

Body Fat Monitor

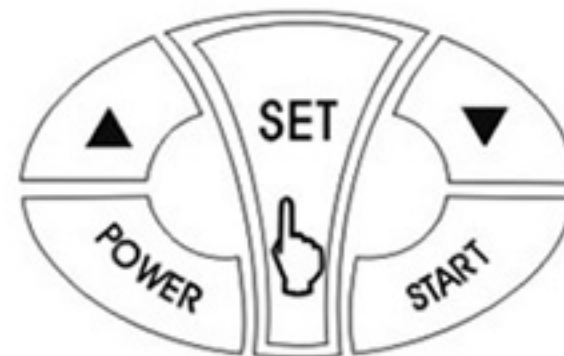
Thanks for your purchasing this BZ-2009 Body Fat Monitor that is good assistant for you to manage your health by its functions of measurement on fat ratio, BMI and the relative basal metabolism. Please read the instructions in details before usage.

Cautions:

1. Please do not place the Body Fat Monitor in high temperature, in sun or within children's easy acquire
2. Please do not immerge or dip in any liquid
3. Avoid any shock on the machine or fall; and please do not break open the machine privately
4. Please clean the machine frequently for better maintenance by wet cloth only, not any drastic chemicals, detergent, or drastic cleanser
5. The body fat ratio and other measurement results from this machine are reference only for health management; if for any doubt or question on it, please consult doctors or other professionals
6. Please do not use the machine for pregnant woman or other people with cardiac rhythm regulator, artificial cardiac pacemaker, or any machine built in body
7. The machine needs 2 AAA 1.5V batteries; recommend change of batteries when they are low.

Instructions of Key & Sign

- SET:** To see the basic information and switch the functions
- POWER:** Power switch
- START:** Measurement begins
- ▲ / ▼:** Modulate the value and sex



Fat Ratio:	The ratio of body fat
Measuring/Measuring end:	The measurement is in process/ends
Stature:	Customer's height
Weight:	Customer's weight
Age:	Age of the customer in measurement
Guest:	Customer in measurement
Man/Woman:	Sex: Male / Female
BMI:	BMI stands for Body Mass Index. It is a number that shows body weight adjusted for height, and can be calculated as below: $\text{BMI} = \frac{\text{Weight in Kilograms}}{(\text{Height in Meters}) \times (\text{Height in Meters})}$
KCAL:	Kilo Calorie, a unit of heat to represent the value of basal metabolism

Operation Instructions:

1, Place the batteries and press the key "Power" , the LCD will start displaying When a sound "Beep" is heard, it has entered the status of "Code Setting" for customer.

2, Press "Set" to set the personal information of height, weight,age,sex,etc,and use "▲/▼" to choose the value;The values will upgrade or downgrade as follows for each pressing:

Code and Age of Guest:by 1 unit

Height:by 0.5cm

Weight:by 0.5kg

Sex:within male and female

Keep pressing the Key "▲/▼"for 2 seconds to enter the status of quick modulation.

3, When finish the above setting,press "Start" to begin the measurement. Hold the handles by both your hands to measure the body fat ratio, value of basal metabolism and BML

4,The result of measurement will display the type of figure as below by an eyeballing line:

Emaciated

Standard

Hide Corpulent

Muscle Corpulent

Corpulent

5, If the result is E1,E2,or E3,that means:

E1:The hands in measurement are too dry

E2:The hands did not hold the handles correctly

E3: It is beyond the measurement of the product

Please separate the above different situations.(Displayed as sketch)

6, The system of the machine will automatically shut off when the measurement stops for more than 2 minutes

