

BASELINE[®]

EVALUATION INSTRUMENTS

BODY FAT & HYDRATION % MONITOR SCALE



INSTRUCTION MANUAL

MODEL 12-1190

BODY FAT & HYDRATION % MONITOR SCALE

MODEL: 12-1190

Introduction and Precaution:

1. Congratulations for purchasing the **Baseline® Body Fat Scale** as a monitoring device of your Body Fat Body Hydration percentage. This device is used to measure body fat percent (Fat%) as well as body hydration percent (hydration%). The principle of this device is based on the measurement of the body's electronic impedance, or Bio-electronic Impedance Analysis (BIA). BIA is related to the body fat and hydration percentage and corresponds with other physical data such as age, gender, height, and weight.
2. The evaluated readings of body fat and hydration percentage are only reference values, and the readings are not recommended for medical use. Please always consult your medical doctor for advice of any medication or diet used to help achieve normal weight level.
3. People with pacemakers or other medical implants with electronic components should not use this device. Performance of such implants may be greatly impaired.
4. Do not use the device near equipment with a strong electromagnetic field. Always keep a good distance from such equipment when operating this device, or turn off machinery with strong electromagnetic fields before operating.

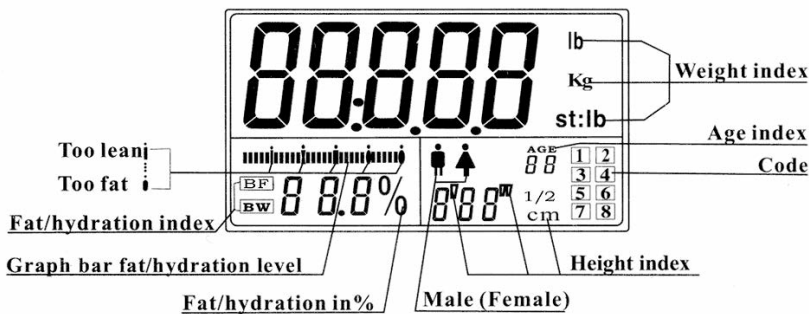
FEATURES / SPECIFICATIONS

1. Memory, Gender, Height, Age settings:

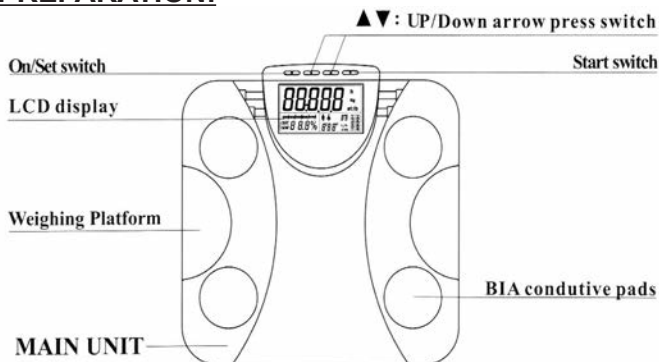
PARAMETER	DEFAULT SETTING	RANGE
Memory	1	1 to 8
Gender	Male	Male/Female
Height	165 cm (5'5")	100 cm - 250 cm (3'3" - 8'2")
Age	25	10-80

- 2. Max Weight Capacity: 150 kg / 330 lb
- 3. Min. Weight: 2.0 kg / 4.4 lb
- 4. Weight Measuring Resolution: 0.1 kg / 0.2 lb
- 5. Kg/LB convertible
- 6. Body Fat measuring range: 4 – 45 %
- 7. Body Fat differential resolution: 0.1 %
- 8. Hydration measuring range: 37.8 – 66 %
- 9. Hydration differential resolution: 0.1 %
- 10. Main LCD digit size: 1.0" (25 mm)
- 11. Auto-Zero, auto-off
- 12. Low battery power indication ('LO') / Overload indication ('Err')
- 13. Power: 1 x 9v battery (not included)

LCD SEGMENTS/ ICON ILLUSTRATIONS



INITIAL PREPARATION:



- A. Install 1 x 9V battery into the compartment underneath the Main Scale unit.
- B. Place the unit on a dry, flat, solid ground surface. Ensure the unit is stable. Avoid carpet, or uneven ground surface.

