

**Safety instructions for lithium batteries (CR2032/CR2430):**

1. Lithium batteries are lithium manganese cells. If you do not use the scale over a longer period, you should take out the batteries of the device.
2. Never open the lithium battery, do not put into fire, or expose to shocks because an explosion risk lasts or discharge of poisonous exposure to fumes might possible.
3. Never touch leaked cells with bare hands.
4. When eyes or hands are contaminated, it is essential to rinse with lots of water. You should go to a doctor if skin or eyes are irritated.
5. Dispose cells only completely discharged or protected against polarity reversal wrapped according to your local disposal regulation.
6. Do not expose the cells to direct solar radiation and store away from heat; otherwise, there is risk of overheating.
7. Maintain a storage temperature of < 40°C.

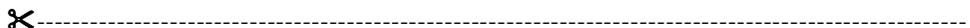
**Disposal of old electrical and electronic equipment**



This symbol on the product or on its packaging indicates that this product shall not be treated as household waste. Instead it shall be handed over to the applicable collection point for the recycling of electrical and electronic equipment. For more detailed information about recycling contact your local city office, your household waste disposal service or the shop where you purchased the product.

With kind regards

ADE (GmbH & Co.)



**Guarantee Card – 3 years warranty for the Body Analysing Scale**

<ul style="list-style-type: none"> <li>• Sender</li> </ul>	<ul style="list-style-type: none"> <li>• Reason for complaint</li> </ul>
_____	_____
_____	_____
_____	_____

• Date of purchase

Please return this guarantee card together with the receipt to your retailer.



**Model Barbara / BA 914  
Instruction Manual**



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Thank you for your decision to purchase this high-quality body analyser scale. Please peruse read this instruction manual prior to first start up and keep this user instruction careful to have this information on hand whenever it is needed.

## 1. How does the body analyser work?

Through this new revolutionary scale, you will be able to get information about your body composition with reference to your weight, body fat %, body water %, muscle mass % and bone mass kg. First of all, you have to enter once your personal data like gender (male or female), age and body height under your selected personal memory location. Afterwards a measurement is as simple as on a normal bathroom scale. Afterwards a measurement is as simple as on a normal bathroom scale. You have only to select your personal memory location, step on the scale and within a few seconds, your measured values will be indicated. The analysis based on the measurement of the body's electrical resistance. A low, safe electrical signal passes freely through fluids contained in lean tissue, such as muscle and blood, but meets resistance passing through fat tissue. The body analyser accurately measures the resistance and with reference to your personal data use it to calculate elements of body composition.

## 2. Conditions to use

If possible, the measurement should be done undressed and always barefoot.

By nature, a body is subject of fluctuations (for example loss of water after taking exercise or after a sauna visit, after a meal, etc.). To enable comparable readings it is important to take the measurements as possible always under the same conditions.

In order to ensure that the results of analysis are accurate and consistent, please keep the measurement conditions constant always at the same daytime. In the morning, directly after you've woken up, your body will be dehydrated and also the majority of fluid will be stored in the central trunk area. This means that the resistance is relatively high because of the poor conductivity in the body. By intensify moving during the day progresses the fluid becomes more evenly distributed through the limbs and increasing the accuracy of the readings. To get a realistic result it is important to take your readings at the same time and under the same conditions every day. The easiest way to stick the rule, measure always in the morning, 15 minutes after you've got up, either before or after you've gone to the bathroom.

**In spite of a very low electrical signal, this body analyzer is not suitable for persons with heart pacemaker or other electronic medical implants!** There is no risk for persons with none electronic implant for instance a titanium plate in the knee. However, metal conducts the electric current extremely well and therefore the scale implicates the body fat value "beautified" – means the actual body fat value is higher as indicated. However, tendencies may be determined as well.

