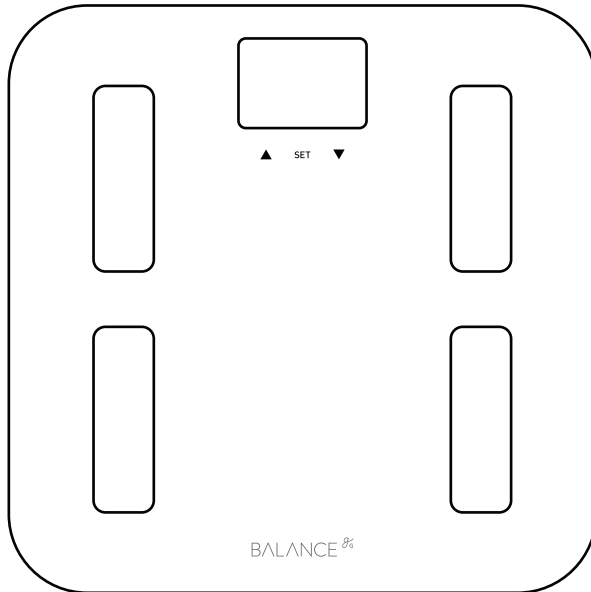


BALANCE ^g

BASIC BODY COMPOSITION SCALE



GET STARTED: [greatergoods.com/0391](https://www.greatergoods.com/0391)

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CUSTOMER SUPPORT

Email: info@greatergoods.com

Phone: (866) 991-8494

Website: [greatergoods.com](https://www.greatergoods.com)

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Important Safety Notes

Warnings

- Never use, or allow others to use this unit in combination with the following medical electronic devices:
 - Medical electronic implants such as pacemakers
 - Electronic life support systems such as an artificial heart/lung
 - Portable electronic medical devices such as an electrocardiograph
- This scale passes a harmless and unnoticeable electrical current through your body when taking a measurement. This electrical current is not felt while using the scale. This unit may cause the above mentioned medical devices to malfunction.
- This product is not intended for use by pregnant women.
- This product is not intended for use by infants, toddlers, and children under 10 years of age.
- Do not step on the edge of the scale while getting on or off, otherwise it may tip.
- Do not jump on scale.
- Protect scale from hard knocks, temperature fluctuations and heat sources that are too close (e.g. Stoves, heating units).
- Do not drop scale or drop any objects on it as this may damage the sensors.
- Do not step or stand on the scale when your body and/or feet are wet. For example, after taking a shower.
- Do not step on the scale when the surface is wet. There is a danger of slipping.
- Please be aware that the measurements obtained from this body analysis scale represent only an approximation.
- Do not step on this scale if you weigh more than 400 lbs.
- Place the scale on level flooring, otherwise it may tip.
- Clean the scale with a slightly damp cloth. DO NOT immerse the scale in water or use chemical/abrasive cleaning agents.

Introduction

Welcome to your new Balance Scale.

Being healthy is worth the effort! That's why we've designed this Balance Scale to be more than just another scale. It's a beautifully designed, fully-featured basic body composition scale.

OUR PROMISE

We're committed to creating 5-star products.
If we haven't delivered on our promise, please contact us.
For the best possible experience with your product,
please visit greatergoods.com/0391.



Scale Description

Physical Features

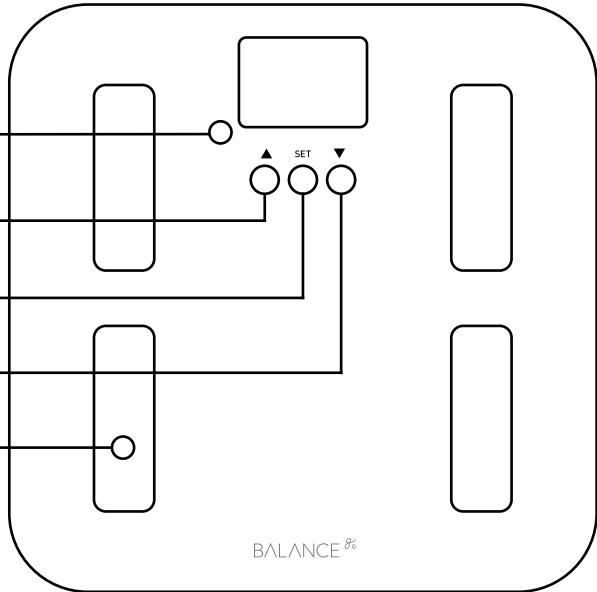
Display

Up key

SET key

Down key

Conductors



Measuring Units

| | |
|----|----------|
| lb | pound |
| kg | kilogram |

Setting the measuring unit

By pressing the button on the back of the scale, you can switch between lb. (pound) and kg (kilogram).

