

TAYLOR
Leading the Way in Accuracy™

TWO YEAR LIMITED WARRANTY

(Valid in USA only)

Taylor Precision Group, LLC., guarantees this product free from defects in material and workmanship for a period of two years from the date of original purchase, except as noted below.

This Taylor product warranty does not cover damage caused by misuse or abuse; accident; the attachment of any unauthorized accessory; alteration to the product; or any other conditions whatsoever that are beyond the control of Taylor. This warranty is effective only if the product is purchased and operated in the USA. A product that requires modification or adaptation to enable it to operate in any country other than the country for which it was designed, manufactured, approved and/or authorized, or repair of products damaged by these modifications is not covered under warranty. Taylor shall not be responsible for any type of incidental, consequential or special damages. All implied warranties, including but not limited to those implied warranties of fitness and merchantability, are limited in the total duration of two years from the original purchase date.

To obtain warranty service on your Taylor product, either hand deliver or mail the unit and your dated sales receipt (as proof of purchase), postpaid, along with check or money order in the amount of \$5.00 payable to Taylor Precision Group, LLC. to cover handling.

Upon receipt, Taylor will repair or replace, as appropriate, your product and return it to you, postpaid. If it is appropriate to replace your product, Taylor will replace the product with the same product or a comparable product at Taylor's option. Warranty is solely through Taylor Service Center. Service of this product by anyone other than Taylor Service Center voids warranty.

This warranty provides you with specific legal rights. You may have additional rights which may vary from state to state. Because of individual state regulations, some of the above limitations and exclusions may not apply to you.

Mail To:

**Customer
Service Center, Dept. 168
3000 Pontiac Trail
Commerce Township, MI
48390**

**e-mail:
cservice@taylorusa.com
1-800-466-3342**

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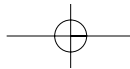
Instruction Manual Handheld Body Fat Analyzer

How the Body Fat Analyzer Works:

This instrument uses BIA (Bioelectrical Impedance Analysis). BIA is one of the most accurate methods of measuring body fat and works by sending a harmless electrical signal through the fat and muscle in your body. This method calculates your personal body fat percentage, thus giving you an accurate reading of your overall health and fitness. The display on the bottom will also show your general health condition.

Why it is Important to Measure Your Body Fat:

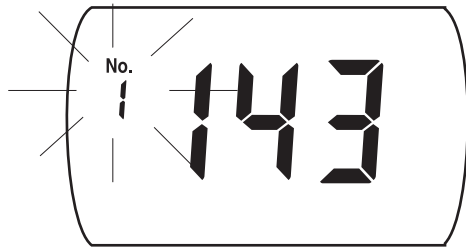
Body fat percentage is a vital measure of your overall health and fitness. Research has shown that healthy body fat levels can help reduce your risk of developing serious health related problems, such as high blood pressure, high cholesterol, heart disease and diabetes.



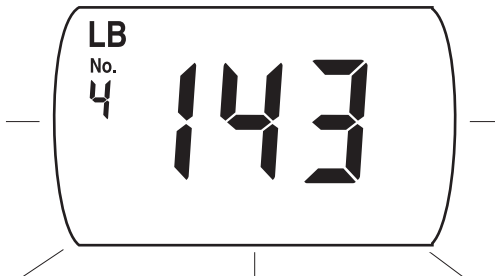
Getting Started

Programming Personal Data Into Memory

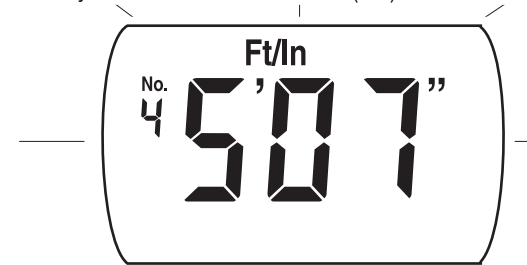
1. Press the Power "⏻" BUTTON. The "No. 1" will be flashing.
2. **Select Memory Location**- Press the (▲/▼) buttons to select the desired memory location (1-8). (Holding down the button will "fast forward/ fast reverse" the scrolling). The memory location blinks. Once selected, press "S" (SET) to confirm.



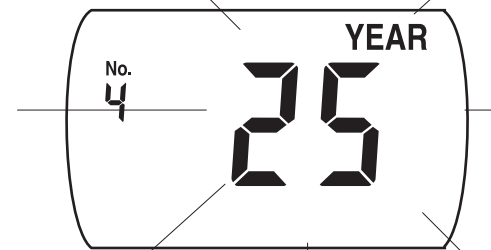
- 3 **Select Weight**- The weight display blinks. Press the (▲/▼) buttons to scroll up/down, input your current weight. Once selected, press "S" (SET) to confirm.



