



BODY COMPOSITION SCALE



BODY COMPOSITION SCALE CARE AND INSTRUCTION MANUAL

CAUTION

READ ALL PRECAUTIONS AND
INSTRUCTIONS IN THIS MANUAL
BEFORE USING THIS EQUIPMENT.
KEEP THIS MANUAL FOR
FUTURE REFERENCE



I. SAFETY INSTRUCTIONS

It is the sole responsibility of the purchaser of TROJAN products to read the owner's manual, warning labels and instruct all individuals, on proper usage of the equipment. Understanding each and every warning to the fullest is important. If any of these instructions or warnings are unclear please contact Trojan Customer Services on 0861 876 526 (0861 Trojan), within the Republic of South Africa.

The equipment is only intended for HOME USE and is NOT INTENDED FOR COMMERCIAL, INSTITUTIONAL AND/OR STUDIO FACILITIES USE.

Contact TROJAN with any questions regarding this classification. It is recommended that all users of TROJAN be informed of the following information prior to use.

HEALTH WARNING



- Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are inactive, pregnant or suffer from any illness.
- If at any time during exercise you feel faint, dizzy or experience pain, stop exercising immediately and consult your physician.
- The Body Composition information is for your information only and not to be used in place of medical advice. For more information consult your doctor or dietician.
- The Body Composition Scale is not suitable for use by:
 - Children under 10 and adults over 80 years of age.
 - People with symptoms of fever, edema and osteoporosis.
 - People on dialysis treatment.
 - People taking cardiovascular medicine.
 - People with pacemakers.
 - Pregnant women.
 - Athletes who undertake more than 10 hours of intensive sports a week.
 - People whose pulse rate is under 60 beats / minute.

INSTALLATION



TROJAN recommends that all equipment:

- Be set up on a solid, level surface to eliminate rocking during use.
- Put the scale on a hard surface such as tiles, wood or linoleum. Most scales will not perform properly on a carpeted surface and may display incorrect readings.
- Be set up inside your home where it is not exposed to extreme temperatures, humidity, direct sunlight or heating equipment.
- In order to prevent electrical interference do not use this unit near any other equipment that has a strong electrical field or turn off the other equipment before use.

PROPER USAGE



- Do not use the equipment in any way other than as designed or intended by the manufacturer. It is imperative that TROJAN equipment is used properly to avoid injury.
- Your TROJAN equipment should only be used by one person at a time.
- Be careful to maintain your balance while using your TROJAN equipment to avoid injury.
- Servicing other than the procedures in this manual should be performed by an authorized service representative only.
- Do not wear shoes when using the equipment.

I. SAFETY INSTRUCTIONS (CONT.)

INSPECTION



- Do not use or permit use of any equipment that is damaged or broken. For all TROJAN equipment use only replacement parts supplied by TROJAN.
- Do not remove labels for any reason. They contain important information.
- Before any use, examine the TROJAN equipment for damage or wear. Should your Trojan equipment appear damaged or worn do not attempt to use or repair the equipment yourself. Please contact our service department on 0861 876 526 (0861 Trojan) to arrange a repair.

MAINTENANCE



- To clean the scales use only a soft and damp cloth with a mild cleaning agent.
- Ensure scale is not dropped or exposed to extreme vibrations or shock.
- For long term storage, remove the battery.
- Never submerge the scale in water and do not disassemble the scale.
- Store the scale horizontally and place it so that the buttons will not be accidentally pressed.

OPERATING WARNINGS



- It is the purchaser's responsibility to instruct all users as to the proper operating procedures of all TROJAN equipment.
- The scale's surface is slippery when wet. Only use the scale when your feet are dry.
- The stored data and memory will be lost when you change the batteries. This means you will have to set up your data again after replacing the batteries.

USER WEIGHT LIMITATIONS



- This TROJAN BODY COMPOSITION SCALE may not be used by persons weighing more than 120kg.

SAVE THIS INSTRUCTION MANUAL FOR FUTURE USE AND REFERENCE

If any of these instructions or warnings are unclear please contact Trojan Customer Services on **0861 876 526 (0861 Trojan)**, within the Republic of South Africa or visit **www.trojanhealth.co.za**.

2. BODY FAT SCALE OPERATION

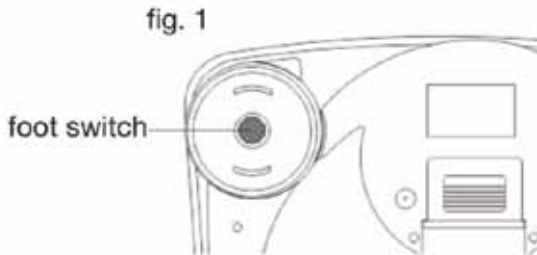
HOW TO GET THE MOST ACCURATE READINGS

- Stand erect and remain still.
- Try taking readings about 3 hours after walking, eating or exercising.
- Try taking readings at the same time each day.

