

# Personal Fitness Scale

User's manual

EN



**SENCOR**<sup>®</sup>

SBS 6015BK  
SBS 6015WH

Before first use, please read all instructions contained in this user's manual carefully, even if you are already familiar with using similar products. Only use this product in accordance with the instructions described in the user's manual. Keep the manual for future use.

Keep the original packaging, including the internal packing material, warranty card and proof of purchase receipt, at least for the duration of the warranty. If you need to ship this product, pack it in the original cardboard box to ensure maximum protection during transport (e.g., when moving or when you need to send this product for repair).

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## IMPORTANT SAFETY NOTICE

- 1) Carefully unpack the product and take care not to throw away any part of the packaging before you find all the parts of the product.
- 2) This product must not be used by persons (including children) with physical or mental impairments or by inexperienced persons, unless properly trained or schooled in the safe use of the product, or unless they have been properly supervised by a qualified person who will be responsible for their safety.
- 3) Children must be supervised to ensure that they do not play with the product.
- 4) Under no circumstances should you try to modify or repair the product on your own – danger of electric shock! Entrust all repairs and adjustments to a specialised company/service. Tampering with the product during the warranty period may void the warranty.
- 5) Never use this product if you have wet feet. Danger of injuries from slipping.
- 6) Only store and use the product away from flammable or volatile materials and solutions.
- 7) Keep the product away from extreme temperatures, direct sunlight and excessive humidity. Do not use in a dusty environment.
- 8) Do not place the product near heaters, open fires or other equipment or devices that are sources of heat.
- 9) This product is designed for household use. Do not use it in industrial surroundings or outdoors!
- 10) Do not use the product for purposes other than those intended.
- 11) Do not spray the product with water or any other liquid. Do not pour water or any other liquids into the product. Do not submerge the product in water or any other liquid.
- 12) Never jump on the scale.
- 13) The scale is designed only for the weighing of persons.
- 14) Do not use rechargeable batteries in this product.
- 15) If you will not be using the product for an extended period of time, remove the batteries. Otherwise they may leak inside the product and cause irreparable damage.
- 16) The manufacturer takes no responsibility for damages caused by the incorrect use of this product and its accessories (injuries, burns, scalding, fire, food spoilage, etc.).

## INTRODUCTION

This personal „fitness“ scale uses bioelectric impedance analysis (bioimpedance) to measure the percentage of fat, muscle, bone and water content in the body.

In this measuring method, a weak electric current passes through the body, which is transmitted and subsequently received by sensors located on the surface of the scale. There are two sensors which are separated in such a way that the measuring circuit is completed when both feet are standing on the scale. This very weak current is completely safe for the human body and cannot be felt.

The actual measurement methodology is based on the fact that it is easier for electric current to pass through the liquid in our muscles than through fat.

On average the human body contains 45–85 % water, whereas muscles contain approximately 90 % water and fat tissue contains approximately 45 % water.



### **Attention:**

For this reason the percentage sum of the individually measured values may exceed 100 %. This means that the measured percentage values of fat, muscle and water content CANNOT BE ADDED UP because both fat and muscle contain water.

With increasing age the water content in the body declines, whereas infants may have a water content in their body of up to 85 %. With increasing age the body's proteins dehydrate and extracellular fluid is lost. For this reason, older people have a water content in their body below the 55 % level. Productive age men have an average body water content of 62 % and women 56 %. The lower value for women is the result of their higher fat content.

The normal fat tissue range for men represents 10–20 %. For physiological reasons, women have a fat level of 18–28 %. The percentage of fat increases with age, e.g. a level of 33–35 % is tolerated in women over 50 years of age.

### **Measurement of muscle mass**

The percentage of muscle mass in the human body is calculated on the basis of subtracting electrical resistance during measurement, where the fact that the human body contains a certain percentage of water at a certain age is used. The entered gender, age and body height help to increase the accuracy of the overall measurement process.

### **Measurement of fat tissue**

The difference between the body weight and the measured muscle mass is used to calculate the percentage of fat tissue contained in the body. Body fat functions as an insulator (reduces the ability of electric current to pass through) and therefore cannot be calculated directly.

### **Measurement of water content**

The percentage of water contained in the human body is calculated by subtracting electrical resistance during measurement, where the fact that electric resistance is directly proportional to the water content in the human body is used. The entered gender, age and body height help to increase the accuracy of the overall measurement process.

