

My Weigh Galileo II

User Manual

Features and Specifications:

- 1.) Capacity: 150kg/300lb
- 2.) Weighing Graduation: 0.1kg/0.2lb
- 3.) Measures body fat, water, muscle and bone.
- 4.) Stores up to 8 users personal data
- 5.) Auto Off function
- 6.) Overload Indicator
- 7.) Power Supply: 2 CR2032 lithium batteries

Changing batteries:

Ensure +/- terminals are matched up correctly as indicated.

Inputting personal data:

Set up your personal data before using the scale. The scale can store up to 8 users personal data.

Press SET to enter the setup mode. The scale will pull up the personal data screen. It will flash PN and a number (1-8). This will allow you to select via the arrow keys which user the scale will be calculating data for. Use the set key to select your gender or athlete mode, height and age. Use the arrow keys to adjust the value. Once you have finished entering your data, the data will be saved and will now automatically go back to the weighing screen.

Weighing Instructions:

- 1.) After setting up the data, when the LCD displays 0.0 you may stand on the platform directly and your weight will be shown after a few seconds.

- 2.) After the weight is stable, the flashing 0 means that the scale is now measuring your body fat. The 0 will move left to right two times and then display your body fat.
- 3.) After weighing yourself the scale once you step back on the scale, if you do not select your user number the scale will identify you by your weight. Once you step back on the scale the scale will list your body fat, water, muscle and bone data consecutively underneath your weight. Please wait until the scale scrolls through all statistics and then step off.

Automatic Identification:

Once you stand on the scale the scale will turn on and lock your weight. Once the weight is stable, you will see the 0 moving and that will signify the scale is measuring. If the display can identify the user correctly it will display the weight. If it detects a similar weight it will display the relative user number and you will need to select the correct user via the arrow keys. Once the user is selected it will display your data and turn off. If no user is selected the scale will turn off as well.

Body Fat, Water and Muscle Ratio

<1> The body fat ratio (%): 3%-50%

Age	Female				Male			
	Underweight	Healthy	Overweight	Obese	Underweight	Healthy	Overweight	Obese
<39	<21%	21.1~33%	33.1~39%	>39%	<8%	8.1~20%	20.1~25%	>25%
40~59	<23%	23.1~34%	34.1~40%	>40%	<11%	11.1~22%	22.1~28%	>28%
>59	<24%	24.1~36%	36.1~42%	>42%	<13%	13.1~25%	25.1~30%	>30%
60+	<28%	28~37%	37~47%	>47%	<17%	17~25%	26~34%	>34%

2.The body water ratio(%): 25%-75%

Female:

Age: 10~15 low <57% Normal 57.1~67% High >67 %

Age: 16~30 low <47% Normal 47.1~57% High >57 %

Age: 31~60 low <42% Normal 42.1~52% High >52 %

Age: 61~80 low <37% Normal 37.1~47% High >47 %

Male:

Age: 10~15 low <58% Normal 58.1~72% High >72%

Age: 16~30 low <53% Normal 53.1~67% High >67 %

Age: 31~60 low <47% Normal 47.1~61% High >61 %

Age: 61~80 low <42% Normal 42.1~56% High >56 %

3. The body muscle ratio(%): 25%-75%

Age	Female	Male
	Health	Healthy
10~99	>34%	>40%

Bone Range

4. The bone range (LB) 1.10-22.05 LB

	Female			Male		
Weight	<99.23lb	99.23~132.30lb	>132.30lb	<132.30lb	132.30~165.38lb	>165.38lb
Bone	3.97lb	4.85lb	5.51lb	5.51lb	6.39lb	7.06lb