FIRST TIME SET UP

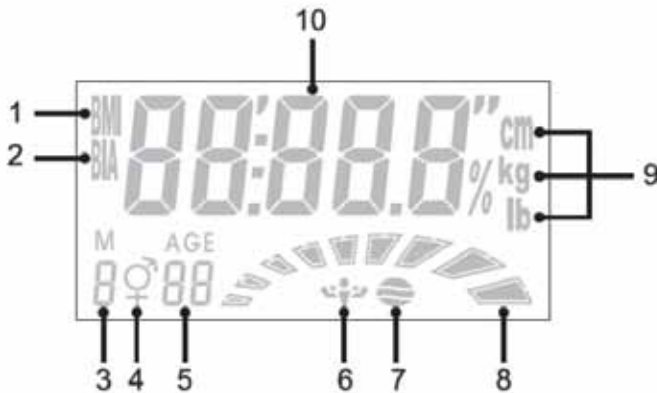
- Insert 4 AAA 1.5V batteries into the back of the scale. Ensure that the polarity of the batteries is correct otherwise the unit will not work.
- Turn on the unit by pressing down on the foot switch (fig.1).The device is ready for use when "0.0" appears on the LCD screen.



Note:The unit will automatically turn off if not in use for more than 10 seconds.



2. BODY FAT SCALE OPERATION (CONT.)

DISPLAY FEATURES



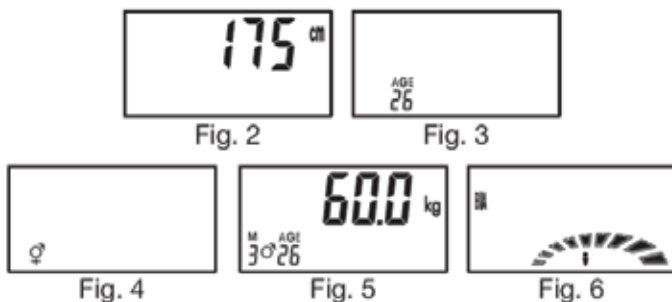
1. BMI (body mass index)
2. BIA (bio-electrical impedance analysis)
3. Personal data number
4. Gender
5. Age
6. *Skeletal muscle proportion  or body fat percentage 
7. Water contents
8. Body fat percentage bar display
9. Units
10. Digits

* SKELETAL MUSCLE: is a muscle that is connected at either or both ends of a bone and so moves a part of the skeleton; a muscle that is characterised by transverse stripes.

2. BODY FAT SCALE OPERATION (CONT.)

HOW TO OPERATE

- Press down onto the foot switch to turn the scale on and the word “HELLO” will appear on the LCD screen.
- Press ▲ key to select the user’s setting number (1 – 5) for whom you are going to input data. Then press the ■ key and hold for 3 seconds.
- Once the LCD screens starts flashing input your height in cm* then press the ■ key again to go to the next setting (fig. 2).
- Input your age (adjust the value with the ▲ or ▼ keys) then press ■ key to go to the next setting (fig. 3).
- Input your gender (adjust the value with the ▲ or ▼ keys) then press ■ key to go to the next setting.
- “0.0” should now appear on the LCD screen indicating that the scale is ready to take your first measurements.
- Step onto the scale with bare feet, making sure that your feet touch the 4 pads on the scale. Keep as still as possible while the scale reads your measurements.
- The scale will first display your weight (fig. 5).



After a few seconds the scale will display your body fat percentage and will show a bar display once analysis is complete (fig. 6).

- Now step off the analyzer and the unit will automatically turn off after three cycled displays of your BMI, BIA, Body water Content and Skeletal Muscle Proportion.
- If you remain standing on the scale, it will display three cycles of your weight then shut off automatically. Alternatively you can turn the scale off by pressing the ■ key again.
- If you have entered your personal data before: scroll through the scales memory for your personal data number (1 – 5) and select. Once the scale displays your correct height measurement – step onto the scale for your current readings.

*Note: If the weight is set in pounds, the height will automatically be set in feet. If kilograms are selected the height will automatically be set in centimetres.

2. BODY FAT SCALE OPERATION (CONT.)

AUTO SEARCH FUNCTION

- To measure your body fat percentage, BMI, BIA, water content and skeletal musculature you first have to input your personal data into the scale, as explained on the previous page.
- You will only need to input your personal data once. The next time you wish to use the unit it will auto-search its memory and compare your weight with a previous reading of a similar weight (within 1 kg) and will then automatically go to your personal data number (1 – 5) and supply the correct fat percentage, BMI, BIA, water content and skeletal musculature readings.
- The digits will flash three times to remind you to check that the personal data the scale has supplied is correct. If you input different or incorrect data personal details the scale will provide you with incorrect or different readings from those you should be getting.
- If your weight difference is greater than 1 kg since the last time you used the scale, “set” will appear on the display screen. If this happens, step off the scale and manually set your personal data number described on the previous page.

