

SALTER

Glass Analyser

please read this instruction manual before using the product
for the first time

IMPÉDAN CEMÈTRE

Veillez lire ce mode d'emploi avant d'utiliser ce produit
pour la première fois

KÖRPER-ANALYSE-WAAGE

Bitte lesen Sie sich diese Bedienungsanleitung durch, ehe Sie
das Produkt zum ersten Mal verwenden

BÁSCULA ANALIZADORA DEL CUERPO

Lea este manual de instrucciones antes de usar la balanza por
primera vez

PESAPERSONE RILEVA-GRASSO

Leggere il presente manuale di istruzioni prima di utilizzare il
prodotto per la prima volta

BALANÇA DE ANÁLISE CORPORAL

Leia este manual de instruções antes de utilizar o equipamento
pela primeira vez

KROPPSANALYSEVEKT

Vær vennlig å lese instruksjonsboken før produktet brukes
første gangen

LICHAAMSANALYSE WEEGSCHAAL

Lees deze handleiding voordat u het product voor de eerste
keer gebruikt

KEHON KOOSTUMUKSEN ANALYYSIVAAKA

Lue nämä käyttöohjeet ennen ensimmäistä käyttökertaa

KROPPSANALYSVÅG

Läs denna bruksanvisning innan produkten används första
gången

KROPPSANALYSEVÆGT

Læs denne brugsvejledning igennem, før produktet bruges for
første gang

TESTZSÍRANALIZÁTOROS MÉRLEG

A termék első használatá előtt kérjük, olvassa el ezt a
felhasználói kézikönyvet

VÁHA PRO ANALÝZU TĚLA

Před prvním použitím tohoto spotřebiče si nejprve přečtete si
tento návod.

VÜCUT ANALİZ TARTISI

Ürünü ilk kez Kullanmadan önce lütfen bu talimat kılavuzunu
okuyun

ΖΥΓΑΡΙΑ ΜΕ ΑΝΑΛΥΤΗ ΣΩΜΑΤΟΣ

Πριν χρησιμοποιήσετε το προϊόν για πρώτη φορά, διαβάστε το
παρόν εγχειρίδιο οδηγιών

ВЕСЫ-АНАЛИЗАТОР

Прежде чем использовать продукт впервые, пожалуйста,
ознакомьтесь с инструкцией

WAGA BODY ANALYSER

Przed pierwszym użyciem produktu należy przeczytać
niniejszą instrukcję obsługi.

OSOBNÁ VÁHA S ANALYZÁTOROM

Pred prvým použitím výrobku si prečítajte tieto pokyny na
použitie.



HOW DOES THIS SALTER SCALE WORK?

This Salter scale uses BIA (Bio Impedance Analysis) technology which passes a tiny electrical impulse through the body to determine fat from lean tissue, the electrical impulse cannot be felt and is perfectly safe. Contact with the body is made via stainless steel pads on the platform of the scale.

This method simultaneously calculates your personal weight, body fat, total body water and BMI giving you a more accurate reading of your overall health and fitness.

This scale stores the personal data of up to 4 users. As well as being an analyser scale, this scale can be used as a conventional scale.

PREPARING YOUR SCALE

1. Open the battery compartment on the scale underside.
2. Remove isolating tab from beneath the battery (if fitted) or insert batteries observing the polarity signs (+ and -) inside the battery compartment.
3. Close the battery compartment.
4. Select kg, st or lb weight mode by the switch on the underside of the scale.
5. For use on carpet remove the non-slip pads from the scales feet and attach enclosed carpet feet.
6. Position scale on a firm flat surface.

WEIGHT READING ONLY

1. Position scale on a firm flat surface.
2. Tap the platform centre (vibration activates your scale) and remove your foot.
3. Wait until zero is displayed.
4. Step on and stand very still while the scale computes your weight.
5. Your weight is displayed for a few seconds then the scale will switch off.

PERSONAL DATA ENTRY

1. Press the platform centre and remove your foot.
2. Press the **SET** button.
3. While the user number is flashing, select a user number by pressing the **▲** or **▼** buttons. Press the **SET** button to confirm your selection.
4. The male or female symbol will flash.
Press **▲** button until the correct symbol is flashing, then press the **SET** button.
5. The height display will flash.
Press **▲** or **▼** as necessary to set your height, then press the **SET** button.
6. The age display will flash.
Press **▲** and **▼** as necessary to set your age, then press the **SET** button.
7. '0.0' will be displayed.
8. The scale will switch off and is now ready for use.
9. Repeat procedure for a second user, or to change user details.

NOTE: To update or overwrite the memorised data, follow the same procedure, making changes as required.

WEIGHT & BODY FAT READINGS

Position the scale on a flat level surface.

1. Tap the platform centre (vibration activates your scale) and remove your foot.
2. Select your user number by pressing the **▲** or **▼** buttons.
3. WAIT while the display reconfirms your personal data then shows a zero reading.
4. When zero is displayed, WITH BARE FEET, step onto the platform and stand still.
Ensure your feet are in good contact with the 2 metal pads on the platform.
5. After 2-3 seconds your weight will be displayed.
6. Remain standing on the scale while your other readings are taken.
7. Your weight will be displayed followed by your BMI, body fat percentage and total body water percentage.

BODY FAT -WHAT DOES IT MEAN?

The human body is made up of, amongst other things, a percentage of fat. This is vital for a healthy, functioning body - it cushions joints and protects vital organs, helps regulate body temperature, stores vitamins and helps the body sustain itself when food is scarce. However, too much body fat or indeed too little body fat can be damaging to your health. It is difficult to gauge how much body fat we have in our bodies simply by looking at ourselves in the mirror. This is why it is important to measure and monitor your body fat percentage. Body fat percentage gives you a better measure of fitness than weight alone - the composition of your weight loss could mean you are losing muscle mass rather than fat - you could still have a high percentage of fat even when a scale indicates 'normal weight'.