## 8. Technical Data

Capacity x graduation:	max. 150 kg x 100 g
Display resolution:	body fat: 0.1%
Display resolution:	body water: 0.1%
Display resolution:	muscle mass: 0.1%
Display resolution:	bone mass: 100 g
Personal memory loc.:	10 positions
Age:	10 – 80 years
Body height:	100 – 240 cm
Dimensions:	approx. 300 mm x 300 mm x 34 mm
Batteries:	2 x CR2032 (included)

Subject to technical modifications

## 9. Warranty

ADE warrants for a period of 3 years from the date of purchase that it will remedy any defects due to faulty material or workmanship free of charge by repair or replacement. When purchasing, please have the warranty coupon signed and stamped by the dealer. When making a guarantee claim, please return the weighing scale together with the guarantee card including the reason of complaint to your dealer.



**CE-Conformity - This device features radio interference suppression in compliance with valid EC Regulation 2004/108**

Note: The displayed value may be adversely affected under extreme electromagnetic influences, e.g. when using a radio unit in the immediate vicinity of the device. Once the interference has been rectified, the product can once again be used for its intended purpose. The device may have to be switched-on again.

### Statutory instructions on battery disposal

Batteries must not be disposed as household waste. The law requires that you, as consumer, return the waste batteries either to public collection points in your town or village or to any outlet selling batteries of the same kind.

#### Note:



Batteries are marked as follows:  
Li = Battery contains Lithium  
Al = Battery contains Alkali  
Mn = Battery contains Manganese

CR (Li); AA (Al, Mn); AAA (Al, Mn)

A significant part of the human body consists of body water. This body water is differently distributed throughout the whole body. Lean muscle tissue contains approx. 75% body water, blood approx. 83% body water, body fat approx. 25% body water and bones have a water content of about 22%.

The average total body water percentage range for healthy men is between 50 – 65%. The equivalent value for women is approximately 45 – 60% due to the higher body fat content. About two third of the total body water is stored in the cells and is therefore called intra cellular. The other third of the total body water is extra cellular body water.

Women 					
AGE	Body Fat				Body Water
	slim	normal	slightly overweight	overweight	normal
10-16	<18%	18-28%	29-35%	>35%	57-67%
17-39	<20%	20-32%	33-38%	>38%	47-57%
40-55	<23%	23-35%	36-41%	>41%	42-52%
56-85	<24%	24-36%	37-42%	>42%	37-47%
Men 					
AGE	Body Fat				Body Water
	slim	normal	slightly overweight	overweight	normal
10-16	<10%	10-18%	19-23%	>23%	58-72%
17-39	<12%	12-20%	21-25%	>25%	53-67%
40-55	<13%	13-21%	22-26%	>26%	47-61%
56-85	<14%	14-22%	23-27%	>27%	42-56%

There are no validated standards for muscle mass.

## 7. Error Messages

- „Err“ = Overload - The weight exceeds the maximum capacity of 150 kg. Please immediately remove the critical load to avoid load cell damage.
- „LO“ = Batteries are used up - Please replace the batteries with the intended type (2 x CR2032).

Due to menstrual cycle and hormonal changes women experience greater changes in their hydration level. Retaining fluid may cause the weight to fluctuate day-to-day. This will also affect the body fat percentage readings. If the hydration level is high, the body fat percentage is slightly less – a less hydration level means the body fat percentage is slightly higher.

There is no healthy risk for pregnancy. The body analyzer is absolutely safe for the mother and her unborn baby. However, due to the changes in water content in the mother's body, the readings should not be interpreted as completely accurate.

ADE Germany takes no responsibility for any damages or losses caused by the use of this body analyzer scale or for Third Party claims. This product is exclusively intended for private use. This product is not designed for commercial or professional use in hospitals or other medical facilities.

## 3. Commissioning

### Safety guidelines:

The appliance is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge, unless a person responsible for their safety has given them supervision or instruction concerning use of the appliance. Children should be supervised to ensure that they do not play with the appliance.



Not suitable for persons with electronic implants (heart pacemaker, etc.).



Place the scale on a plane and firm surface (tiles, hardwood flooring, etc.) to avoid a wrong measurement on carpeted floor



Attention - Hazard of slips! Do not stand on the scale with wet feet or on a slippery surface of the weighing platform.



Please care that no heavy object may fall on the scale. The glass surface is breakable.