FAT MONITOR SCALE OPERATION

Initial Set Up:

1. Press 'On/Set' button to wake up the unit. All LCD segments light up briefly and prompt to setting mode starting from Memory selection. By pressing 'On/Set' button again will take you through cycle of setting all parameters. See following illustration:

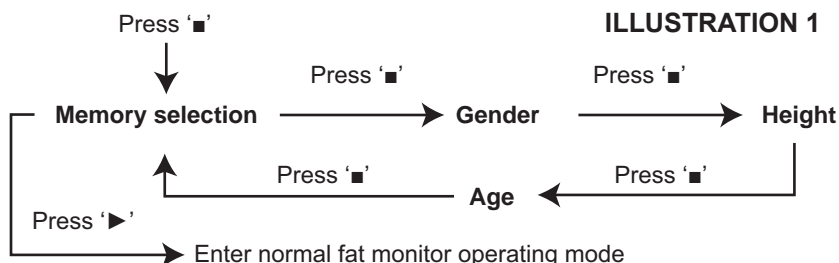


ILLUSTRATION STEPS:

- I. Press Up/Down Arrow (▲▼) button to advance/reverse to the desired memory station. Press '■' button to confirm setting. LCD will prompt to next parameter setting (Gender).
- II. Press Up/Down Arrow (▲▼) button to advance/reverse to choose your Gender. Press '■' button to confirm setting/LCD will prompt to next parameter setting (Height).
- III. Press Up/Down Arrow (▲▼) button to advance/reverse to adjust

to your Height level. Press '■' button to confirm setting. LCD will prompt to next parameter setting (Age).

- IV. Press Up/Down Arrow (▲▼) button to advance / reverse to adjust to your Age. Press '■' button to confirm setting. LCD will prompt back to Memory setting. **All settings are complete!!! At this point, you can continue to press '■' button a few times to cycle through the setting mode to review all parameters.**

- V. Press '▶' button to exit setting mode and enter normal Fat Monitor operating mode. LCD will read '0.0 kg' or '0.0 lb'. You are ready to weigh yourself, and let the scale compute your Fat and Hydration percentage.

2. Step on the scale barefoot. Make sure your feet are clean and dry. This gives the weighing platform the best conductive effect. While stepping on scale, place your feet on the metal conductive pads. Stand with feet apart to avoid short circuit.

If the LCD Auto-Off appears before you step on the scale, simply press the '■' button again, wait a short period of times and the LCD will show your current settings. Then press '▶' button again to re-enter normal operation mode.

3. As soon as you step on the scale, LCD will immediately display incrementing digits until it stabilizes, locks & flashes, indicating your current weight.
4. Within a few seconds, the scale will automatically compute your Fat and Hydration percentages. LCD will show your Fat% (icon "BF") followed by Hydration% (icon "BW"). Subsequently, LCD will flash back and forth alternatively between value of Fat and Hydration percentages for 5 times, and then automatically shut down.

Along the lower edge of the LCD, you will see a key line of multiple vertical bars. This key line serves to give an indication of your fat% level, telling where your fat level standing is compared to the statistics norms and whether you are considered underweight, normal, or overweight. This information is for reference only. If it causes concern, see your doctor.

NOTE: Whenever you turn the unit on for a fresh operation, you can always go through the same steps from ILLUSTRATION 1 (I) to (V) to verify or adjust all personal data and previous measured records, before measuring for new records.

NORMAL WEIGHING SCALE OPERATION

To use as General Weighing Scale (not referring to Fat / Hydration %).

1. Turn unit on by lightly tapping on the lower right corner of the scale platform. LCD will “wake up” to General Weighing Mode, showing “0.0 kg” or “0.0 lb”.
2. Step on the scale gently (*do not jump on the scale*). LCD will immediately display incrementing digits until it stabilizes, followed by flashes and then locked digits, showing your weight value. After a few seconds, LCD will automatically shut down.

ERROR & OTHER LCD MESSAGE

LCD may occasionally show an error message ‘Err’. Simply turn off the unit for a brief moment, or remove and re-install battery as a total re-set. Then turn on again to resume operation.

1. **All segments lit up simultaneously:** Indicates all segments performing correctly.
2. **“-----”:** Strain gauge sensor zero point setting too low below lower range. Cannot operate properly.
3. **“Err”:** Overload, or strain gauge sensor zero point too high beyond upper range.
4. **“LO”:** Battery power running low.
5. **“Err-h”:** The computed Fat % rate too high above range of upper limit.
6. **“Err-l”:** The computed Fat % rate too low below range of lower limit.