NORMAL HEALTHY RANGE OF BODY FAT PERCENTAGE

Body Fat % Ranges for Boys*

| Age | Low | Optimal | Moderate | High |
|-----|-------|-------------|-------------|-------|
| 10 | ≤12.8 | 12.9 - 22.8 | 22.9 - 27.8 | ≥27.9 |
| 11 | ≤12.6 | 12.7 - 23.0 | 23.1 - 28.2 | ≥28.3 |
| 12 | ≤12.1 | 12.2 - 22.7 | 22.8 - 27.8 | ≥27.9 |
| 13 | ≤11.5 | 11.6 - 22.0 | 22.1 - 26.9 | ≥27.0 |
| 14 | ≤10.9 | 11.0 - 21.3 | 21.4 - 25.8 | ≥25.9 |
| 15 | ≤10.4 | 10.5 - 20.7 | 20.8 - 24.9 | ≥25.0 |
| 16 | ≤10.1 | 10.2 - 20.3 | 20.4 - 24.2 | ≥24.3 |
| 17 | ≤9.8 | 9.9 - 20.1 | 20.2 - 23.8 | ≥23.9 |
| 18 | ≤9.6 | 9.7 - 20.1 | 20.2 - 23.5 | ≥23.6 |

Body Fat % Ranges for Girls*

| Age | Low | Optimal | Moderate | High |
|-----|-------|-------------|-------------|-------|
| 10 | ≤16.0 | 16.1 - 28.2 | 28.3 - 32.1 | ≥32.2 |
| 11 | ≤16.1 | 16.2 - 28.8 | 28.9 - 32.7 | ≥32.8 |
| 12 | ≤16.1 | 16.2 - 29.1 | 29.2 - 33.0 | ≥33.1 |
| 13 | ≤16.1 | 16.2 - 29.4 | 29.5 - 33.2 | ≥33.3 |
| 14 | ≤16.0 | 16.1 - 29.6 | 29.7 - 33.5 | ≥33.6 |
| 15 | ≤15.7 | 15.8 - 29.9 | 30.0 - 33.7 | ≥33.8 |
| 16 | ≤15.5 | 15.6 - 30.1 | 30.2 - 34.0 | ≥34.1 |
| 17 | ≤15.1 | 15.2 - 30.1 | 30.2 - 34.3 | ≥34.4 |
| 18 | ≤14.7 | 14.8 - 30.8 | 30.9 - 34.7 | ≥34.8 |

Body Fat % Ranges for Men**

| Age | Low | Optimal | Moderate | High |
|---------|-----|-------------|-----------|------|
| 19 - 39 | ≤8 | 8.1 - 19.9 | 20 - 24.9 | ≥25 |
| 40 - 59 | ≤11 | 11.1 - 21.9 | 22 - 27.9 | ≥28 |
| 60+ | ≤13 | 13.1 - 24.9 | 25 - 29.9 | ≥30 |

Body Fat % Ranges for Women**

| Age | Low | Optimal | Moderate | High |
|---------|-----|-------------|-----------|------|
| 19 - 39 | ≤21 | 21.1 - 32.9 | 33 - 38.9 | ≥39 |
| 40 - 59 | ≤23 | 23.1 - 33.9 | 34 - 39.9 | ≥40 |
| 60+ | ≤24 | 24.1 - 35.9 | 36 - 41.9 | ≥42 |

*Source: Derived from: HD McCarthy, TJ Cole, T Fry, SA Jebb and AM Prentice: "Body fat reference curves for children". International Journal of Obesity (2006) 30, 598-602.

**Source: Derived from: Dymyina Gallagher, Steven B Heymsfield, Moonseong Heo, Susan A Jebb, Peter R Murgatroyd, and Yoichi Sakamoto: "Healthy percentage body fat ranges: an approach for developing guidelines based on body mass index-3". Am J Clin Nutr 2000;72:694-701.

The Body Fat % ranges published are for guidance only. Professional medical guidance should always be sought before embarking on diet and exercise programs.

BODY WATER -WHY MEASURE IT?

Body water is the single most important component of body weight. It represents over half of your total weight and almost two thirds of your lean body mass (predominantly muscle). Water performs a number of important roles in the body:

All the cells in the body, whether in the skin, glands, muscles, brain or anywhere else, can only function properly if they have enough water. Water also plays a vital part in regulating the body's temperature balance, particularly through perspiration.

The combination of your weight and fat measurement could appear to be 'normal' but your body hydration level could be insufficient for healthy living.

Obsah je uzamčen

Dokončete, prosím, proces objednávky.

Následně budete mít přístup k celému dokumentu.



Proč je dokument uzamčen? Nahněvat Vás rozhodně nechceme. Jsou k tomu dva hlavní důvody:

- 1) Vytvořit a udržovat obsáhlou databázi návodů stojí nejen spoustu úsilí a času, ale i finanční prostředky. Dělali byste to Vy zadarmo? Ne*. Zakoupením této služby obdržíte úplný návod a podpoříte provoz a rozvoj našich stránek. Třeba se Vám to bude ještě někdy hodit.

**) Možná zpočátku ano. Ale vězte, že dotovat to dlouhodobě nelze. A rozhodně na tom nezbohatneme.*

- 2) Pak jsou tady „roboti“, kteří se přiživují na naší práci a „vysávají“ výsledky našeho úsilí pro svůj prospěch. Tímto krokem se jim to snažíme překazit.

A pokud nemáte zájem, respektujeme to. Urgujte svého prodejce. A když neuspějete, rádi Vás uvidíme!