Please press "Power" to restart the system if necessary

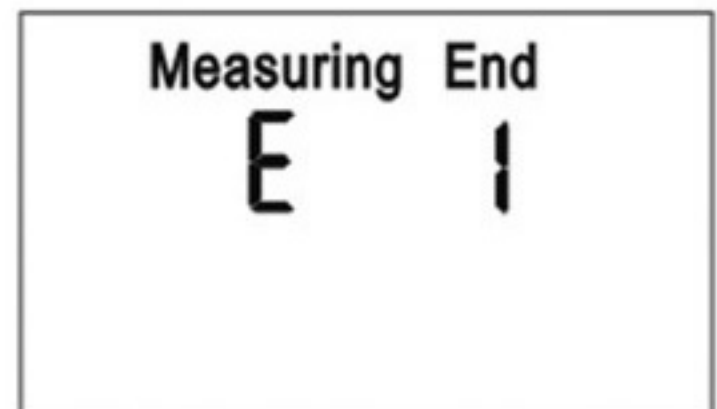
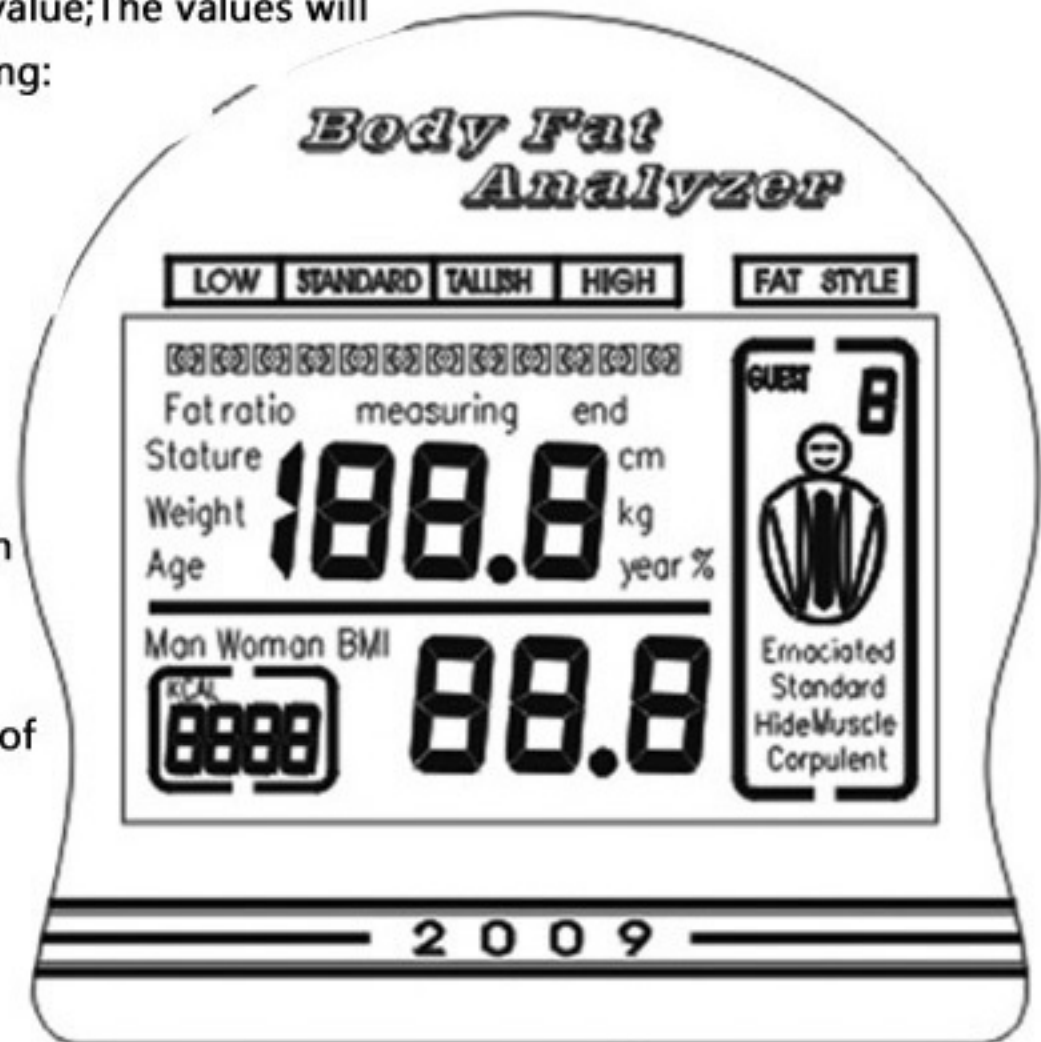
7, Range of personal information:

