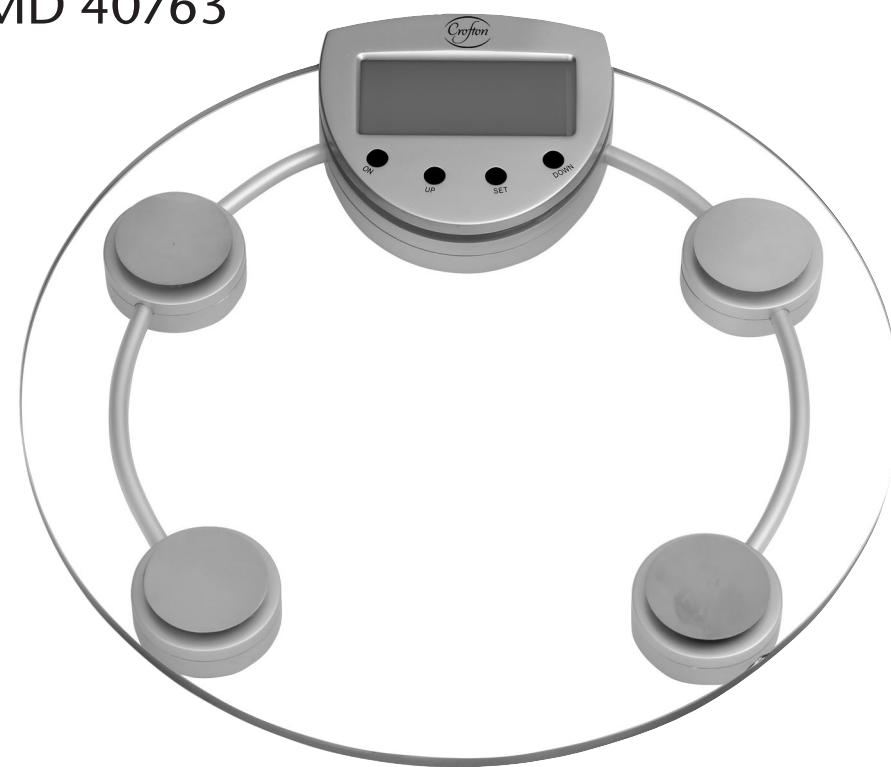




BODY FAT SCALE

MD 40763



INSTRUCTION MANUAL

04/04
MSN 5001 1226

MEDION®

Medion Customer Care Available 24/7

Email and Web Support at www.medion.com

Toll Free Telephone Support at 1-866-633-4660

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HOW IT WORKS

The body fat scale MD 40763 displays the percentage of body fat in relation to the total body weight.

The electrodes under the standing platform send out a mild, safe electrical current to measure the electrical resistance of the body. Lean muscle has a lower resistance than fat and this can be correlated with body weight. The built-in computer uses this information along with your gender, height, and age to compute the percentage of the of body fat.

The scale has up to 12 memory slots, allowing it to be used by everyone in the family without entering personal data every time. The built-in micro-chip gives a reading within 15 seconds.

COMPLIANCE WITH FCC RULES

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules.

These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Consult the dealer or an experienced radio/TV technician for help.

Medion Limited Warranty

Medion warrants that the product accompanied by this limited warranty is free from manufacturing defects in material or workmanship for a period of 12 months from the date of original purchase. This warranty only applies to the original purchaser of the product. The limited warranty period also applies to any implied warranties that may exist under applicable law. Some States do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

This limited warranty does not apply to products that have been opened, repaired (except by Medion or its authorized service representatives), or otherwise altered. This limited warranty does also not apply to defects resulting from misuse, abuse, accident, neglect, improper maintenance or handling.

If you believe the product is defective please return it to Medion in the manner described below within the limited warranty period. If Medion determines a defect covered by this limited warranty, Medion will, at its option, repair or replace the product. This limited warranty extends to repaired products and replacement products only through the end of the original limited warranty period.

In no event shall Medion or any of its distributors or resellers be liable for incidental, indirect or consequential damages relating to the product (including any repaired product or replacement product) or its use. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation and exclusion may not apply to you.

This limited warranty gives you specific legal rights, and you may have other rights which vary from State to State.

To make a claim under this limited warranty you must first contact Medion Customer Care using one of the options below to obtain a return material authorization (RMA) number. Once you have received the RMA, please return the product as instructed by the RMA. This warranty does not apply to any products returned to Medion without a RMA.

To obtain a RMA please contact Medion Customer Care at:

www.medion.com

or

United States:

1-866-633-4330
3423A South Park Place
Dock Door 5
Grove City, OH 43123

Canada:

1-888-776-6825
91 Granton Drive
Richmond Hill, ON L4B2N5
Canada

TECHNICAL DATA

Batteries:	4 x 1.5 V, UM4 (AAA)
Maximum weight:	150 kg/330 lb/23.5 st
Minimum weight:	5 kg/11 lb/0.80 st
Weight graduation:	0,1 kg/0.2 lb/1 lb
Fat percentage increment:	0.1 %
Fat percentage range:	5 – 65 %
Age input range:	10 – 100
Height input range:	70 – 215 cm/2'4" – 7'
Operating temperature:	5 – 35 °C/ 41 - 95 °F

Subject to technical modifications!