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## Before first use

- 1) To ensure precise weighing, place the scale on a flat hard surface such as a parquet floor, tiles, linoleum, etc. We do not recommend weighing on carpet.
- 2) Always take off your shoes before weighing.
- 3) We recommend checking your weight always at the same time, best in the morning after waking up. In the morning you eliminate any differences in your weight due to food intake, digestive process or physical activities.
- 4) The measured result may be misleading if weighing is done after intensive exercise, dieting or during extreme dehydration.
- 5) Stand still while measuring.
- 6) If you will not be using the scale for a long time, store it in a horizontal position. This position better protects the sensitive sensors located in the scale footings.
- 7) Do not place or leave any objects on the scale that may place unnecessary stress on the sensors.
- 8) Strong electromagnetic fields may negatively influence weighing precision. Avoid using the scale in such areas.



### Attention:

This scale is used to measure body weight, content of fat, water, muscles in the body and the weight of bones under home conditions and under no circumstances it can substitute exact medical measurement on calibrated scales designed specifically for this purpose. Measurement results provide only approximate information. If you are interested in the measurement of the exact values, please, contact your doctor.

## Battery installation

Remove the battery compartment cover on the bottom part of the scale. Insert the two included CR 2032 type batteries into the battery compartment, taking care to respect the correct polarity direction as marked inside the battery compartment.

## Replacement of flat batteries

If "Lo" is displayed, you need to replace the batteries. Open the battery compartment located on the under side of the scale and replace the batteries for a new ones.

## Switching between weight units

This scale is equipped with a UNIT switch for changing the measuring units. It is located on the underside of the scale. This switch makes it possible to select either the metric (kilogram) or imperial (stone, pound) unit of weight. After the switch is pressed the weight unit setting is shown on the display.



### Tip:

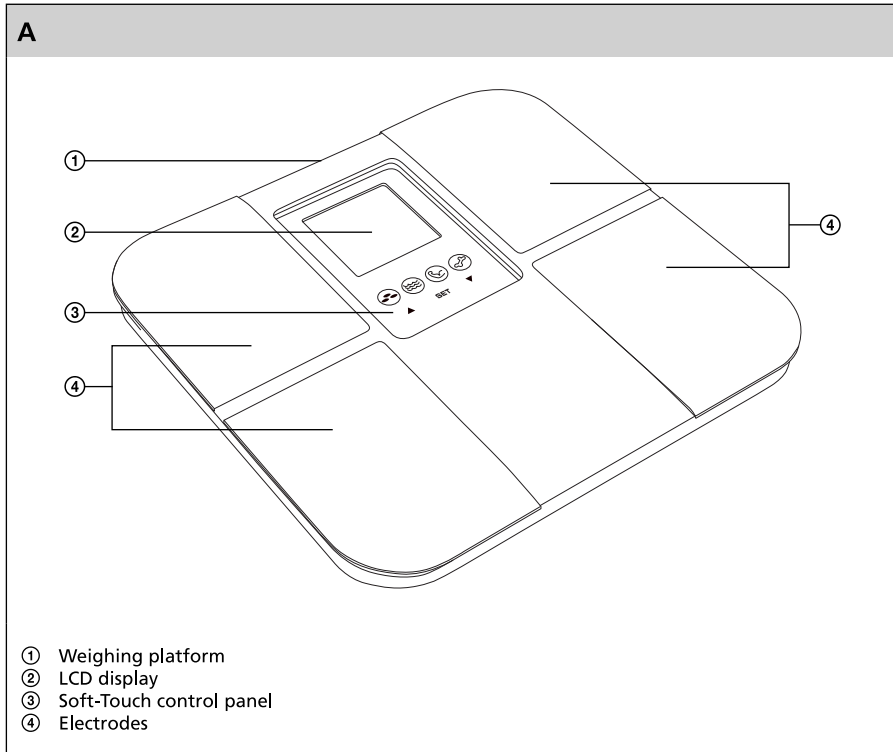
- 1 lb (pound)  $\approx$  0,45 kg
- 1 st (stone) = 14 lb (pounds) = 6.35 kg



### Note:

Units can be switched even when the scale is turned off.