CLEANING, MAINTENANCE & PROPER USAGE

1. Use a damp, soft cloth with mild detergent to clean the device. DO NOT use a strong chemical solution such as alcohol or benzene for cleaning.
2. Make certain the weighing platform surface is dry before using because the weighing platform is slippery when wet.
3. Always use scale on a hard flat surface. Do not use on carpets, mats. Remove the batteries if the scale is not going to be used for a long period of time.
4. Do not drop the device, or jump on the device when using. Avoid strong impact and sudden shaking as it is a precision measuring device. The construction is delicate and sensitive to all unwanted external impact.
5. Do not insert any objects into any openings on the unit.
6. Do not open the unit.

7. If unit fails to turn on, check to see if battery was installed properly. Insert or replace battery if necessary.your dealer.
8. If you can't clear an error or unit won't turn off, remove the battery for about 3 seconds and reinsert.
9. Use as recommended. Fabrication Enterprises, Inc. will not be responsible damages caused by misuse of product or for injuries that may be caused if used for any other purpose.

REFERENCE INFORMATION

The evaluated body fat result is based on a standardized measuring method. It is calculated by a correlated formula developed on basis of extensive scientific studies. The hydration content in the lean muscle affects measuring result. Individual habits and lifestyle will affect balance of hydration level. Listed below are some other factors which may affect balance of hydration level:

- a. After a bath, reading can be lower.
- b. After a meal or drinking readings can be higher.
- c. Readings may fluctuate or be inconsistent during menstruation.
- d. Loss of fluid due to illness, medication or strenuous physical activities may cause dehydration which will affect readings.
- e. Table below given estimate physical status relating to the indicated Fat% / Hydration% from the scale:

PLEASE READ FOLLOWING NOTES CAREFULLY FOR PROPER UNDERSTANDING OF THE DEVICE SYMBOLS

Age	Female		Male		Status	key line indication
	Fat%	Hydration %	Fat%	Hydration %		
below 30	4.0-16.0%	66.0-57.8%	4.0-11.0%	66.0-61.2%	too lean	i
	16.1-20.5%	57.7-54.7%	11.1-15.5%	61.1-58.1%	lean	i
	20.6-25.0%	54.6-51.6%	15.6-20.0%	58.0-55.0%	normal	i
	25.1-30.5%	51.5-47.8%	20.1-24.5%	54.9-51.9%	high	i
	30.6-45.0%	47.7-37.8%	24.6-45.0%	51.8-37.8%	very high	i
above 30	4.0-20.0%	66.0-55.0%	4.0-15.0%	66.0-58.4%	too lean	i
	20.1-25.0%	54.9-51.6%	15.1-19.5%	58.3-55.3%	lean	i
	25.1-30.0%	51.5-48.1%	19.6-24.0%	55.2-52.3%	normal	i
	30.1-35.0%	48.0-44.7%	24.1-28.5%	52.2-49.2%	high	i
	35.1-45.0%	44.6-37.8%	28.6-45.0%	49.1-37.8%	very high	i

IMPORTANT INFORMATION TO READ BEFORE USE



WARNINGS

- ▲ Due to the possibility of injury to the user and/or damage to the device, do not operate this unit in combination with the following types of medical devices:
 - A pacemaker or any other electronic device that is implanted in the body.
 - An artificial heart, lung or any other electronic life support system.
 - An electrocardiograph or other portable electronic medical device.
- ▲ Body Fat/Hydration device is not suitable for use by people with following conditions:
 - People with pacemakers or other medical implants with electronic components. Performance of implants may be greatly impaired.
 - Not recommended for pregnant women
 - People taking cardiovascular medicine
 - People on dialysis treatment
 - People with symptoms of fever, edema, osteoporosis
 - Athletes who undertake more than 10 hours of intensive sport activity
 - Those with heart pulse rate under 60 beats/minutes
 - Children under 10, and adults over 80

Note: The Fat% / Hydration% content evaluated by the Fat Monitor is only for reference. The physical look of body does not necessarily give congruent Fat% / Hydration% readings, and persons with the same build, age and sex may not have the same readings. Please consult your doctor to determine the proper Fat / Hydration percentage for your body and health status.

If there are some errors on the display or you can not turn off for a long time, please remove battery for about 3 seconds, then replace.



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