Clean the scale only by using a slightly damp cloth. Do not use solvents or abrasive cleaning agents. Do not submerge the scale under water.

### Preparation:

Open the battery cover at the bottom side of the scale and remove the battery safety strip. Please ensure the correct polarity of the battery (+/-).

There is a little push button right beside the battery case at the bottom side of the scale for country specific settings with the option to switch from kg = kilogram to lb = pound or to st:lb = stone: pound. Please pay attention to use the scale under consideration of your country specific unit of weight.

#### 4. Programming / Enter of personal data

Before first time use your personal data like gender (female or male), age and body height must be programmed and saved under selected locations P0 – P9 (up to 10 persons). The scale is equipped with highly sensitive touch buttons. The touch buttons are located below the display. To enter your personal data please utilise the buttons: SET (on and save button), ▼ (plus button), ▲ (minus button) and follow the particular points:

1. Lightly touch the SET-button. The display indicates flashing “P0”. To select your personal location (P0 – P9), touch the ▲- or ▼-button. After the selection of your personal location, touch the SET-button to save the reading.
2. After you’ve selected your personal location (e.g. P3), the symbol for gender starts to flash. To select the requested gender (♂ male or ♀ female), touch the ▲- or ▼-button. After the selection of your gender, touch the SET-button to save the reading.
3. After you’ve selected your gender (e.g. female), the symbol for age starts to flash (default age 30). To enter your age, touch the ▲- or ▼-button. After the selection of your age, touch the SET-button to save the reading.
4. After you’ve selected your age, the symbol for body height starts to flash (default 170 cm). To enter your body height, touch the ▲- or ▼-button. After the selection of your body height, touch the SET-button to save the reading.

The scale indicates once again your selected personal data. That settles the completion of input and the scale returns to the indication “0.0 kg”. The scale is ready to use and you may now start your body analysis. Without further activity the scale automatically power-off. Your personal data are stored.

If you push the ▲- or ▼-button within 2 seconds after the first complete input, you can directly enter the personal data of a further person. Alternatively, you repeat the complete steps listed below for further entries of personal data.

#### 5. Weighing function (weight measurement only)

1. Switch-on the scale by using the tap-on-function. For this, tap with your foot short and firm on the scale. The display indicates the signal “8888” and a few seconds later “0.0 kg”. Now the scale is ready to use.

2. Step on the scale. Remain stationary on the weighing platform and do not hold you tight.

3. After the scale levelled-off your weight will be indicated successively three times and then for 10 seconds steady. Afterwards the scale switch-off automatically.

#### 6. Body Analysis

An analysis is only possible in bare feet. Your personal data must be entered first (please see page 4).

1. Switch-on the scale by touching the SET-button. Please select your personal memory location (where your personal data area stored) by using the ▲- or ▼-button. Your personal data (location, gender, age, and body height) will be successively displayed. Confirm these each at a time by touching the SET-button. Afterwards “0.0 kg” will be indicating.
2. Now, carefully step in bare feet on the four stainless steel electrodes (measuring units) of the scale and remain stationary.
3. At first, your weight will be indicated on the display. Then, while the analysis is taking place, the indication flashes. After completion of the measurement, your measured values will be shown twice in a row as follows:

Your weight in kg - your body fat in %, your body water in %, your muscle mass in % and your bone mass in kg.

After a few seconds the scale switch-off automatically.

The body fat content is shown as the amount of stored fat as a percentage of total body weight. There is no generally accepted set value as this varies significantly according to gender (due to the different build) and age. Body fat is vital for basic body functions. It’s protecting organs, cushioning joints, regulating body temperature, storing vitamins and serves the body as energy storage. As essential for women a minimum body fat proportion between 10% and 13% and for men between 10% and 13% is requested - with the exception of competitive athletes.

Body fat is not a clear indicator for health. Too high body weight and a too high body fat proportion are linked to the incidence of many civilization diseases such as diabetes, cardiovascular diseases, etc. Lack of movement and improper nutrition are often the prime course for these diseases. There is an obvious direct relationship between overweight and lack of movement.