

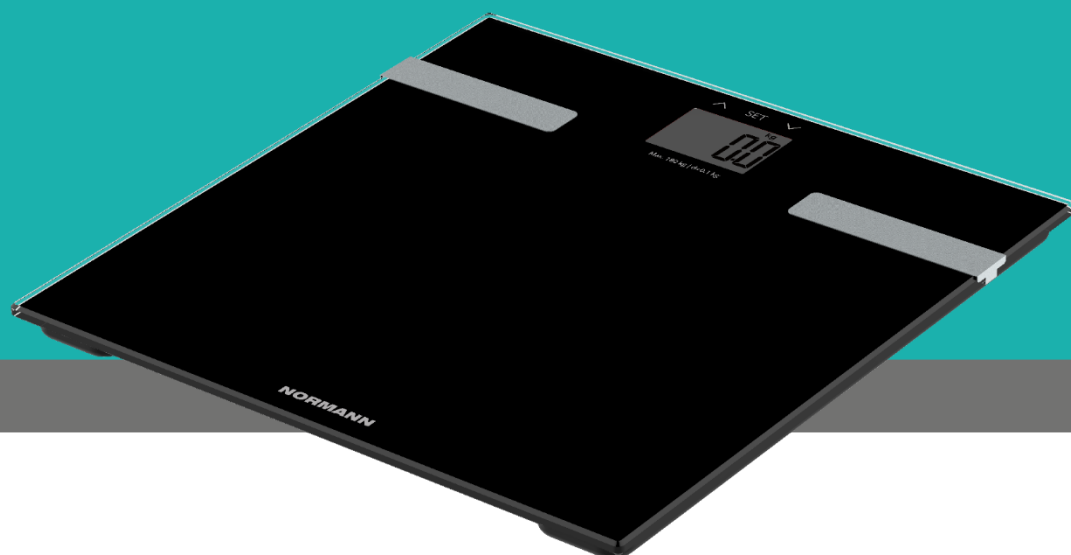
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User manual