Display

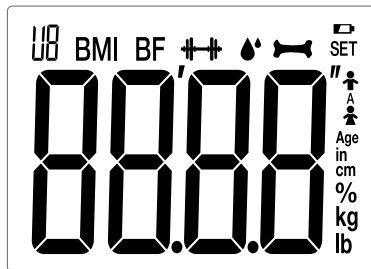
BMI

Body Fat

Muscle Mass

Water Weight

Bone Density



Things To Know Before Using Your Scale

Measuring

Measuring your weight and calculating body composition is easy. Simply step on your scale with bare feet, and evenly distribute your weight. Make sure that your feet are making good contact with all four metal conductors. Body composition can only be displayed if you have properly set up a user profile on your scale (page 6).

Auto-On

Auto-on is the easiest way to use your scale. Simply step on the weighing surface with both feet and evenly distribute your weight. Once you complete user set up (page 6), Auto-Detection will match you to your profile automatically. If no match is made to a user profile, then the scale will only display your weight information. Body composition calculations require specific variables such as your height, gender, and activity level, so a user profile must be set up in order to display those measurements.

Auto-Detection

Once a profile has been set up, your scale will automatically match you to your correct profile by weight. The scale determines who the user is by a range of 10 lbs. and in some cases a conflict may arise if two or more users are within 10 lbs. of each other (see "Troubleshooting" for resolving an auto-detection conflict).

Press-Awake

Another easy way to turn on your scale is to briefly step on, then off the weighing area of your scale. "Press-Awake" allows you to enter setup mode to create or edit a new user (see User Setup, page 6). If needed, it also allows you to select your user profile manually.

User Setup

IMPORTANT: Place your scale on a hard flat surface, and be ready with bare feet to record your first weight entry on the last step.

This scale can be customized for up to 8 users.

Set Up a User

1. Press-Awake your scale ON.
2. Press and hold SET.
3. Use ▲ and ▼ to make selections, then tap SET to select and continue for each option below.

| | |
|--|---|
| User Number | Choose a user profile number, tap SET |
| Gender | Select Male or Female, tap SET |
| Athlete Mode | Select Y or N (See description below), tap SET |
| Height | Select your height, tap SET |
| Age | Select your age, tap SET |
| IMPORTANT: YOU MUST NOW WEIGH TO RECORD YOUR INITIAL WEIGHT ENTRY | |
| Weight | Step on the scale with bare feet, evenly distribute your weight. Make sure that your feet are making good contact with all four metal conductors. |

*At any time in the setup process, if you have to leave or the screen shuts off due to inactivity, just start over from number one above.

Athlete Mode

An athlete is defined as a person who is involved in intense physical activity approximately 12 hours per week and who has a resting heart rate of approximately 60 beats or less per minute.

Reading Your Results

Once you have properly weighed yourself, the scale will cycle through the measurements it has calculated for you.

| Weight | Body Fat | Muscle Mass | Water Weight | Bone Mass |
|--------|----------|-------------|--------------|-----------|
| 126.2 | 20.7 | 38.2 | 56.9 | 4.0 |

For best results

Remember to place your scale on a hard level surface. Step on the scale with bare feet, evenly distributing your weight. Make sure that your bare feet are making good contact with all four metal conductors.

Using this scale on carpet will not give accurate results.

Wearing socks during weighing will result in incorrect body composition measurements.

It's important to follow a routine. We recommend weighing daily around the same time each day. Alternatively, you can weigh weekly. When weighing weekly we recommend weighing on the same day each week.

Weighing under the same conditions will help ensure accurate results. Weight can vary due to different clothing selections, weighing at different times of day, weighing before or after meals, etc. Following a routine will help achieve accurate results.

Typical Results

Keep in mind that you know your body best. The following ranges of Body Fat %, Water Weight %, Muscle Mass %, and Bone Mass % are offered only as guides. The best way to understand your body composition is to watch for changes. For example, watch to see how your body fat is going up or down over time.

Body Fat %

| Age | Female | | | | Male | | | |
|-------|--------|--------|------------|------|------|--------|------------|------|
| | Low | Normal | Above Avg. | High | Low | Normal | Above Avg. | High |
| 20-29 | <19 | 20-28 | 29-31 | >31 | <13 | 14-20 | 21-23 | >23 |
| 30-39 | <20 | 21-29 | 30-32 | >32 | <14 | 15-21 | 22-24 | >24 |
| 40-49 | <21 | 22-30 | 31-33 | >33 | <16 | 17-23 | 24-26 | >26 |
| 50-59 | <22 | 23-31 | 32-34 | >34 | <17 | 18-24 | 25-27 | >27 |
| 60+ | <23 | 24-32 | 33-35 | >35 | <18 | 19-25 | 26-28 | >28 |

Water Weight %

| | Body Fat % | Water % |
|--------|-------------|----------|
| Male | 4 - 14% | 63 - 70% |
| | 15 - 21% | 57 - 63% |
| | 22 - 24% | 55 - 57% |
| | 25 and over | 37 - 55% |
| Female | 4 - 20% | 58 - 70% |
| | 21 - 29% | 52 - 58% |
| | 30 - 32% | 49 - 52% |
| | 33 and over | 37 - 49% |

