

Phoenix Body Fat Scale Manual

Low Batteries & bad battery connections are the #1 cause of scale malfunction and inaccuracy! We test all of our scale returns from consumers. Fully 60% of consumer returns are battery related problems. This sounds silly but it's true! A scale will perform slowly, or read inaccurately when it has low batteries. Please replace the batteries often (and only use good quality batteries). We include good quality batteries with all of our scales but batteries can run low in storage. If your scale simply won't turn on while on Battery power, this is often caused by loose battery connections. Battery prongs (terminals) are made of metal. They must be making good contact with your batteries in order for the scale to power on. You can use a paperclip to slightly bend the battery prongs to make them have a better connection. Also some poorly designed batteries have recessed or partially obstructed battery terminals. This may cause your prongs to be touching the plastic housing of the battery instead of the metal battery terminal.

ERR codes: If your XL consistently shows ERR3, ERR4 or any other ERR code, this means the sensor or circuitry has been damaged by water or shock. It is not possible for you to resolve this damage without sending the scale in for repair. If this was not caused by an accident or abuse (ie dropping the scale in a tub of water, getting the scale excessively wet, etc..) then please send the scale in for warranty repair

GETTING ACCURATE

READINGS

To get the most accurate readings:

-Be sure there are no sources of interference

*Such as Cell or Cordless phones, etc..

-Be sure you are barefoot

(otherwise the body fat function won't work).

- Be sure both feet touch the electrodes

on the measuring platform firmly

- Stand erect on the platform and remain perfectly still

- Try to wait about three hours after waking, eating,

or hard exercise before taking measurements.

- Try to take readings at the same time of day.

- Be sure that the soles of your feet are clean.

The reading may not be accurate if the soles of your foot are too dry or covered with large area of thick calluses.

Measurements taken under other conditions may not give the same absolute reading values.

However, the readings are accurate monitoring changes in body fat percentage as long as they are taken in a consistent manner.

INSTRUCTIONS, CAUTIONS & FEATURES

Congratulations on purchasing a genuine My Weigh Phoenix Scale.

You now own a Personal Scale of proven technical design and highest quality.

We hope that you will enjoy the use of your new Personal Digital Scale. You can visit us at www.Myweigh.com

WARNING: This scale may interfere with pacemakers and other electronic Medical devices. Do not allow anyone to use this device That uses a pacemaker or other electronic medical device!!

- **Function: Auto power off, tare function, Readings in kg or lb**
- **Calibrated to: 150 kg (330 lb)**
- **Graduations: 100 g (0,2 lb)**
- **Accuracy: +- 100 g (0,2 lb)**

- **Weight deviation: +-1%**
- **Graduation of the body fat display: 0,1 %**
- **Optimum temperature range: 20 °C +- 10 °C / 80 °F +/- 60 °F**
- **Extra large Backlit display**
- **Memory for 10 people**
- **Battery: 1x 9V**

!! Before using the Phoenix Scale be sure to read all the instructions very carefully. This Instruction Manual has been written for your information. Its contents are not part of a contract. All specifications are only for guidance. The specifications are subject to change without notice.

1. Battery installation:

Insert a 9V Alkaline battery into the compartment on the back side of the unit.

2. Select Measurement unit (*Pounds/Inches or Kilograms/Centimeters*)

Slide the small switch on the back side of the scale to choose between the metric system (kg) or the USA/GB system (LB / pounds).

The units for height and weight are automatically changed.

3. Programming your personal data:

To increase the accuracy of body fat, you should program your personal data. This data (such as athlete/normal, age, height and gender) can be stored for up to 10 persons and will be saved until they are changed.

To Program the scale:

A) Enter Programming Mode: Step on and off of the standing area of the scale, to turn the

scale ON. After "0.0" appears on the display, press the Set button. Memory number "01" will appear on the display. Use the arrow keys to select your User number (you have a choice of # 01 – 10, Pick whichever number you want to be yours) (u right button = next, t left button =

previous). Press the Set button to proceed.