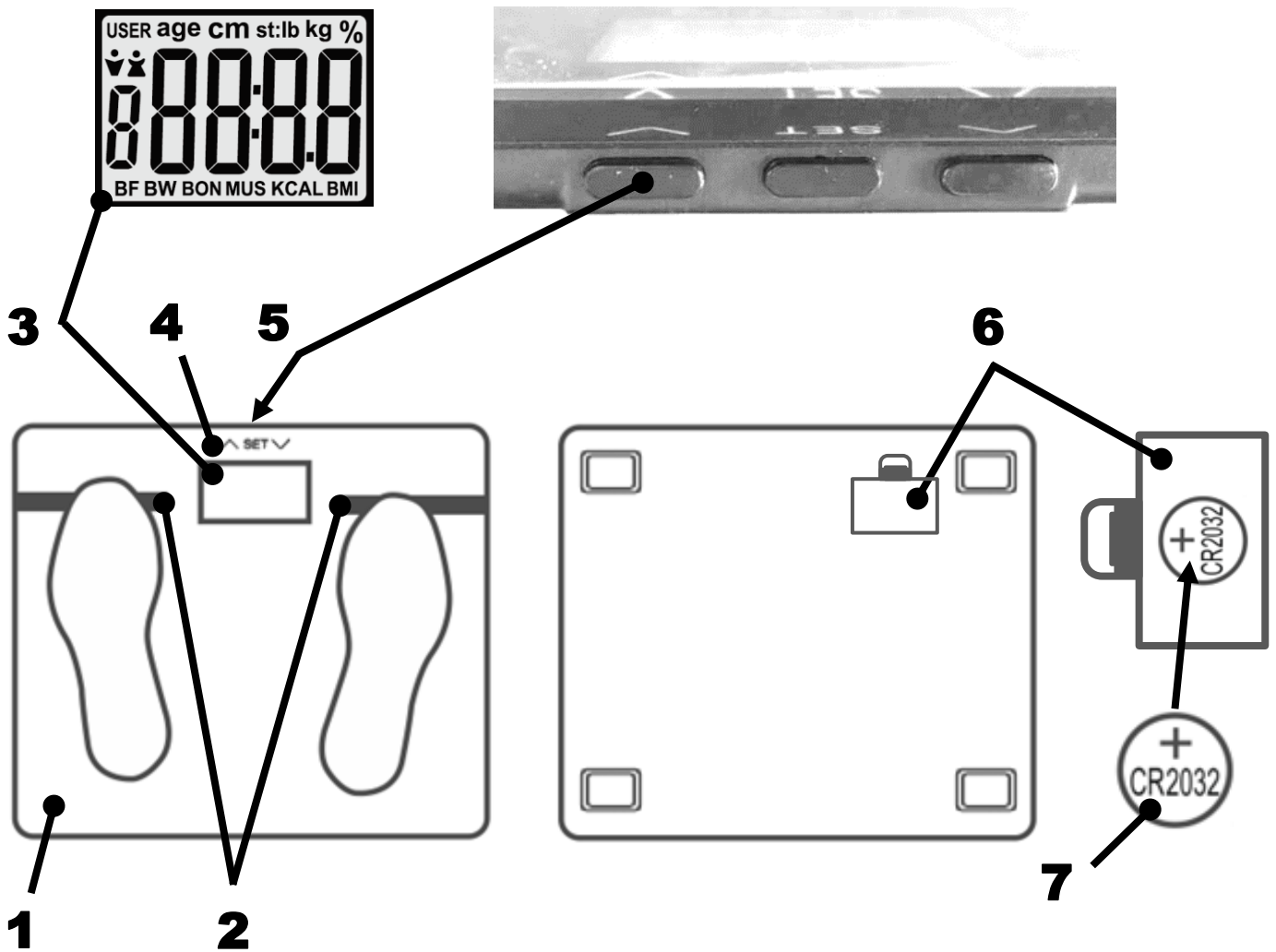
Bathroom scale

ASB-473

ASB-474



GENERAL APPEARANCE



- 1. Body
- 2. Electrodes
- 3. LCD screen
- 4. Button icons : \wedge (UP) / SET / \vee (DOWN)
- 5. Buttons: DOWN / SET / UP (located at the end of the device)
- 6. Battery compartment
- 7. Battery 3V CR2032 (1 pc. in a set)

CAUTION ! Do not press the button icons above the LCD screen: \vee SET \wedge
 The mechanical control buttons of the device are located at the end of the device.

Note: The appearance in the image may be slightly different from the actual device.

SAFETY RULES

- Please read this manual carefully before using the device to avoid any damage during use. Improper handling may cause damage to the product.
- For domestic use only. The device is not intended for industrial or commercial use.
- Do not subject the scale to shock loads.
- Do not overload the scale.
- CAUTION! Surface becomes slippery when wet.
- Do not immerse the device body in water or any other liquids.
- Do not attempt to repair the device or replace any parts yourself. If any faults are detected, contact the nearest Service Center.
- The appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.
- The manufacturer reserves the right to make minor changes to the design of the product without additional notice that do not fundamentally affect its safety, performance and functionality.
- To avoid injury, do not step on the edge of the platform.

GETTING STARTED

- If the product has been at temperatures below 0°C for some time, it should be kept at room temperature for at least 2 hours before switching on.
- Remove the scale from the box and remove all packaging materials.
- Observing the polarity, insert a CR2032 battery (6) into the special compartment (5) on the back panel of the scale. Close the compartment (4). The scale is ready for operation.
- Caution: When installing batteries, make sure your hands and the device are dry.
- Make sure the scale is placed on a flat, level, solid, horizontal surface. Do not place the scale on carpet or soft surfaces.
- For accurate weight determination, it is desirable that the scales stand in the same place. By moving the scales, you risk installing them on an uneven surface, which may affect the accuracy of the weight display.

DESCRIPTION OF THE DEVICE

The data allows you to measure weight, body fat percentage, water percentage, muscle mass, bone mass, and calorie analysis.

- Personal data (gender, age, height) can be pre-set and stored in the personal data memory.
 - Automatic power-off: After setting, if you do not touch any of the keys or buttons, the scale will power off within 30 seconds. After you finish the measurement process, the power will automatically turn off within 15 seconds.
- Automatic zero setting function.
- Low battery and scale overload indication.

SETTING UP USER DATA

Setting and saving data in memory

Calculation of the functions of percentage of fat, percentage of water, percentage of muscle and bone mass and analysis of calories is possible after entering personal data (gender, age, height) into the scale's memory.

1. Turn on the power

Stand on the platform or press the mechanical **SET button** of the button block (5) at the end of the device to turn on the device; the display (3) will show the last selected personal code.

2. Changing the unit of measurement of weight

Press and hold the mechanical **SET button**, the Kg (kilogram) symbol will flash on the display.

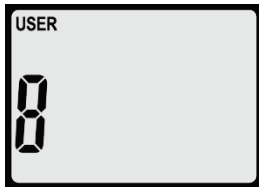


UP / DOWN buttons of the button block (5) at the end of the device, select the unit of measurement Lb (Pound) or St (Stone)



3. Select a personal user code

Press the mechanical **SET button**, the personal code will flash on the display. Use the UP/DOWN buttons to select the desired personal code. After selecting, press the SET button again to confirm.



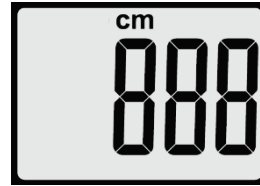
4. Select the user's gender

Use the **UP / DOWN mechanical buttons** to select gender (male/female figure), then press the **SET mechanical button** to confirm.