## PRODUCT DESCRIPTION

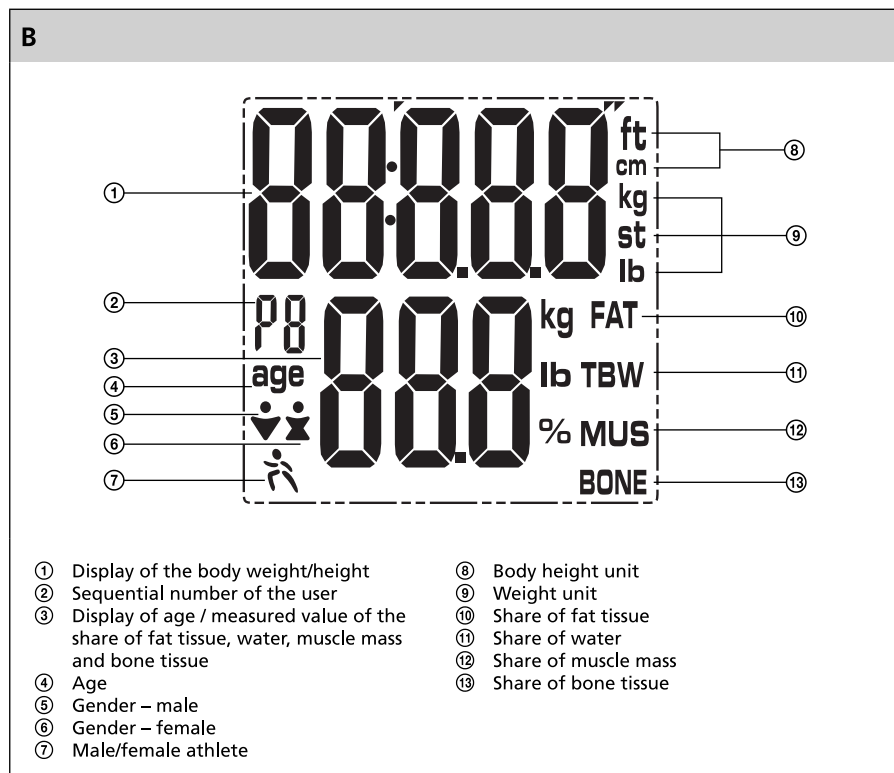


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## DESCRIPTION OF THE DISPLAY



## MEASURING BODY WEIGHT

This scale has an "Auto-on" function. It is not necessary to tap with the foot or to otherwise activate into the operational mode before weighing. If you wish to find out your weight, simply step on the scale, which will immediately display your current weight without the need to wait.

For standard weighing (i.e. for measuring body weight) it is not necessary to make any further settings.

- 1) Step on the scale. The scale will turn itself on automatically and start weighing.
- 2) Stand calmly, within a few seconds the weight value will settle at the final weight.



### Note:

The final weight is indicated when the weight unit (kg or st/lb) is displayed.

## MEASURING FAT, WATER, MUSCLE CONTENT AND WEIGHT OF BONES IN THE BODY

### Setting parameters of individual users

We recommend that you first set the parameters for a given user:

- 1) While the scale is off, press the "SET" button (the user number P1–P8) will start flashing.
- 2) Using the arrows ▲ and ▼ select one of the memory positions, where you wish to store your parameters.
- 3) Press the "SET" button again (the gender setting icon will start flashing).
- 4) Using the arrows ▲ and ▼ select one of the options (order when the arrows are pressed ▼):
  - male
  - female – athlete
  - male – athlete
  - female
- 5) Press the "SET" button again (the body height value will start flashing).
- 6) Using arrows ▲ and ▼ enter your body height.
- 7) Press the "SET" button again (the age setting value will start flashing).
- 8) Using arrows ▲ and ▼ enter your age.
- 9) Press the "SET" button to save all the selected parameters in the selected memory position.

After the values have been saved the scale will automatically switch to the weighing mode after 3 seconds and if nobody steps on it within approximately the following 10 seconds it will automatically turn itself off.



### Attention:

- If while setting your parameters you do not press any button for 20 seconds, the scale will automatically switch to the stand-by mode and no value will be saved.
- If after pressing the "SET" button you do not continue in setting the first required parameter, i.e. the user number (memory position) within 5 seconds, the scale will automatically switch to the stand-by mode and will not save any parameters.

### Weighing using manual user identification

- 1) Turn the scale on by pressing the "SET" button.
- 2) Using arrows ▲ and ▼ select your user number (number of your memory position).
- 3) Wait until a zero weight appears on the display.
- 4) Now step on the scale with your bare feet.
- 5) Stand calmly, within a few seconds the weight value will settle at the final weight.





**Note:**

The final weight is indicated when the weight unit (kg or st/lb) is displayed.

- 6) Then an assessment of the measurement of the share of fat tissue, water, muscle mass and bone tissue will be performed. This is indicated by the gradual display of the value "0" from left to right in the bottom part of the display. For the entire time, stand still on the scale and wait for the measurement results to be displayed.
- 7) The results will be displayed in three cycles, sequentially after each other:
  - Share of fat tissue in %
  - Share of water in %
  - Share of muscle mass in %
  - Share of bone tissue in kg



**Note:**

The cycle will be displayed 3x and then the scale will turn itself off.

### Weighing using automatic user identification

- 1) Step on the scale (the scale will turn on automatically and start weighing).
- 2) Stand calmly, within a few seconds the weight value will settle at the final weight.



**Note:**

The final weight is indicated when the weight unit (kg or st/lb) is displayed.

