7040_ INSTRUCTIONS MANUAL

BODY FAT SCALE

PURCHASE ACKNOWLEDGEMENT
JOCCA thanks you for the trust placed in the purchase of our product and we are certain that you will always be satisfied with any of our products.

PRODUCT DESCRIPTION
a-Screen
b-Non-sliding feet
c-Battery compartment (Includes two button-type batteries)
d-Weight unit selector (Kg, lb)
e-Fat measurement sensors
f-On button
g-Set button
h-Up button
i-Down button

SAFETY WARNINGS
- These instructions are very important. Please read this instructions manual carefully before using the appliance and keep it at hand to refer to it at any time.
- JOCCA declines any responsibility for the improper use of the product, or any other use that is not described in this manual.
- Before using the product for the first time, unpack the product and check that it is in perfect conditions. If not, do not use the appliance and contact JOCCA, as the guarantee covers any damage from origin or manufacturing defects.
- This product is only indicated for domestic use. Do not use the appliance outdoors. Never leave the appliance exposed to climatic agents such as rain, snow, sun, etc....
- Do not immerse the appliance or any part of it in water or any other liquid.
- Do not knock or drop the scales.
- Do not get onto the scale with wet feet, you may slip.
- Remove the battery from the compartment if you are not going to use the scales for a long period of time.
- Remember that the batteries must be settled in containers specialized for withdrawal of batteries.
- If you want to get rid of the product don’t forget to withdraw the batteries of the appliance.
- If the battery has some type of escape never manipulate it directly with hands.
- Never use the product if the glass is broken or cracked.
- Don’t keep the appliance in vertical position.
- Don’t drag the appliance across the floor, sensor can be damaged.
- This appliance is not a toy, therefore people and children will have to use it under the supervision of an adult.
- Use the appliance on an horizontal, smooth and flat surface, please avoid to place it on carpets, etc ...
- Do not overcome the maximum capacity of weight.

INSTRUCTIONS FOR USE
- Before using the appliance please remove the plastic from the battery compartment for the batteries to make contact with the appliance for it to begin to operate.
- Select the unit in which you wish to weigh (kg or lb) located on the side of the battery compartment.
- The scale should be placed on a flat surface.
- Press down gently on the ON button to switch on the scale and “8888” will immediately appear on the screen. Wait for a few seconds for 0.0 to appear on the screen and then you may step on the scale to weigh yourself.
Please take the following steps to measure your body fat and hydration:

1. Press the ON button and wait for 0.0 to appear on the screen. Then press the SET button to programme your sex, age and height. To do this you should first choose the memory from 01 to 10 that you wish to use, and for this please use UP to increase the memory number and DOWN to decrease it. Please remember that this scale has 10 memories.

2. Once you have chosen the memory you wish to use, press the SET button once again and input the sex (for this please use the UP and DOWN buttons to change the sex).
   a. If you are a woman leave the following symbol
   b. If you are a man leave the following symbol

3. Once you have selected the sex, press the SET button again and now input your age using the UP and DOWN button. Finally press the SET button once again and input your height using the UP and DOWN button.

4. Now that you have input all the parameters press the SET button once again and all the parameters you have input will appear, and when 0.0 appears step on to the scale with your feet on top of the sensors in order to obtain your body fat and hydration and also your weight.

5. The information will appear on the screen intermittently, showing Fat % (body fat), TBW (body hydration) and Kg (weight)

6. The scale will disconnect when you step off it. If there is no weight and the screen shows zero, the scale will switch off automatically after about 6 seconds approximately.

MESSAGES that might show
- Please replace the batteries when the message LO appears.
- “eeee” Means excess weight. Please remember that the limit for this scale is 150 Kg
- “Errl” Means a low body fat index (<5%)
- “Errh” Means a high body fat index (>50%)
- “Err” means that the body fat measurement has not been properly calculated.
- Under fat: Below normal
- Healthy: Healthy
- Over fat: Above average
- Obese: Obese

Note: the correct BMI (body mass index) number is usually between 20 and 25.

CLEANING AND STORAGE
- Do not use abrasive detergents or products that may damage the appliance.
- NEVER IMMERSE THE APPLIANCE IN WATER OR ANY OTHER LIQUID.
- Use a damp cloth or sponge to clean the appliance.
- Do not place vertically, even when not in use.

TECHNICAL DATA
- 6V DC (2 x CR2032 3V)
- Tempered glass 6mm.
- Maximum effective weighing capacity: 150 Kg. (330 lb).
- Weighing divisions: 100g/0.2 lb, 50g/0.1 lb.

This device conforms to the safety requirements and provisions of directives 2004/108/EC on Electromagnetic Compatibility.

PROTECTION OF THE ENVIRONMENT – DIRECTIVE 2002/96/EC
This product has been designed and manufactured with high quality materials and components that can be recycled and reused.

When you see the symbol of a crossed out litter bin on wheels next to a product, this means that the product conforms to the European Directive 2002/96/EC.

Please obtain information about the local recycling system for electric and electronic products. Follow the local rules and do not dispose of used products by throwing them in the normal bins at home. Proper recycling of your used product will help avoid negative impacts on the environment and people’s health.