

Your Escali scale is guaranteed to be free of defects in materials and workmanship and protected by a Lifetime Limited Warranty. Please visit our website for more information.

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