B)* Athlete or Normal mode: *** (note: older Phoenix scales did not have this dual mode selection) *** Use the arrow keys to select Athlete or Normal (athl or norm) depending on your physical condition (u right button = next, t left button = previous). Then press the SET key.

C) Gender Selection: Use the arrow keys to select your gender (u right button = next, t left button = previous). The display will show the universal symbol for female in the top left corner and the universal symbol for male on the bottom left corner. Use the arrow keys to select your gender and then press the Set button to confirm your gender.

D) Height Selection: Enter your height (ie male 6'0 ft, female 5'0 ft). Press the right or left arrow key to adjust your height (The height is adjusted in 1 inch increments). Press the Set button to confirm when your proper height is shown on the display.

E) Enter your age: At first use, the default age "30" will show on the display. Press the right or left arrow key adjust your age (variable from 10 years to 100 years, by increments of 1 year).

Press the Set button to confirm your age.

F) Completion: The user number that you selected for storing your personal data is displayed.

This means that programming is complete. You can now press the Set button to begin weighing/body fat calculation or to continue storing other people's personal data with other numbers, use the arrow keys to select the next storage number (ie 02) (u right button = next, t left button = previous) and repeat steps A-E above. When you are done press the Set button to exit the programming mode.

MEASURING WITH THE BODY FAT SCALE

If you do not press any key, the scale will switch off

automatically after 10 seconds.

1. Measuring body fat:

NOTE: you must have bare feet to use the

Body fat analysis of this device.

- Step onto the standing area of the scale and don't step off. After 3

seconds the storage numbers from *01* to *10* will appear alternately in 1 second intervals. Step off the scale when your storage number is shown (ie *01*) Your personal data will appear and approximately 1 second later the display will show "*0.0*".

- Now you can step onto the scale with bare feet.

Your weight will be shown first, Then the display will show "*0000*" and the calculation of your body fat quota will be taken automatically (don't step off the scale and try to remain perfectly still). *0000* will slowly disappear and your body fat percentage will appear on the display.

The weighing and measuring mode is complete.

- Step off the scale. Your body weight and body fat percentage (%) will be displayed alternately 3 times. Then the scale will automatically switch off.

2. Weighing mode without body fat quota:

- If you only want to weigh yourself, step on and off of the Standing area of the scale to activate the scale.

- After "*0.0*" appears, step back onto the scale and remain Perfectly still. Your weight will be displayed.

3. Switch off the scale:

- When not in use the scale turns off automatically after 10 (or 20) seconds.

IMPORTANT NOTES

- a. If during the measuring process a fault occurs which causes incorrect body fat percentage, "Err" will be displayed and the unit will switch off automatically. Please see the troubleshooting section at the end of this manual.**
- b. If your weight exceeds the max. measuring capacity (150 kg / 330lb) "FFFF" appears on the display.**
- c. If "the BATTERY ICON" is displayed, low power of the battery is indicated and you should change the battery.**
- d. Put the scale on a flat and solid surface. Use the scale only with dry feet – There is danger of slipping on the scale!.**
- e. Do not use the scale in places that are extremely hot, cold or humid.**
- f. To clean the scale use only a soft and light damp cloth with mild cleaning agent.**
- g. Avoid extreme vibrations and temperature fluctuations.**
- h. For long term storage, remove the battery**
- i. Do not Disassemble the scale – you risk injury and will void Your warranty**
- j. This scale is designed for Home Use.**
- k. This scale must only be used on a hard surface such as tile, wood, linoleum, etc.. This and most scales will not perform properly on carpeted surfaces because carpeting absorbs your weight and will cause incorrect or ERR readings.**

ATTENTION / WARNING

This scale can disturb the function of heart pacemakers and other electronic medical devices. DO NOT USE THIS SCALE IF YOU USE A PACEMAKER, OTHER ELECTRONIC MEDICAL IMPLANTED OR EXTERNAL DEVICE!