

Body Analysis

Congratulations! By purchasing this CONAIR scale, you've made the first step toward taking control of your weight. To get the greatest benefit from your purchase, please read this entire brochure before using your scale.

恭喜您!購買Conair雷子磅,代表您在體重控制上邁進了一步。 為獲得最佳效果,請在使用本雷子磅前先詳閱全套說明書。

Weight and Body Fat

While body fat can be measured in many ways, the method used in your scale is bioelectrical impedance. This indirect method of determining body fat starts when a safe and very low electrical rent is sent through the lower half of the body.

e electrical current flows more quickly through water and muscle than it will through bone and fat. The scale measures the speed of the current. Based on this number, the scale estimates body fat using a multi-step, mathematical formula.

of estimating body fat yield very different results. Just as different scales give different results, different body fat analyzers can provide very different body fat estimates. Even with the same scale the numbers will vary because: · Weight loss tends to produce substantial, continuous, and unpredictable changes in body

- water content. Because body fat analysis is determined by water content in the body, results

 BONE MASS WHAT IS IT? can vary considerably from day to day. Hydration status affects body fat results. If you've just worked out, there is less water the
- electrical current to flow through. This may result in a higher body fat result. In the same way, if you measure your body fat after drinking a lot of fluid, it may appear that body fat is lower Skin temperature can have an influence also. Measuring body fat in warm humid weather
 WHO SHOULD MONITOR BONE MASS?
- when skin is moist will yield a different result than if skin is cold and dry.
- time than to use individual daily results.
- body temperature, diabetes or other health conditions.

WHAT YOU NEED TO KNOW!

- Percent body fat refers to the number of pounds of fat divided by your total body weight and multiplied by 100.
- During weight loss, percent body fat doesn't appear to be reduced as quickly as expected because total weight loss and total body fat are decreasing at the same time (for a more
- detailed explanation, see next section).

WHY DO I LOSE WEIGHT BUT MY BODY FAT PERCENTAGE DOESN'T CHANGE

Why is that important? When you lose weight, both the numerator (pounds of body fat) and

- Weight loss in the form of body fat and lean tissue (muscle) is common, and is normal.
- To minimize the loss of lean tissue, include regular physical activity, especially strength training, in your weight-loss plan.

Most body fat monitors show body fat as a percentage only. This body fat monitor shows you not only a percentage but the actual number of body fat pounds (in fact, this is the measurement you see after your weight is displayed).

denominator (total body weight) go down, so when it's calculated as a body fat percentage, the number can be small. For example, a person may weigh 200 pounds and have 40% body fat (= 80 pounds of body fat). He/She loses 20 pounds, but the body fat has only dropped 4% to 36%. That 4% of body fat was 16 pounds of fat – a very significant amount! So do not be overly concerned if you do not see the percentage change quickly as you are losing weight: monitor the absolute number of body fat pounds lost. Remember, to minimize the loss of lean tissue, include regular physical activity, especially strength training, in your weightloss plan.

General health standards indicate that one should consume approximately 64 oz of water per day from food and liquids to maintain a healthy level of hydration. Maintaining a good hydration level will help improve your overall health and general feeling of well-being. If your hydration levels are lower than average, you should increase your water intake accordingly.

BODY WATER/HYDRATION LEVEL - HOW IS IT MEASURED?

The hydration level is measured by using Bioelectric Impedance Analysis (BIA). The same analysis that is used to calculate your body fat is used to calculate your hydration level. Taking into consideration a ser's age and gender, a calculation is made that determines the percentage of water.

Please note: It is not recommended to take the hydration measurements in certain situations, such as following exercise, after drinking a glass of water, or directly prior to, during or shortly after menstrual cycles. Hydration may not be at normal levels during these times.

BODY WATER/HYDRATION LEVELS

Bone is a living, growing tissue. During youth, your body makes new bone tissue faster than it breaks down older bone. In young adulthood, bone mass is at its peak; after that, bone loss starts to outpace bone growth, and bone mass decreases. But it's a long and very slow process that can be slowed down even more through calcium-rich diets and weight-bearing exercise.

Most people have no need to monitor bone mass, but certain groups - postmenopausal women,

 As with weight, when your goal is to change body composition it is better to track trends over
 men and women with certain diseases, and anyone who takes medications that affect bone tissue - might want to watch for decreases in bone mass. The bone mass reading is to be used as quide Results may not be accurate for persons under the age of 16, or persons with an elevated only. Watch for trends over time and contact your healthcare provider for a more detailed explanation. of the readings and with any questions or concerns.

