

# SENCOR®

SBS 6025WH/SBS 6026BK



## PERSONAL FITNESS SCALE

Translation of the original manual

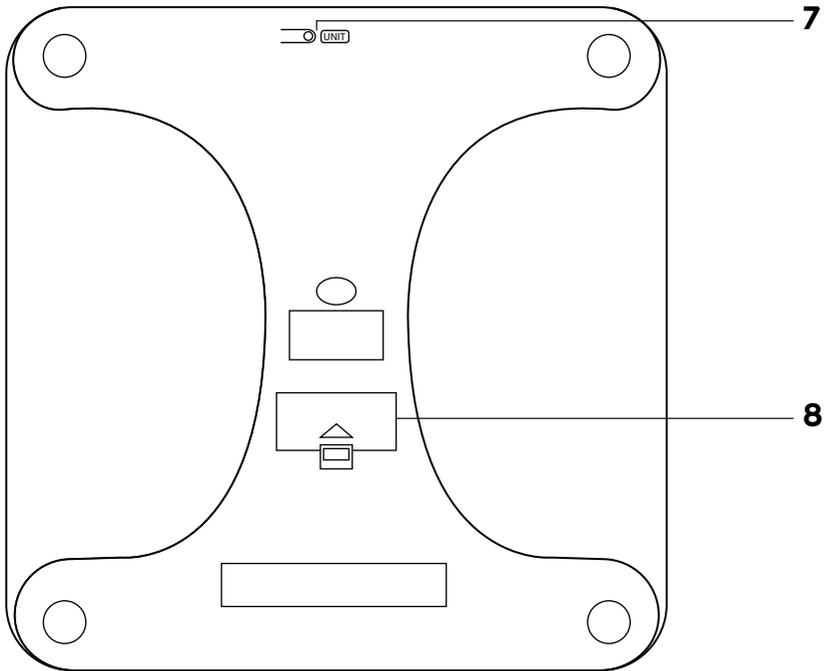
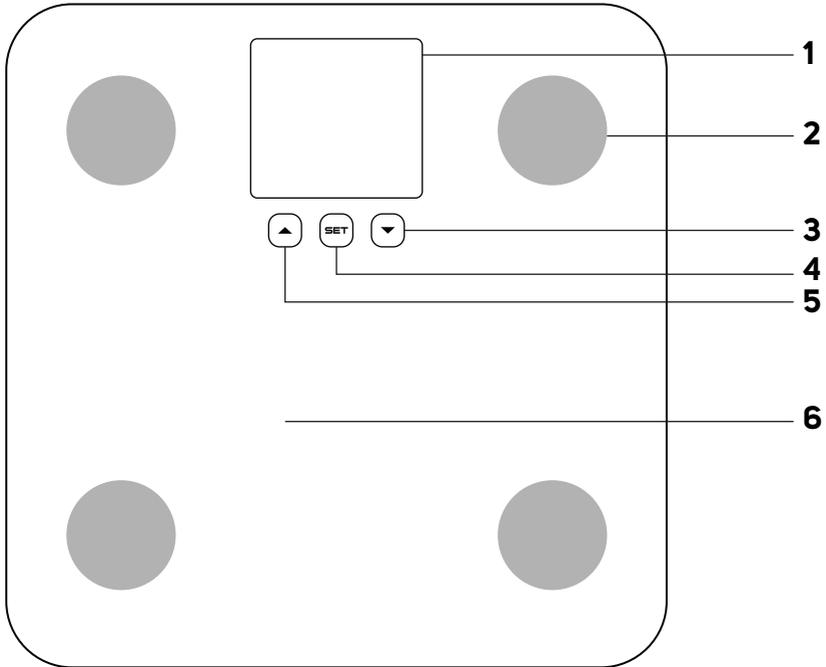