APPENDIX: Evaluation of body fat percentages

Sex	Male		Female	
Age	Under 30	Over 30	Under 30	Over 30
Low fat percentage	< 12.6 %	< 15.3 %	< 14.4 %	< 17.1 %
Normal fat percentage	12.6-22.5 %	15.3-24,3 %	14.4-24.3 %	17.1-27%
High fat percentage	> 22.5 %	> 24.3 %	> 24.3 %	> 27 %



- A certain amount of body fat is essential for a healthy body.
- A thin person can have too high a percentage of body fat, and an overweight person might be particularly muscular and have a healthy amount of body fat.
- The reading for your body fat percentage may change throughout the day, especially if the amount of water in your body changes. Alcohol, caffeine, strenuous exercise, illness, and menstruation are some common causes of fluctuations in the amount of water in your body. We recommend that you average readings over several days to come up with a body fat percentage baseline. This will help compensate for fluctuations. Also, using your body fat scale at the same time each day will help you to achieve consistent readings.
- These percentages are given only as a basic guideline. Please consult your doctor to determine the ideal body fat range for you.

SAFETY INSTRUCTIONS



Please observe the following safety instructions carefully before putting the unit into operation. Take note of the warnings in this manual.
If you sell or pass on the product, make sure to include this manual together with the unit.

Do not let children use electrical devices unattended.

Swallowing batteries may be fatal. Therefore always keep the unit and batteries inaccessible to young children. If a battery has been swallowed, consult a doctor immediately.

General instructions

- Place the scale on an even floor.
- Do not keep the scale in a vertical position.
- Do not load the scale when not measuring your weight.
- Do not expose the scale to humidity.
- Do not step on the scale with wet feet or body. Do not stand off-center on the weighing surface.
- Do not use the scale when the unit or the glass surface are damaged.
- If the scale will not be used for a long period of time, remove the batteries.
- To clean the unit, only use a moistened, soft cloth. Do not apply chemical solvents or cleaning agents, as they may damage the surface and/or labelling of the unit.

Body fat measuring

- The following persons should not apply the body fat measuring function of the scale:
- pregnant women
 - persons with pace-makers
 - persons with a high fever
 - persons with swollen feet/legs or edemas
 - particularly hydrated or de-hydrated persons
- The body fat measuring function is not designed for children under 10.

OPERATION

INSERTING BATTERIES

Four batteries 1.5 V, R03, size AAA, are included.

To insert the batteries, open the door of the battery compartment at the bottom of the unit. Insert the batteries, observing the polarity (+/ -).

When "LO" appears in the display, the batteries must be replaced.




Battery disposal



Used batteries are not household refuse. Empty batteries must be disposed of at designated disposal/recycle points.

SELECTING SCALE UNITS

You can select different scale units with the switch on the back of the unit:

- lb: displays the scale unit in pound and inches ;  [L B]
- kg: displays the scale unit in kilogramm (kg) and centimetres (cm);  [k g]
- st-lb: displays the scale unit in stone - pound and inches;  [S T]

The unit is factory set to lb/inch.

MEASURING WEIGHT

If necessary, select the desired scale unit (see above).



Press the button ON to turn the scale on. The LCD display briefly shows "HELO/8888"; then "HELO/0.0".

Step on the scale within appr. 10 seconds; your weight appears in the display.

If the scale is not used for appr. 10 seconds after displaying "0.0", it turns off automatically.

MEASURING BODY FAT



For measuring body fat, you have to step on the scale barefoot.

Your feet must be dry.

Stand on the outer platforms, under which the electrodes are placed.

Do not bend your knees, and keep your legs apart and straight when standing on the scale.

Setting the memory

Press the ON button to turn the unit on. The LCD display briefly shows "HELO/8888"; then "HELO/0.0".



Press the SET button. The display shows a flashing "1".

If you wish to use this memory slot, press the SET button again in order to enter your personal data (see below).



To select a different memory slot (2 – 12), press the UP button until the number of the slot you would like to use is displayed, then press the SET button to enter your personal data.

Entering the personal data

After the memory slot has been selected, a symbol for "Female"  or "Male"  is displayed.



Select your gender with UP or DOWN.



Press SET to confirm.

Now, "HEIGHT" flashes in the display .



Press UP or DOWN repeatedly in order to enter your height.



Press SET to confirm.

Now, "AGE" appears in the display.



Press UP or DOWN repeatedly in order to enter your age.



Press SET to confirm.

Wait until "0.0" appears in the display. Stand on the scale as described above.

In the lower field of the display, your body weight is shown first.

Remain standing on the scale for a few seconds. While the body fat is being measured, the display "oooo" will gradually fade out. After a few more seconds, the body fat percentage "FAT ... %" appears in the display.

In order to access your memory slot, press and hold the ON button. The display will cycle through the memory slots. When it reaches the memory slot that holds your personal data, immediately release the ON button. The entered personal data will briefly be displayed.

When the display shows "0.0", step on the scale to measure your weight and body fat percentage.