BODY FAT AND WATER PERCENTAGE REFERENCE TABLE

- The measured body fat result for this scale is based on a standard measuring method and your body fat percentage is calculated by a correlation formula which has been calculated by a correlation formula which has been developed on the basis of extensive scientific study.
- Individual habits, lifestyle and other factors mentioned below may have an effect on your body's water percentage. Please take note of the following:
 - After a bath: Your body fat reading may be lower.
 - After a meal: Your readings may be higher.
 - During the menses: Your readings may fluctuate.
 - Loss of water after prolonged illness or physical activity may cause fluctuations in readings.
- The below table is a sample of body fat status and should be used as a reference only.

	Status	Age (18-39)		Age (40-59)		Age (60-80)	
		Male	Female	Male	Female	Male	Female
LOW		<8%	<11%	<9%	<12%	<10%	<13%
NORMAL		<11%	<21%	<12%	<22%	<14%	<23%
		<14%	<24%	<15%	<26%	<17%	<27%
		<17%	<28%	<18%	<29%	<20%	<30%
HIGH		<22%	<35%	<23%	<36%	<25%	<37%
		<24%	<37%	<25%	<38%	<27%	<39%
VERY HIGH		<26%	<40%	<28%	<41%	<30%	<42%
		<36%	<45%	<38%	<45%	<40%	<46%
		*60%	*60%	*60%	*60%	*60%	*60%

2. BODY FAT SCALE OPERATION (CONT.)

ERROR MESSAGES

PROBLEM	DISPLAY	SOLUTION
Overloading (> 120 kg / 264 lbs)	OL	Step off the scale
Calibration or incorrect measured result	ERR	Step on scale and re-measure
Lack of personal data or failure to auto-recognise persons data	SET	Input personal data or select personal data number
Failed to measure body fat	F- OL	<ol style="list-style-type: none"> 1. Body fat is out of range 2. Make sure feet are touching all sensors 3. Clean scale & feet
Incomplete measurement	Err	Step on scale and re-measure
Low batteries	LBAT	Replace batteries

SPECIFICATIONS

Principle	Bio-electrical impedance analysis (BIA)
Workable body weight	3 to 120 kgs / 6.6 to 264 lbs
Workable height	100 to 210cm / 3'3" to 6'10"
Ages	10 to 80
Fat measuring rate	4% to 60%
Display	Liquid Crystal Display Screen- 80 x 40 mm
Batteries	AAA 1.5V x 4pcs

3.TROJAN 1 YEAR LIMITED WARRANTY

The Manufacturer hereby provides a warranty to the original purchaser of this product ('the Consumer') that this product will be free of manufacturing defects in materials and workmanship which under normal, personal, family or household use (commercial use expressly excluded) manifest themselves within the 1 year from the date of purchase.

EXCLUSIONS

- The warranty does not include and will not be construed to cover products damaged as a result of disaster; misuse; commercial use; use not in accordance within the written instructions included with the product; abuse and/or any non-authorized modification of the product, incorrect installation of the product or normal wear and tear.

WAIVER

The warranty and the obligations of the manufacturer provided herein are in lieu of, and the consumer, waives all other warranties, guarantees, conditions or liabilities, express or implied, arising by law or otherwise, including without limitation, any obligation of the manufacturer in respect of any injury, loss or damage (direct, indirect or consequential) arising out of the use of, or inability to use this product and whether or not occasioned by the manufacturer's negligence or any act or omission on its part.

PROOF OF PURCHASE

Any claim in terms of the warranty must be supported by a proof of purchase or a warranty number. Warranty numbers can be issued through contacting our call centre on 0861 876526 (0861 Trojan), or online at www.trojanhealth.co.za. If such proof is not available, then notwithstanding anything to the contrary herein, the service agent's prevailing charges for services/repairs including call-out and/or spares will be payable by the consumer upon collection or delivery of the repaired product.

During the warranty period the product may only be serviced and/or repaired by the manufacturer's duly authorized agent(s).

QUALITY GUARANTEE

**1 YEAR
WARRANTY**



**0861 876526
0861 TROJAN**

If this product proves to be faulty during normal use due to defective materials or workmanship. Refer to user manual or website for terms and conditions.

Please call us for any product queries, after sales support, repairs or installations.

www.trojanhealth.co.za

Manufactured For Masstores (Pty) Ltd.
16 Peltier Drive, Sunninghill, Ext 6, Sandton, 2146,
South Africa.

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