Height:100-199.5 cm

Weight:10-199.8 kg

Age:10-99 years

Group:1-9 groups





A. "GUEST" SET



B. "HEIGHT" SET



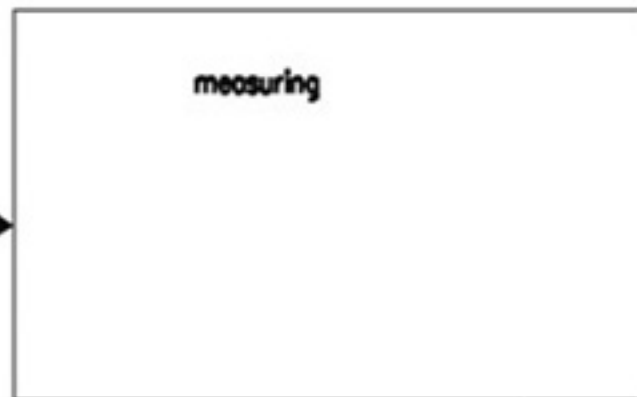
D. "AGE" SET



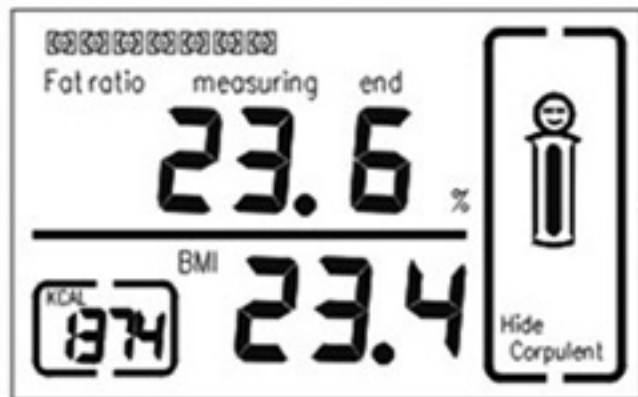
C. "WEIGHT" SET



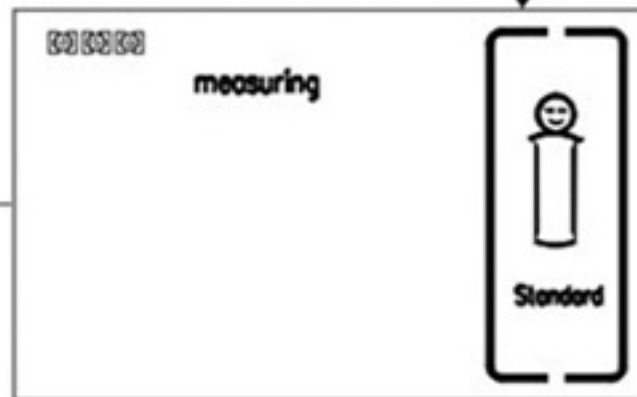
E. "SEX" SET



F. PUSH "START" TO BEGIN



H. "RESULT" DISPLAY



G. MEASURING

SET

SET

SET

SET

START

←

↓

Standard of Body Fat Ratio:

Gender	Thin	Standard	Hide Corpulent	Corpulent
Male	10%	10~20%	20~25%	>25%
Female	20%	20%~30%	30%~35%	>35%

Remark: Corpulent including Muscle corpulent and Corpulent, device will show it according different body fat Ratio.

BMI Display

Low	Standard	slight Higher	serious High	very serious	High
<18.5	18.5~24.9	25~29.9	30~34.9	35~39.9	>40

About the measurement on body fat:

- The value of body fat ratio will be at highest within several hours after getting up in morning, because the hydration will affect the body fat as the water content in body will run off in the sleeping at night
 - Therefore, it is better to measure the body fat ratio at night for accuracy
 - Furthermore, the results of measurement in different time may be different even in the same day
 - But it shall be accurate if measured in the same time and under the same conditions
- Recommend twice measurements for each month