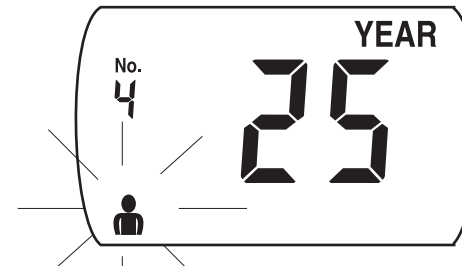
4. **Select Height**- The height display blinks. Press the (▲/▼) buttons to scroll up/down, input your current height. First, you will select feet. Once selected, press "S" (SET) to confirm. Then you will select inches. Press "S" (SET) to confirm.



5. **Select Age**- The age display blinks. Press the (▲/▼) buttons to scroll up/down, input your age. Once selected, press "S" (SET) to confirm.



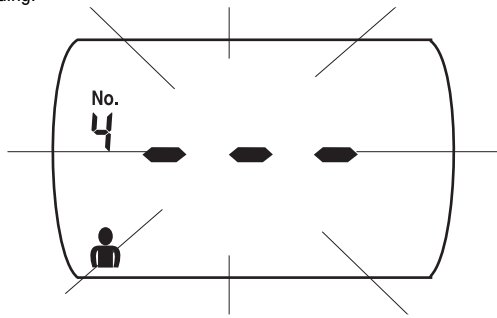
6. **Select Gender**- The gender display blinks. Press the (▲/▼) buttons to adjust gender setting. Press "S" (SET) to confirm.



INSTRUCTIONS FOR USE

Taking Your Body Fat Reading:

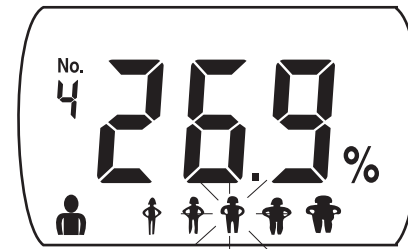
At this point, you can begin to take a Body Fat reading immediately by pressing the “G” (GO) button. The display will show the number and gender of the memory location chosen. Three dash lines “- - -” will blink on the display. The unit is now ready to take a body fat reading.



1. Simply hold the unit in your hands with your two thumbs resting over the contact plates as shown. The “- - -” dashes will blink slowly.



2. In approximately 3 seconds, the body fat percentage will be shown on the display. The display will also show a visual queue of your fitness level. This status bar shows your Body Fat condition as 1 of 5 levels. From “Low” upwards to “Obese”.




Body Fat Recommendation


Gender/Age	Underweight	Healthy	Slightly Overweight	Overweight	Obese
Male / 30 yrs or younger	Less than 14%	14-19.9%	20-24.9%	25-34.9%	35% and above
Male / older than 30 yrs	Less than 17%	17-22.9%	23-27.9%	28-37.9%	38% and above
Female / 30 yrs or younger	Less than 17%	17-23.9%	24-29.9%	30-39.9%	40% and above
Female / older than 30 yrs	Less than 20%	20-26.9%	27-32.9%	33-42.9%	43% and above

NOTE: These recommendations are for informational purposes only and should not be considered or used as MEDICAL GUIDELINES for weight loss, exercise, or dietary changes. Always consult with physicians or health professionals before beginning any weight loss or exercise program or when making changes to your diet.

To Recall Settings from Memory:

1. Simply press the Power button “” to turn the unit on.
2. Press the (▲/▼) buttons to select the memory location you wish to use.
3. Once you have selected the correct data from memory, simply press the “G”. The display will blink “- -” and is ready to begin taking a body fat reading.
4. Hold the unit as described above in the “**INSTRUCTIONS FOR USE**” section.




To Clear Memory Settings- Simply over-write new data into the memory location following instructions 1-6 in the “**Getting Started**” section.

To Turn off the Unit- Simply press the Power button “” to turn the unit off. The LCD display will confirm your selection. (Note: If no buttons are pressed, the unit turns off automatically after 60 seconds).

Battery Information

Your hand held Body Fat Analyzer has a lithium battery (3V CR2032) installed that will provide up to 2000 readings when used in a typical fashion.

To Select Metric Setting:

1. Press the power button “” to turn the unit on.
2. Press both the power button “” and the “G” button at the same time.
3. While holding down the “G” button, remove finger from the power button “”.
The No. 2 will be shown on the screen.
4. Remove finger from the “G” button. You will see that the weight measurement has changed from “lb” to “kg”.
5. The unit is now in “metric” setting.

Battery Replacement

1. Use a 3V CR2032 lithium battery only (installed).
2. Using a small coin, open the battery compartment on the bottom of the unit by turning to the right to the “OPEN” position. Remove the cap.
3. Remove the old battery and place the new battery with “+” sign up.
4. Replace the cap and using a small coin, turn it to the left until the arrow on the cap is in line with the arrow on the bottom in the “CLOSE” position.