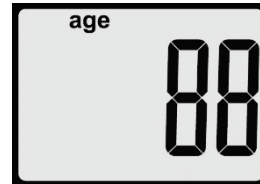
5. Select user height



Use the mechanical **UP / DOWN buttons** to select the height, then press the mechanical **SET button** to confirm (the height range is from 100cm to 220cm).



6. Select the user's age

Use the mechanical **UP / DOWN buttons** to select the age. When you reach the age, press the mechanical **SET button** to confirm (the age range is from 10 to 80 years old).



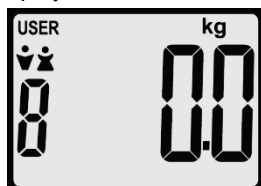
ATTENTION! The mechanical control buttons for the device are located at the end of the device. Do not press the button icons on the top panel above the LCD screen:  **SET** 

MEASUREMENT PROCESS

USER DATA SETUP item for operation.

Select Personal User Code

Press the mechanical **SET button** to turn on. Use the mechanical **UP / DOWN buttons** to select your personal user code. The display will show the code and the programmed data. Wait until the display shows "0.0", then step onto the scale platform.



Note: To ensure accurate calculations, you must stand on the scale barefoot, making sure that your feet are in contact with the electrodes on the platform. If you stand on the platform before the display shows "0.0", the measurement will not occur. If you do not stand on the scale within 10 seconds, the scale will automatically turn off. To re-measure, turn on the scale using the mechanical **SET button** or by pressing the surface of the scale, wait until the display shows "0.0", then stand on the scale platform.

Getting the result

Your weight will be displayed on the display first. Continue standing on the scale platform. After a while, the running symbols " 0000 " will start to appear.



After that, your body fat percentage, water percentage, bone mass, muscle percentage, calorie analysis, weight will flash alternately in half.

Note: Do not step off the scale platform until the body fat percentage results are displayed, even if you step off the platform after all other results have been displayed. All data is displayed one at a time. All results are displayed twice, then the scale automatically turns off.

REPLACING BATTERIES

When the battery level is low, the display screen will show the message **Lo** . When the message appears, replace the batteries. Low battery may affect the accuracy of

measurements. Install only new batteries of the same type and model.

FAT RATIO CHART

Age	Woman (%)				Man (%)			
	Thin	Norm	Thick	Obesity	Thin	Norm	Thick	Obesity
10-39	14-20	21-25	26-31	32-38	11-17	18-23	24-29	30-36
40-55	15-21	22-26	27-32	33-38	12-18	19-24	25-30	31-37
56-80	16-22	23-27	28-33	34-38	13-19	20-25	26-31	32-38

Note: Data provided for reference only.

There may be differences due to individual characteristics of a person.

WATER RATIO CHART

Age	Woman (%)			Man (%)		
	Short	Norm	High	Short	Norm	High
10-15	<57	57-67	>67	<58	58-72	>72
16-30	<47	47-57	>57	<53	53-67	>67
31-60	<42	42-52	>52	<47	47-61	>61
61-80	<37	37-47	>47	<42	42-56	>56

ERROR MESSAGES

The following error messages may appear on the display:

- **Lo** : The batteries in the scale need to be replaced.
- **Err** : weight measurement range exceeded (weight range from 3 to 180 kg)

- **Err 2** : Error in calculating body fat percentage or body water percentage (If body fat percentage is less than 5% or more than 60%, the reading may not be accurate.)

CLEANING AND CARE

- Wipe the scale with a soft cloth and detergent and dry.



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STORAGE AND TRANSPORTATION

- Follow all the requirements in the CLEANING AND CARE section.
- Do not place anything on the scale when not in use.
- Remove the battery from the device before long-term storage.
- Store the scale in a cool, dry place, away from heating devices and direct sunlight.
- The device may be transported by any type of covered transport, excluding the possibility of mechanical damage due to impacts or falls.

TROUBLESHOOTING

Malfunction	Possible reason	Method of elimination
The scale does not turn on	There is no power supply	Check for the presence of a battery. If it is missing, install it according to the section "Getting Started".
The mass value is very different from the real one	Another unit of measurement has been established	Check the unit switch on the back of the scale and select the desired unit.
The display shows " Lo "	The battery needs to be replaced	Replace the battery
The display shows " Err "	The scale is overloaded	Do not exceed the maximum measurement range of the scale.

In any other cases, please contact the service department!

DISPOSAL



If a product has the crossed-out wheeled bin symbol, it means that the product complies with European Directive 2012/19/EU. Please check your local separate collection system for electrical and electronic products. Follow local regulations.

Dispose of old devices separately from household waste. Proper disposal of your product will help prevent potential negative consequences for the environment and human health.

TECHNICAL SPECIFICATIONS

Max load 180 kg (396 lb / 28.8 st)
Division value 100 g / 0.2 lb
Power supply 3V CR2032 (1 pc)
LCD display
Measuring percentage of fat, water, bone mass, muscle mass

Automatic zero setting
Automatic shutdown
Overload indication
Low battery indication