**SENCOR®**

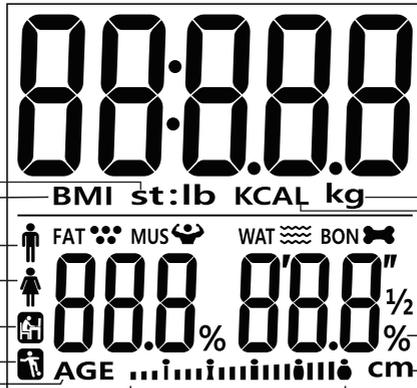
**SBS 6025WH/SBS 6026BK**



**A**



**B**



# EN Personal fitness scale

## Important safety instructions

### READ CAREFULLY AND STORE FOR FUTURE USE.

- Prior to using this appliance, please read the user's manual thoroughly, even in cases, when one has already familiarised themselves with previous use of similar types of appliances. Only use the appliance in the manner described in this user's manual. Keep this user's manual in a safe place where it can be easily retrieved for future use.
- We recommend saving the original cardboard box, packaging material, purchase receipt and responsibility statement of the vendor or warranty card for at least the duration of the legal liability for unsatisfactory performance or quality. In the event of transportation, we recommend that you pack the appliance in the original box from the manufacturer.
- The appliance is designed for use at home, in offices and similar types of areas. Do not use it for commercial, medical or other purposes.
- This appliance may be used by children and persons with reduced physical, sensory or mental abilities or with insufficient experience and knowledge if they are properly supervised.
- Children must be supervised to ensure that they do not play with the appliance.
- Do not use the appliance outdoors, do not locate it on unstable surfaces or in the vicinity of an open fire and other sources of heat.
- Do not expose the appliance to direct sunlight or high humidity and do not use it in an excessively dusty environment.
- Make sure that the appliance is located on an even, smooth, hard and stable surface. This applies especially when using the appliance. Otherwise, this could result in inaccurate measurement.
- Prior to stepping on the weighing platform, check that it not damp and that your feet are not wet. Otherwise, this presents a slipping hazard. Do not jump on the appliance and do not exceed its maximum weighing capacity. This may damage it.
- In the weighing with measurement and analysis of body parameters mode, it is necessary to stand on the weighing platform with clean bare feet, whilst both feet need to be positioned on the electrodes.
- The measured percentage share of bone, fat and muscle tissue and water in the body is only of an indicative nature. Please do not base medical diagnoses on these results. If the fat tissue percentage and hydration level differ significantly from the norm, we recommend consulting this condition with a medical doctor or a dietary consultant. For recommendations of suitable measures for achieving an optimal body weight, likewise consult your medical doctor or dietary consultant.
- Deviations in the measurement of the percentage share of bone, fat and muscle tissue and water in the body may be greater in persons older than 70 years of age and sports professionals.
- The measurement results may be distorted after intensive exercise, during extreme dehydration of the organism, or when you are on a drastic weight-loss diet.
- The measurement of the bone, fat and muscle tissue, and water percentage share in the body is not recommended for:
  - persons with an implanted pacemaker or other medical implants,
  - pregnant women,
  - persons with oedema symptoms
  - (swelling) or persons undergoing dialysis treatment.
- Children younger than 10 years of age and persons older than 100 years of age may only use the appliance in the weighing mode.

- Do not use the appliance for putting items on. Store it in a horizontal position and ensure that no items are placed on it.
- When not using the appliance for an extended period of time (longer than 3 months), remove the batteries. If the batteries were to leak into the inner area of the appliance, this could damage it.
- Do not combine used and new batteries or use alkaline and rechargeable batteries at the same time for powering the appliance.
- Keep the batteries out of children's reach as they may present a hazard to a child. In the event that a child swallows a battery, immediately seek medical help.
- Keep the appliance clean. When cleaning it, follow the instructions in chapter Cleaning and maintenance. Do not submerge the appliance under water or any other liquid and do not rinse it under running water.
- Do not repair the appliance yourself or make any adjustments to it. Have all repairs performed at an authorised service centre. By tampering with the appliance, you risk voiding your legal rights arising from unsatisfactory performance or quality warranty.

- Thank you for purchasing a SENCOR brand product and we hope that you will be happy with it.
- Prior to using this appliance, please read the user's manual thoroughly, even in cases, when one has already familiarised themselves with previous use of similar types of appliances. Only use the appliance in the manner described in this user's manual. Keep this user's manual in a safe place where it can be easily retrieved for future use.
- We recommend saving the original cardboard box, packaging material, purchase receipt and responsibility statement of the vendor or warranty card for at least the duration of the legal liability for unsatisfactory performance or quality. In the event of transportation, we recommend that you pack the appliance in the original box from the manufacturer.

When not using the scale for an extended period of time (longer than 3 months), remove the batteries.



#### Attention:

Use only type AAA batteries to power the scale. Do not combine used and new batteries or use alkaline and rechargeable batteries at the same time for powering the appliance.

### USING THE SCALE

- Place the scale on an even, smooth, hard and stable surface. Do not place it on a carpet or any other soft surface, otherwise the weighing result may be inaccurate.
- When weighing yourself, stand still and do not lean. For weighing results to be comparable, it is necessary to weigh yourself at the same time of day, ideally in the morning. The weighing results are influenced by the clothing that you are wearing as well as the food and drink that you consume before weighing yourself.
- Weighing with measurement and analysis of body parameters requires bare feet, whilst both feet need to be positioned on the electrodes.

### Weighing

- The scale is equipped with an automatic on function, which automatically starts the weighing process immediately after the weighing platform is stepped on.
- Stand with both feet on the weighing platform and wait for the measured weight shown on the display to stabilise.
- Once the value stabilises, it is possible to perform additional weighing (i.e. to determine the weight of a child), without stepping off the scale, however, it is important that the weight of the child is more than 2 kg. The new weight will be shown on the display. The difference between the newly measured weight and the initial weight is the result of the additional weighing.

### DESCRIPTION OF THE SCALE

- |   |   |
|---|---|
| <b>A1</b> Display   | <b>A4</b> SET button – turn on the scale/set parameters |
| <b>A2</b> Metal electrodes for measuring bone, fat and muscle tissue and water content in the body. | <b>A5</b> ▲ button – increase parameter value           |
| <b>A3</b> ▼ button – reduce parameter value   | <b>A6</b> Weighing platform                             |
|   | <b>A7</b> Weight unit selection switch                  |
|   | <b>A8</b> Battery compartment                           |

### DESCRIPTION OF THE DISPLAY

- |                                   |                               |
|-----------------------------------|-------------------------------|
| <b>B1</b> Imperial weight units   | <b>B6</b> Body fat percentage |
| <b>B2</b> BMI Index               | <b>B7</b> Metric weight units |
| <b>B3</b> Male/female icons       | <b>B8</b> Calorie unit (KCAL) |
| <b>B4</b> Physical activity icons | <b>B9</b> Percentage icon     |
| <b>B5</b> Age                     | <b>B10</b> Height unit        |

### Body fat percentage icons



### Icons on the display

- |            |                       |
|------------|-----------------------|
| <b>FAT</b> | Body fat percentage   |
| <b>WAT</b> | Body water percentage |
| <b>MUS</b> | Share of muscle mass  |
| <b>BON</b> | Share of bone mass    |

### INSERTING BATTERIES

Batteries are already factory installed. Turn the scale upside down and take the protective strip out of the battery compartment. If "Lo" is shown on the display, you need to replace the batteries. Proceed as follows:

1. Remove the battery compartment cover.
2. Remove the flat batteries and insert new ones (3x 1.5 V AAA). Ensure that correct polarity is maintained and that the batteries properly fit into place.
3. Close the cover.

### PRINCIPLE OF THE MEASUREMENT OF THE BONE, FAT AND MUSCLE TISSUE, AND WATER PERCENTAGE SHARE IN THE BODY

- This personal fitness scale is equipped with a function for measuring and analysis of body parameters. Measurement of the bone, fat and muscle tissue, and water percentage share in the body is based on the bioelectrical impedance analysis (BIA) method. The BIA method enables the determination of these values on the basis of electrical resistance of human tissue that is measured using a weak electrical impulse. The percentages are calculated based on differences in the electrical resistance of the individual tissues. The measured values cannot be added up.
- The electrical impulse is sent and the response is received by metal electrodes, which are located on the weighing platform in such a way that the measuring circuit is completed when both feet stand on the weighing platform.
- In order to obtain the relevant information from the body parameter analysis, it is necessary to enter the parameters of the individual users.
- When the scale is turned on for the first time, the body parameters are set to the default values:

Sequence number	Gender	Height	Age	Body activity
1	Female	165 cm	25	

### Body parameters can be changed as follows:

Sequence number	Gender	Height	Age	Body activity
1 to 12	Male/ Female	100 to 250 cm	10 to 100	

### Procedure for setting personal body parameters

1. Turn on the scale by pressing the SET button. The default parameters will appear on the display.
2. Using the ▲/▼ buttons, select the sequence number of the user and press the SET button to confirm and skip to next step.
3. Using the ▲/▼, select the gender male/female. The display will show the respective icon. Press the SET button to confirm and skip to the next step.
4. Using the ▲/▼ buttons, set the age of the user. Press the SET button to confirm and skip to the next step.
5. Using the ▲/▼ buttons, set the age of the user. Press the SET button to confirm and skip to the next step.
6. Using the ▲/▼ buttons, select the physical activity. The display will show the respective icon. Press the SET button to confirm or wait a few seconds until the display shows the set parameters. This saves them to memory.



#### Note:

If you do not press any button during the setup process within 6 seconds, the current parameters will automatically be saved to memory and the scale will switch to the weighing mode. "0.0" will appear on the display. If "0.0" appears on the display during the setup process, press the SET button to re-enter the settings.

### Weighing with measurement and analysis of body parameters

1. Turn on the scale by pressing the SET button. The display will show the parameters of the preceding user/default parameters.
2. Using the ▲/▼ buttons, select the sequence number of the user and press the SET button.
3. Wait a few seconds until "0.0" appears on the display.
4. Step on the weighing platform with both feet. It is important that you stand on the electrodes barefoot.
5. The weight will be shown on the display and flash once. Then the body parameters will be analysed and the measured values will be shown on the display.
6. The scale will automatically turn off after a few seconds of inactivity.

### Automatic user identification

- If the scale is turned off or is in stand-by mode, step on it and wait until the weight appears on the display. At the same time, the weight is compared with the information from all the users saved on the scale. If the scale finds that the weight is the same or within +/- 2 kg then it will automatically start the body parameter analysis. If it does not find the same weight, it will automatically turn off after a few seconds and the body parameter analysis will not be performed.



#### Note:

If you step on the scale wearing socks or shoes, or if you are not standing properly on the electrodes, the body parameters analysis will not start even if it finds a corresponding weight of a stored user. If the scale finds a weight that corresponds to two or more users, it will select the user for whom the weight difference is the smallest. If the scale finds two users with the same weight, it will select the user with the lower sequence number.

### Displaying measured values

If you need to display the measured weight values and the body parameter analysis, proceed as follows:

1. Turn on the scale by pressing the SET button. The display will show the parameters of the preceding user/default parameters.
2. Using the ▲/▼ buttons, select the user's sequence number and wait a few seconds until "0.0" appears on the display.
3. Press the ▼ button to enter the measured values display mode.
4. Use the ▲/▼ buttons to scroll through the measured values.

5. After several seconds of inactivity, the scale will turn off automatically.

## USEFUL INFORMATION

### Fat

- The measured fat value in % indicates the percentage of fat in the human body.
- An optimal amount of fat ensures the proper function of physiological processes in the human body, nevertheless, its excess worsens the metabolic function and may be the cause of several illnesses or health problems.

### Fundamental principles

- When an electrical signal of a certain frequency passes through the human body, the resistance of fat is greater than the impedance of muscles or other body tissues. By means of a biological resistance analysis a low voltage electrical current passes through the human body at a standard frequency, and therefore the % of fat is the difference in the resistance during the transmission of the electrical signal through the body tissue.

### Fat/water content assessment table

The values from the following table can be used as a reference.

		Fat in %					
Gender	Age	Skinny	Slim	Standard	Slightly overweight	Overweight	
Male	10-17	<6 %	<9 %	<26 %	<30 %	≥30 %	
	18-39	<6 %	<11 %	<22 %	<27 %	≥27 %	
	40-59	<7 %	<12 %	<23 %	<28 %	≥28 %	
	≥60	<9 %	<14 %	<25 %	<30 %	≥30 %	
Female	10-17	<10 %	<20 %	<37 %	<41 %	≥41 %	
	18-39	<11 %	<21 %	<35 %	<40 %	≥40 %	
	40-59	<12 %	<22 %	<36 %	<41 %	≥41 %	
	≥60	<14 %	<24 %	<37 %	<42 %	≥42 %	

Gender	Hydration in %		
	Low	Standard	High
Male	<50 %	50-65 %	>65 %
Female	<45 %	45-60 %	>60 %



#### Note:

The above provided information is only a reference. The measurement of body fat values on children younger than 17 years of age and persons older than 70 years of age is only recommended as a reference for monitoring development.

### RESETTING THE SCALE

Reset the scale whenever you need to delete the collected measurements. This will return the scale to its factory settings. The reset will delete user data and enable new data to be entered.

1. Simultaneously press and hold down buttons ▲ and SET.
2. Then release button ▲ and press button ▼.
3. The display will show "Etr", which means that the scale was successfully reset.

### WEIGHT UNIT SELECTION

- Weigh unit toggle switch is located on the bottom part of the scale. Press it repeatedly to select kg or lb/st.



#### Note:

1 kg (kilogram) = 2.2 lb (pounds)  
1 lb (pound) = 0.454 kg (kilograms)  
1 st (stone) = 14 lb (pounds) = 6.35 kg (kilograms)

### OVERVIEW OF MESSAGES SHOWN ON THE DISPLAY

"oooo" – the body parameter analysis process is running. Stand still on the scale and wait until the weighing and analysis process finishes.

"Lo" – batteries are almost flat and it is necessary to replace them.

"Err" – the maximum weighing capacity was exceeded. Step off the scale to prevent damaging it.

"ErrL" – the body fat value in % is too low. You are too slim.  
 "ErrH" – the body fat value in % is too high. Most probably you are suffering from excessive obesity.  
 "C" – an error occurred during weighing. Step off the scale and repeat the weighing process.  
 "Er" – the scale was reset.

**CLEANING AND MAINTENANCE**

- To clean the scale, use only a lightly dampened cloth. Then wipe it dry. Make sure that when cleaning, no water enters into the internal area of the scale.
- For cleaning, do not use steel wool, cleaning products with an abrasive effect, solvents, etc. Otherwise, the cleaned surface may be damaged.
- Do not submerge the scale under water or any other liquid and do not rinse it under running water.

**Storage**

- When not using the scale for an extended period of time, clean it according to the instructions provided above. Take the batteries out of it.
- Store it in a dry, clean and well-ventilated location not exposed to extreme temperatures and out of children's reach.

**TECHNICAL SPECIFICATIONS**

Power source.....	3x 1.5 V type AAA batteries
Weighing capacity.....	180 kg / 400 lb / 28 st
Weighing precision.....	100 g / 0.2 lb
Weight unit selection.....	kg / lb / st
Memory.....	for up to 12 users
Dimensions.....	30.2 x 30.2 x 2.3 cm
Weight.....	1.7 kg

We reserve the right to change the technical specifications.

**DISPOSAL OF BATTERIES**



Prior to disposing of the product or handing it over at a specialised collection facility, it is necessary to ensure that the battery is removed. Before removing the battery, it is necessary to start the vacuum cleaner and wait until it is completely flat. The battery contains environmentally damaging substances and therefore does not belong in standard household waste. Their correct disposal will be performed by the respective collection facility.

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

Dispose of used packaging material at a site designated for waste in your municipality.

**DISPOSAL OF USED ELECTRICAL AND ELECTRONIC EQUIPMENT**



This symbol on products or original documents means that used electric or electronic products must not be added to ordinary municipal waste. For proper disposal, renewal and recycling, hand these appliances over to determined collection points. Alternatively, in some European Union states or other European countries you may return your appliances to the local retailer when buying an equivalent new appliance. Correct disposal of this product helps save valuable natural resources and prevents potential negative effects on the environment and human health, which could result from improper waste disposal. Ask your local authorities or collection facility for more details. In accordance with national regulations penalties may be imposed for the incorrect disposal of this type of waste.

**For business entities in European Union states**

If you want to dispose of electrical or electronic equipment, ask your retailer or supplier for the necessary information.

**Disposal in other countries outside the European Union.**

This symbol is valid in the European Union. If you wish to dispose of this product, request the necessary information about the correct disposal method from the local council or from your retailer.



This product meets all the basic requirements of EU directives related to it.