Measuring Tips

1. Select a consistent time of day to measure body fat. Early morning is not recommended because the body is often dehydrated after a night’s sleep.
2. For more accurate measurement, urinate prior to testing. Refrain from diuretics, caffeine, alcohol and other substances affecting normal hydration. Biological factors including menstrual cycles, disease and illness may affect accuracy. Avoid taking measurements during these times.
3. Monitoring body fat twice a month is recommended. Checking body fat too frequently is not beneficial as changes are not noticeable. Knowing your body fat percentage helps you set weight loss and exercise goals to achieve a healthier lifestyle.
4. **This product is not recommended for pregnant women and individuals with pacemakers or implanted medical devices.**

Care and Maintenance:

1. Do not disassemble the unit other than to replace the battery; it contains no user serviceable parts. Damage to the unit may occur as a result of improper handling.
2. Remove battery when the unit is not used for a prolonged period of time.
3. When cleaning the unit, use only a slightly damp cloth. To remove stains, use a mild soap. Never use detergents, excess water, treated cloths, harsh cleaning agents, or sprays. Do not attempt to open casing (other than battery compartment) as this will void your warranty.
4. Although your handheld body fat analyzer is designed to be maintenance-free, it contains sensitive electronic parts. Avoid rough treatment. Do not drop, kick or submerge the unit into liquids.

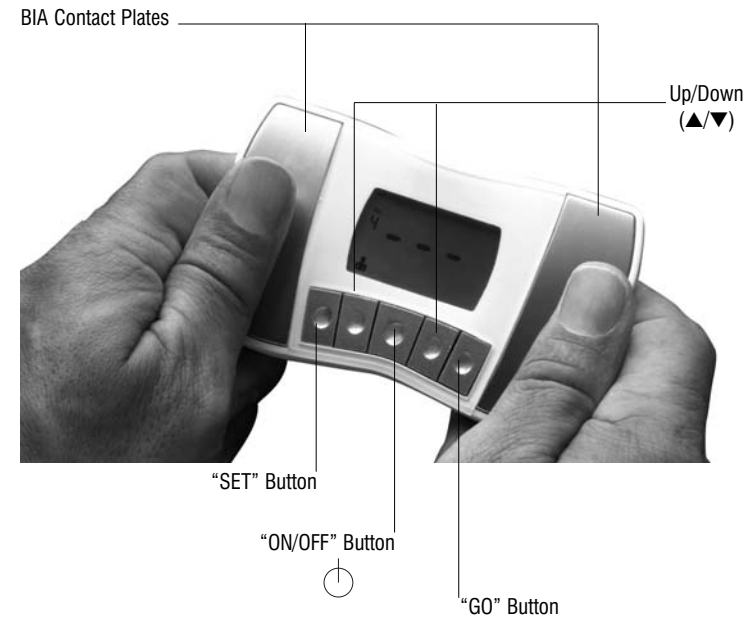
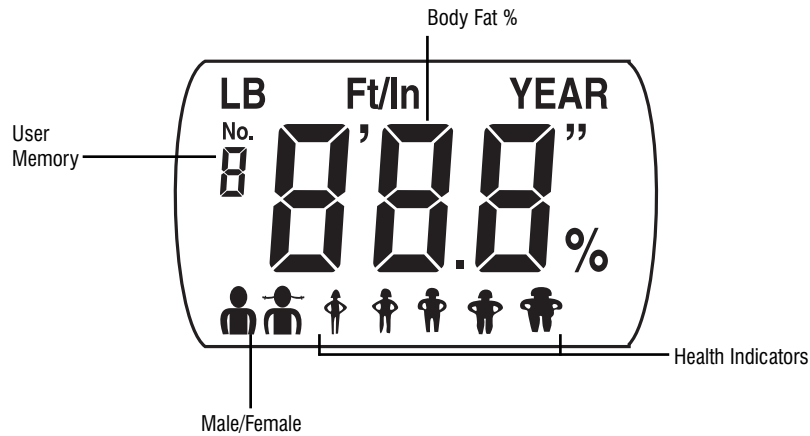
For service or repair – Do not return this unit to the retailer. Contact Customer Service at 1-800-466-3342.

Trouble Shooting:

Display shows “LOW” - Replace the battery.

Display shows “ER. 1” - Contact error. Make sure your thumbs are positioned on the contact bars correctly. Repeat.






Display shows “ER. 2” - Impedance cannot be measured correctly. Thumbs maybe too dry or not enough contact to act as a conductor. Moisten thumbs and repeat.



Specifications

- Body Fat Measuring Range: 5.0% to 50.0%
- Display Resolution: 0.1%
- Personal Data Input Range:
 - Height: 2'0" to 9'11" (100cm - 250cm)
 - Weight: 22LB to 550LB (10kg - 250kg)
 - Age: 10 Years to 80 Years
 - Gender: Male/Female
- Response Time: 3-5 seconds
- Display Results: Body Fat% and Health Status
- Health Status Readings: Underweight/ Healthy / Slightly Overweight/ Overweight/ Obese
- Memory Function: Data can be stored for up to 8 Individuals
- Battery Type: 3V Lithium Battery (CR2032)
- Battery Life: Approximately 2,000 measurements

Health Indicators

-  Underweight
-  Healthy
-  Slightly Overweight
-  Overweight
-  Obese