- 3) If your current weight is very close to the values of the last measurement taken under your user number (memory position), then your user number will be selected automatically and the measurement of all values will follow as specified in the previous chapter from point 6.
- 4) If your current weight is similar to the last measured value of several users, the display will present a selection of the user number. Use arrows ▲ and ▼ to select a user number. Use arrow ▲ to select a user number shown on the left side of the display. Use arrow ▼ to select a user number shown on the right side of the display.
- 5) If your current weight significantly varies from the last measured values, the scale will display only your weight and then it will turn off automatically. In this case it is necessary to carry out weighing using the manual user identification so as to prevent the failure of identification. If you do not do this, then at the next attempt to weigh using automatic user identification the scale will not recognise you and will again display only your weight.

### Automatic shut-off function

Your scale is equipped with an automatic shut off function. This function will turn the scale off if no activity is detected for 10 seconds.

### Protection against overload

This scale is equipped with a sensor against overloading – if any overloading occurs, the display will show the warning symbol "-----".

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## TABLE OF PRESET MEASURING RANGES OF THE SCALE

Measuring range for the share of fat tissue (3–50 %):

Age	Female				Male			
	Under-weight	Optimal	Over-weight	Obesity	Under-weight	Optimal	Over-weight	Obesity
<39	<21	21.1–33	33.1–39	>39	<8	8.1–20	20.1–25	>25
40–59	<23	23.1–34	34.1–40	>40	<11	11.1–22	22.1–28	>28
>59	<24	24.1–36	36.1–42	>42	<13	13.1–25	25.1–30	>30

Measuring range for the share of water in the body (25–75 %):

Gender	Female			Male		
Age	Low	Normal	High	Low	Normal	High
10–15	<57	57.1–67	>67	<58	58.1–72	>72
16–30	<47	47.1–57	>57	<53	53.1–67	>67
31–60	<42	42.1–52	>52	<47	47.1–61	>61
61–80	<37	37.1–47	>47	<42	42.1–56	>56

Measuring range for the share of muscle mass (25–75 %):

Age	Female		Male	
	Optimal		Optimal	
6–100	>34		>40	

Measuring range for the share of bone tissue ( $\leq 10$  kg):

	Female			Male		
Body weight	<45 kg	45–60 kg	>60 kg	<60 kg	60–75 kg	>75 kg
Bone tissue weight	1.8 kg	2.2 kg	2.5 kg	2.5 kg	2.9 kg	3.2 kg

## CLEANING AND MAINTENANCE

To clean the outside parts of the product use a fine cloth dipped in lukewarm water. Do not use aggressive cleaning agents, paint thinners or solvents. Using these solutions could damage the surface of the product.

## TROUBLESHOOTING

If the scale displays random values or if it does not turn off automatically, you need to restart it. In such cases, remove the batteries for about 10 seconds and place them back again. The scale should work normally.

## DISPOSAL OF USED BATTERIES

This product comes with batteries. Do not dispose of old batteries into regular household waste. Dispose of batteries at designated battery disposal points.

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## TECHNICAL SPECIFICATIONS

Power supply .....	2 x 3V CR 2032 type battery
Measuring range .....	5–180 kg
Weighing division .....	100 g
Range of the body height setting .....	80–220 cm
Range of the age setting .....	6–100 years
Number of users .....	8
Measuring range for the share of fat tissue .....	3–50 %
Measuring range for the share of water in the body .....	25–75 %
Measuring range for the share of muscle mass .....	25–75 %
Measuring range for the share of bone tissue .....	≤10 kg
Switching weight units .....	kg → lb → st/lb
Visible display dimensions (length x height) .....	62 x 62 mm
Dimensions (width x depth x height) .....	310 x 300 x 23 mm
Weight of the product .....	2 kg

Amendments to text and technical parameters are reserved.

## INSTRUCTIONS AND INFORMATION REGARDING THE DISPOSAL OF USED PACKAGING MATERIALS

Dispose of packaging material at a public waste disposal site.

## DISPOSAL OF USED ELECTRICAL AND ELECTRONIC EQUIPMENT



The meaning of the symbol on the product, its accessory or packaging indicates that this product shall not be treated as household waste. Please, dispose of this product at your applicable collection point for the recycling of electrical & electronic equipment waste. Alternatively in some states of the European Union or other European states you may return your products to your local retailer when buying an equivalent new product. The correct disposal of this product will help save valuable natural resources and help in preventing the potential negative impact on the environment and human health, which could be caused as a result of improper liquidation of waste. Please ask your local authorities or the nearest waste collection centre for further details. The improper disposal of this type of waste may fall subject to national regulations for fines.

### For business entities in the European Union

If you wish to dispose of an electrical or electronic device, request the necessary information from your seller or supplier.

### Disposal in other countries outside the European Union

If you wish to dispose of this product, request the necessary information about the correct disposal method from local government departments or from your seller.



This product meets all the basic EU regulation requirements that relate to it.

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