



## BODY FAT (BMI) SCALE



### BODY FAT (BMI) 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 Fat information is for your information only and is not to be used in place of medical advice. For more information consult your doctor or dietician.

## 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.

## 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 scale use only a soft and damp cloth with a mild cleaning agent.
- Ensure the 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.

## 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 FAT 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](http://www.trojanhealth.co.za)**.

## 2. BODY FAT

We all need some body fat to be healthy. It is important for basic body functions like regulating body temperature, storing vitamins and cushioning joints and organs. However excessive fat can negatively affect your health and could put you at greater risk of developing serious medical conditions. Excess body fat is known to contribute to heart disease, high blood pressure, Type 2 diabetes and some forms of cancer.

Visceral Fat (Abdominal Fat) is the fat that surrounds the vital organs in the stomach area of the body. High Visceral Fat levels increase the risk of high blood pressure, heart disease and type 2 diabetes. Lowering Visceral Fat levels can stabilise insulin action substantially, and reduce the risk of diabetes and other related illnesses.








Body fat is not always visible to the naked eye. You may have an acceptable weight and figure, but could still be carrying more body fat than you think. Weight alone cannot distinguish between the weight that comes from body fat and the weight that comes from lean body tissue, such as muscle and bone. Using the Trojan BMI Scale, you can keep a regular check on your body fat levels, helping you stay within the healthy range. Reducing excess body fat will help you improve your body shape and appearance. You'll feel better, look better and enjoy a better, fitter quality of life.

## 3. 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.

### ENTERING YOUR PERSONAL DATA

- Start by pressing the on/off button .
- Select a personal data slot from settings 1 - 5 using the  or  keys and confirm by pressing the  key.
- Enter your body height and target weight using the  or  buttons and confirm by pressing the  key.
- When 0.0kg is displayed, step onto the scale to get a weight reading, BMI value and the difference to your target settings.

Note:

- The scale will timeout 40 seconds after the reading.
- The range setting for height is 100cm to 210cm, with the default value 170cm.
- The range setting for target weight is 20kg to 120kg.
- If no weight is put onto the scale your personal data will not be stored, and after 40 seconds, the scale will automatically switch off.

# 3. BODY FAT SCALE OPERATION (CONT.)

## DISPLAY FEATURES



## MEMORY FOR EACH USER

- Each user has a personal data set, saved under settings 1 - 5 (as per the previous page).
- The scale has 9 sets of memory within each personal data set, to check the 9 sets of memory saved within your personal data set please follow the steps below:
  - While the scale is switched OFF, press the ▲ key to select your personal data set, from settings 1 - 5.
  - Once you have selected your personal data set, press the ▼ key to move through the 9 sets of memory saved within your personal data set.
  - Press the ⏸ key once you are finished checking the memory slots within your personal data set.

## USER IDENTIFICATION

- The scale can automatically identify a user as they step onto the scale. This is based on their new weight compared to the scale's memorised data. The scale will automatically recognise, and display, your user number (from setting 1 - 5) and personal data, as long as you are within 3kgs of your last measurement.
- If there are two or more people in a similar weight range, the scale will display both user's data numbers (from settings 1 - 5). The user must then use the ▲ or ▼ keys to select their personal number and then confirm using the ⏸ key.

Note:

- Automatic recognition will not be performed if a difference of more than 3kgs is measured between the individual weighing processes. The scale will only show your current weight and then will shut down after 5 seconds.
- You will then need to re-start by pressing the ⏸ key and selecting your personal data set using the ▲ or ▼ keys before weighing yourself again.

## **4. 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](http://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](http://www.trojanhealth.co.za)**

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