BODY ANALYSIS TABLE

too lower normal higher too

 Using the same scale as much as possible. Always keep in mind that you know your body best. The following ranges of body fat, BMI, body water and bone mass are offered as guides.

			normal		normal	Your scale is the bes		
yk	Fat	are the most popula your total body weig						
	age	%	%	%	%	%	Body weight fluc	
	20-29	<13%	13.1-18%	18.1-23%	23.1-28%	28.1%+	variety of factors	
	30-39	<14	14.1-19	19.1-24	24.1-29	29.1+	Salt and carboh	
	40-49	<15	15.1-20	20.1-25	25.1-30	30.1+	A large meal ad	
	50-59	<16	16.1-21	21.1-26	26.1-31	31.1+	Dehydration from Museus is also	
	60-69	<17	17.1-22	22.1-27	27.1-32	32.1+	 Muscle is also weight. 	
ale	20-29	<18	18.1-23	23.1-28	28.1-33	33.1+	The menstrual of	
	30-39	<19	19.1-24	24.1-29	29.1-34	34.1+	WILEN VOLUDE	
	40-49	<20	20.1-25	25.1-30	30.1-35	35.1+	WHEN YOU'RE I It's important not to	
	50-59	<21	21.1-26	26.1-31	31.1-36	36.1+	vary. This is especia	
	60-69	<22	22.1-27	27.1-32	32.1-37	37.1+	your body adjusts to track weight over a p	
vŀ	Water						regults. The scale at	

age % % % % % **Male** 20-69 <46.4% 46.5-49.9% 50-65% 65.1-70% 70.1% DON'T OVERDO IT! Female 20-69 <43.9 44-44.9 45-60 60.1-67.6 67.7+

	age	%	%	%	%	%
Male	20-29	<7.2%	7.3-7.5%	7.6-8.4%	8.5-8.7%	8.8%+
	30-39	<7.0	7.1-7.3	7.4-8.2	8.3-8.5	8.6+
	40-49	<6.6	6.7-6.9	7-7.8	7.9-8.1	8.2+
	50-59	<6.2	6.3-6.5	6.6-7.4	7.5-7.7	7.8+
	60-69	< 5.9	6.0-6.2	6.3-7.1	7.2-7.4	7.5+
Female	20-29	<5.8%	5.9-6.1%	6.2-7%	7.1-7.3%	7.4%+
	30-39	<5.6	5.7-5.9	6-6.8	6.9-7.1	7.2+
	40-49	<5.2	5.3-5.5	5.6-6.4	6.5-6.7	6.8+
	50-59	<4.8	4.9-5.1	5.2-6	6.1-6.3	6.4+
	60-69	<4.5	4.6-4.8	4.9-5.7	5.8-6.0	6.1+
						*

Make the most of it!

Your CONAIR scale is a precise measuring instrument that is most accurate when weighing a 1. Press SET button to confirm the user ID and enter Height setting stationary object. To ensure accurate readings, always try to stand on the same area of the scale

- FACTS YOU SHOULD KNOW
- Being extra-consistent in the time of day, day of the week, time before or after food and fluid consumption, before or after exercise, etc., when measuring body composition. may see an error message "Err."

Electronic sensors are sensitive. Be careful not to drop or jar the scale. Place it gently onto floor IMPORTANT INFORMATION CONCERNING surface, and store where it will be protected from impact. The scale is an electronic instrument and WEIGHT MANAGEMENT est tool for monitoring weight. While not the only measure of weight loss, scales

pular method used to gauge weight-loss success. A scale measures the sum of reight, which includes bone, muscle, fat, and water.

ctuates during the day, and from day to day, depending on a

- phydrate intake can affect the body's water retention. BEFORE USING SCALE
- adds weight and can cause water retention. om exercise, illness, or low fluid intake can result in weight loss.
- I cycle can cause temporary weight gains and losses. . Gently pull out the isolator tab from the battery compartment (In case the tab cannot be pulled

o put too much stock in the exact number on the scale, because it can and will battery cover and tighten the screw again). ecially true when you're dieting. Small weight gains and losses are common as 2. Set switch on the base of the scale to measure in pounds (lb) or kilograms (kg). s to fewer calories and more exercise. Your scale is a valuable tool when used to

3. Set scale on floor. