

■ Tips for Care and Use

1. The platform will be slippery when wet. Keep it dry!
2. Keep standing still during the course of weighing.
3. DO NOT strike, shock or drop the scale.
4. Clean the scale with a damp cloth and avoid getting water inside the scale. DO NOT use chemical/abrasive cleaning agents.
5. Keep the scale in a cool, dry place.
6. Always keep your scale in the horizontal position.
7. If scale does not turn on, check whether the batteries are installed, or the battery power is low. Insert and replace the batteries with new ones.
8. If there is an error on the display or you cannot turn off the scale, please remove the batteries for 3 seconds, then reinstall them. If you cannot resolve the problem, please contact Fabrication Enterprises Inc.

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BASLINE[®] **EVALUATION**
INSTRUMENTS



Deluxe Digital Scale

Instructions for Use

Model 12-1190

The Baseline® Deluxe Digital Scale is specially designed to test daily changes of your weight, body fat, hydration, muscle, and bone, providing information for your reference. Please read these instructions carefully before use.



Caution. DO NOT use if:

- You are pregnant
- You exhibit signs of edema
- You have a pacemaker or other implanted medical device
- You are wearing an electrocardiograph or other portable electronic device
- You receive dialysis treatment

■ Safety Warnings

1. The Fat% and Hydration% content evaluated by the Fat Monitor Scale is only for reference (not for medical purposes). If your Fat% or Hydration% content is over/below normal level, please consult your doctor for advice.
2. Keep away from strong electro-magnetic fields when using the scale.
3. It could be slippery if used on a wet surface. Never step on the edge of the scale, and keep your balance during weighing.

■ User-Friendly Tips

1. The scale automatically turns on when stepped on.
2. Always remove your shoes and socks, then wipe your feet clean before using.
3. Step on the weighing platform gently.
4. It is advised to take measurements at the same time each day.
5. Measured result could be misleading after intensive exercise, excessive dieting or under extreme dehydration.
6. Always weigh/use the scale on a hard and flat surface. When you are measuring, please keep still.
7. The measured data of the following people may have deviation:
 - Children under 10 or adults over 99 (can only use the device under normal weighing mode)
 - Adults over 70
 - Bodybuilders or other professional athletes

■ Features / Specifications

1. Normal weighing mode: Auto step-on weighing and consecutive add-on weighings
2. Built-in memory for 12 different users
3. Multifunction: test body fat %, body hydration %, body muscle %, and body bone. Suggest basal metabolism
4. Low battery and overload indication

■ Measurement Range

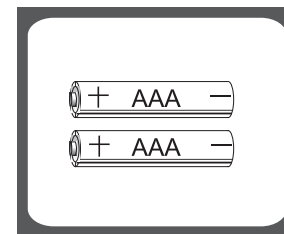
Item Index	Weighing Capacity	Fat %	Hydration %	Muscle %	Bone %	Calorie
Index Range	400 lb 180 kg	4.0% ~ 60.0%	27.5% ~ 66.0%	20.0% ~ 56.0%	2.0% ~ 20.0%	
Increment	0.1 lb 50 g	0.1%	0.1%	0.1%	0.1%	1 KCAL

■ To Install or Replace Batteries

Scale uses 2 x 1.5V AAA batteries.

Open the battery case cover at the bottom of scale:

- A. Take out used batteries with the aid of an object with pointed end if needed.
- B. Install new batteries by putting one side of the battery down first and pressing down the other side. Please observe polarity shown in battery compartment.



■ Using the Physical Buttons

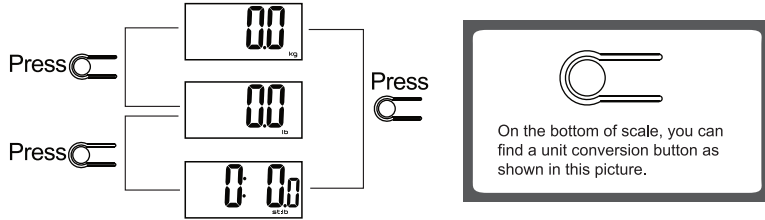
SET (ON / SET) : Use to turn on the scale and set personal parameters. Please refer to the Setting Personal Parameter section (Pg. 5)

- ▲ : Press to advance the value by one interval. Continuous pressing will speed up the advancement.
- ▼ : Press to decrease the value by one interval. Continuous pressing will speed up the decreasement.

■ To set weight unit (lb / kg)

Set weight unit as followed:

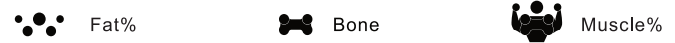
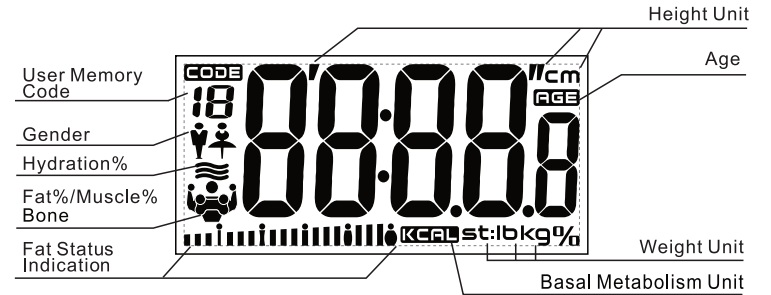
- Find unit conversion button on the bottom of the scale.
- Press the unit conversion button when scale is powered on. LCD shows current weight unit. Press the button again to convert to the desired weight.



After selecting the preferred weight unit, the scale will automatically turn off after 20 seconds. The selected weight unit will be activated when the scale is turned back on.

■ LCD Icons

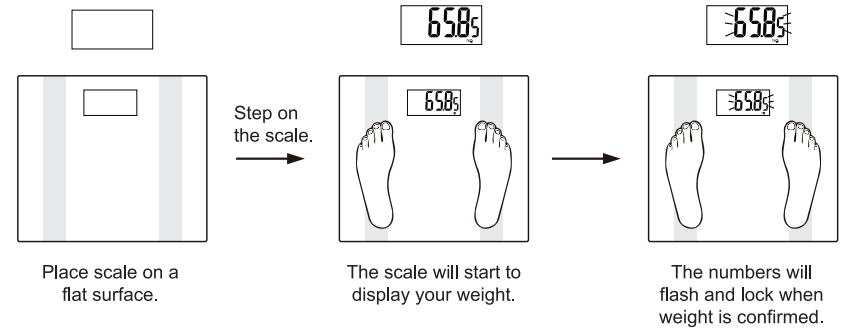
Note: LCD display differs from one scale to another. The picture below is indicative only.



Status	Ultra Lean	Lean	Normal	Heavy	Overweight
Key Line Indication					

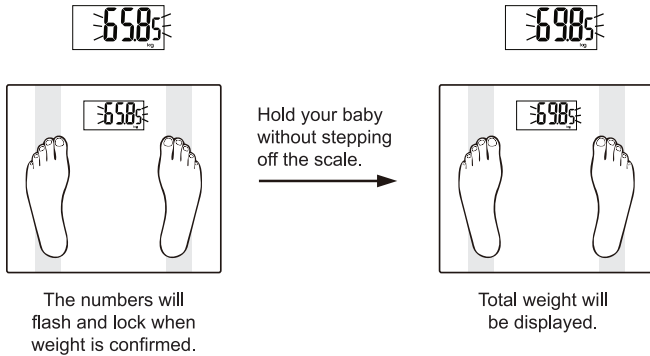
■ Normal Weighing Mode

- Step on the scale and it will automatically start weighing.



2. Consecutive add-on weighing

After your weight is confirmed and the weight number is locked, additional weight can be added. Each weight add-on has to exceed 4.4 lb (2 kg) to get a new reading. For example: If you want to weigh your baby, you can weigh yourself first, and then pick up and hold your baby without stepping off the scale. Then you will get a total weight reading. Subtracting the previous reading of yourself from the new reading, you can calculate your baby's weight.



■ Fat/Hydration/Muscle/Bone/ Basal Metabolism Measuring Mode

(1) Setting personal parameters

① When you first install the batteries and switch the scale on, all default parameters are set as followed:

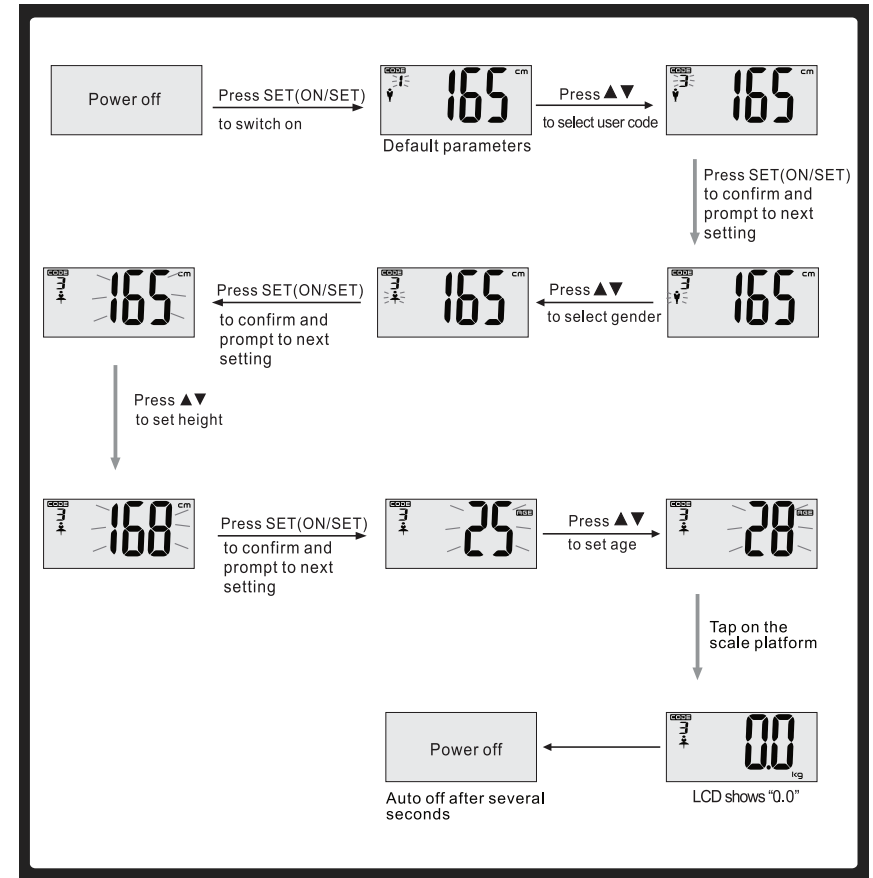
Memory	Gender	Height	Age
1	male	5'5" / 165cm	25

② Parameters can be set for the following range:

Memory	Gender	Height	Age
1~12	male/female	3'3.5"~8'2.5" 100~250cm	10~99

③ Parameter setting

Example: the 3rd user, female, 5'6" (168cm), 28 years old, can set her parameters as shown in the picture below:



NOTE:

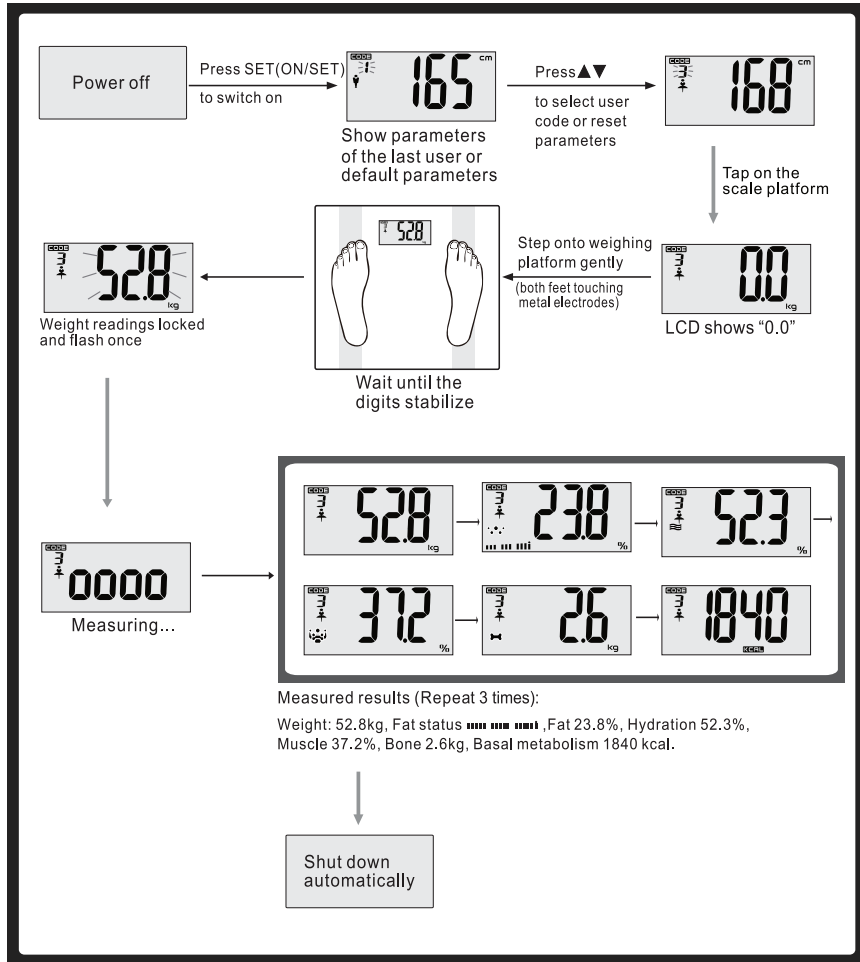
- During parameter setting, if it's idle for 6 seconds, the parameters already set will be memorized automatically and LCD shows "0", meaning body fat measuring will be started.
- If LCD prompt shows "0" during parameter setting, press SET(ON/SET) for 3 seconds to return to setting mode, then you can set the user code, gender, height and age.

(2) To Start Measuring

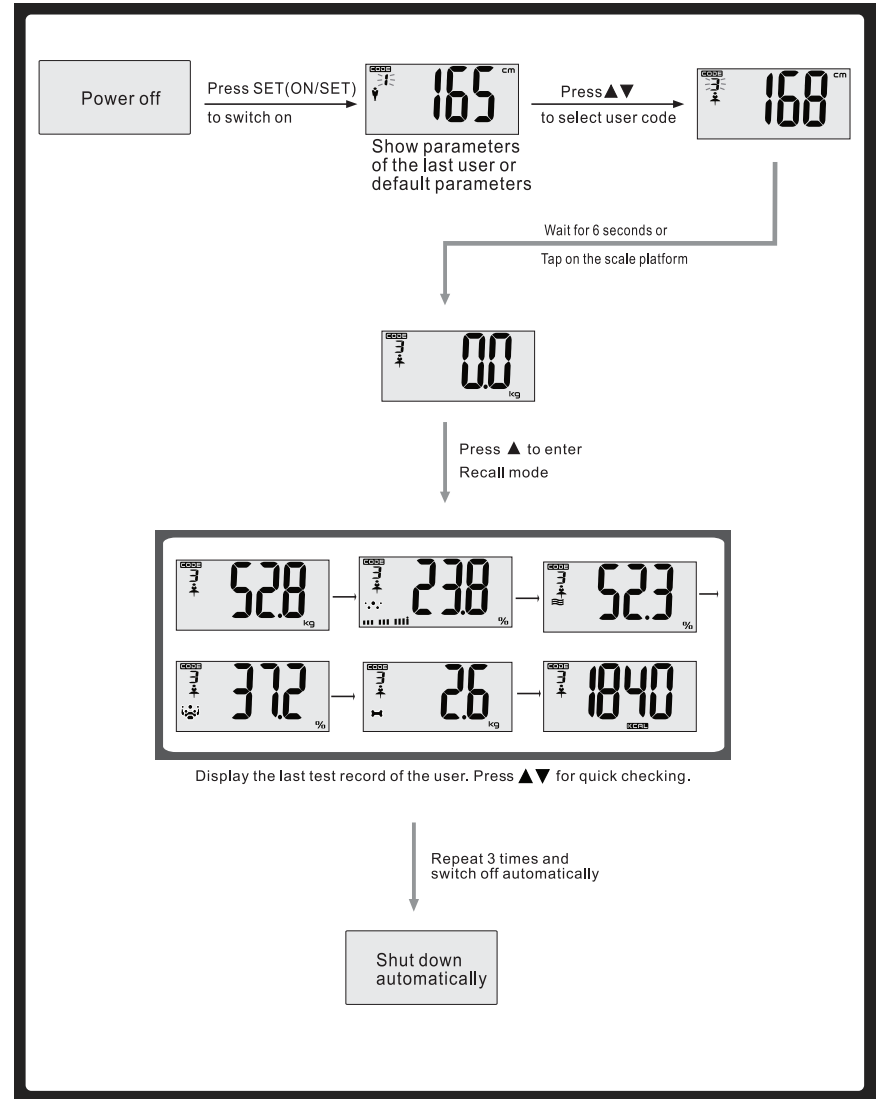
Make sure your feet are touching the metal electrodes on the scale platform, or the body fat cannot be measured.

To ensure accuracy, please remove your shoes & socks before stepping on.

Example: the 3rd user, female, 5'6" (168cm), 28 years old can measure as follows:



To Recall a Test Record



■ Warning Indications



Low Battery Indication
The battery power is running low.
Please replace with new batteries.



Over-load Indication
The weighing subject on the platform exceeds the maximum capacity of the scale.
Please step off to avoid damage.



Low Fat% Indication
The Fat% is below the scale's measurement range.



High Fat% Indication
The Fat% is above the scale's measurement range.



Re-test
Error exists, please re-test to get the correct result.

■ About Fat

1. About Fat%

- Fat% is an index % of fat content in the human body.

2. Working Principles

As electrical signals of certain frequency transmit through the human body, the impedance of fat is stronger than that of muscle or other human tissues. Through the use of biological resistance analysis, this product will pass a safe frequency of low voltage electrical current through the human body. The Fat% will be measured according to the resistance differences when the electrical signal is transmitted through the body.

3. Fat/Hydration Content Fitness Assessment Chart

After your weighing, you can use the following Assessment Chart for reference:

		Fat%				
Age	Gender	Ultra Lean	Lean	Normal	Heavy	Overweight
≤50	Male	< 6%	6.1~10.0%	10.1~21.0%	21.1~25.0%	> 25%
	Female	< 16%	16.1~20.0%	20.1~30.0%	30.1~35.0%	> 35%
> 50	Male	< 8%	8.1~13.0%	13.1~24.0%	24.1~28.0%	> 28%
	Female	< 18%	18.1~22.0%	22.1~32.0%	32.1~37.0%	> 37%

Age	Gender	Hydration%		
		Low	Normal	High
Male	< 40	< 50%	50~65%	> 65%
	40~60	< 48.5%	48.5~63.5%	> 63.5%
	> 60	< 47%	47~62%	> 62%
Female	< 40	< 45%	45~60%	> 60%
	40~60	< 43.5%	43.5~58.5%	> 58.5%
	> 60	< 42%	42~57%	> 57%

- The above information is only for reference

■ About Basal Metabolism

- Basal metabolism (BM) is the minimum energy required for all human body organs to sustain life. It's measured when a person is awake and extremely quiet, and not affected by muscle activity, environmental temperature, food and mental stress.
- In the body tissue, muscle that accounts for about 40% of the body, affects BM mostly. In other words, a person's BM is determined by the amount of muscle. When weight is the same, people with less fat and more muscle have higher BM's and consume more energy.