BMI

| BMI | Weight Status |
|-------------|---------------|
| <18.5 | Underweight |
| 18.5 - 24.9 | Normal |
| 25 - 29.9 | Overweight |
| 30+ | Obese |

Muscle Mass %



| | |
|--------|-------------|
| Female | Approx. 30% |
| Male | Approx. 40% |

Bone Mass %

| | Female | | | Male | | |
|--------|--------|---------|------|------|---------|------|
| Weight | <100 | 100-135 | >135 | <135 | 135-165 | >165 |
| Bone | 3.9 | 4.1 | 4 | 4 | 4.4 | 4.2 |

Troubleshooting

Low battery

 +  A low battery symbol is displayed when the batteries need to be replaced. Open the battery door on the back of the scale, and remove and replace the batteries with four AAA batteries.

Overload

Overload occurs when the scale has too much weight (Capacity: 180kg / 397lb). Please remove the weight on the scale to protect the scale sensors.

Measuring error

If the scale has trouble measuring your weight, it will show “Err” and turn off. This is most likely due to not settling on the scale fast enough. Make sure that the scale is placed on a flat hard surface (not carpet), and you distribute your weight evenly while holding still.

Failed to auto-detect your user profile while weighing

The weight data is shown only and the scale will turn off after a few seconds. Please manually select your number and measure once again (Press-Awake, select user number, Tap SET).

Resolving an auto-detection conflict

An auto-detection conflict will occur if two or more users are within 10lbs. of each other. When an auto-detection conflict occurs, your scale will give you a chance to select your profile number manually. Use the arrows to select your profile, tap SET, and step on the scale. The scale will now proceed measuring for the profile you have selected.

How do I clear a user profile?

First, Press-Awake the scale on, then press and hold SET. Now, select the user to delete and press SET. Once selected, press the up arrow to change Clr to “Y.” Now press SET to clear the user. The user is now removed.

Cleaning, Maintenance, and Disposal

Cleaning

Your scale is not waterproof. Never immerse the scale in water or place it in a dishwasher. To clean the scale platform, use a soft, slightly damp cloth or sponge. For stains or other residue, use a mild dish washing soap. Never use harsh cleaners or treated cloths.

Changing the batteries

Your scale uses 4 AAA batteries. To change the batteries, open the battery door on the bottom of the scale, remove the old batteries and replace them with the + end oriented as shown in the battery compartment.

Disposal

Batteries should be disposed of separately from household waste. Always dispose of batteries as per your local regulations. Dispose of this device in accordance with your local regulations.

Technical Specifications

Weight unit: lb / kg

Capacity: 397lb / 180kg

Division: 0.1lb / 0.1kg

Minimal weight: 5kg

Function keys: ▲ , SET, ▼

Display: Positive LCD, Backlight

Batteries: 4 AAA

User No.: 8

Age range: 10 - 85

Stature range: 3 ft 3 inches - 7 ft 3 inches / 100-220cm

Measurements calculate: Body weight, body fat, water weight, muscle mass and bone mass

Working temperature: 32°F-104°F / 0°C-40°C

Working humidity: ≤90% RH

Storage temperature: -4°F - 140°F / -20°C - 60°C

INDICATIONS FOR USE: The Balance Body Fat Analyzer measures weight and uses bio-electrical impedance analysis (BIA) technology to estimate body fat, total body water percentage, bone mass, and muscle mass in generally healthy children 10-17 years old and healthy adults. It is intended for use in the domestic setting only.

Manufacturer's Warranty

Your scale is warranted by the manufacturer against defects in materials and workmanship for five (5) years from the original purchaser from the date of purchase. Proof of purchase is required.


The warranty is void if the product has been subjected to mechanical damage or mistreatment, such as immersion. This warranty is in lieu of all other warranties, and limits the liability of the manufacturer. This warranty gives you certain legal rights and you may have other rights depending on which state the product was purchased.


If your scale is defective, please contact **Greater Goods, LLC**.

Distributed by:







Greater Goods, LLC
125 N. Main St.
Suite 202
St. Charles, MO 63301

 info@gretergoods.com

 (toll free) 866-991-8494

 gretergoods.com/0391

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| | | | |
|---|---|---|---|
|  | Symbol for "THE OPERATION GUIDE MUST BE READ" |  | Symbol for "MANUFACTURER" |
| | |  | Symbol for "DIRECT CURRENT" |
|  | Symbol for "TYPE BF APPLIED PARTS" |  | Symbol for "ENVIRONMENT PROTECTION" – Waste electrical products should not be disposed of with household waste. Please recycle where facilities exist. Check with your local authority or retailer for recycling advice. |
|  | Symbol for "MANUFACTURE DATE" | | |
| SN | Symbol for "SERIAL NUMBER" | | |

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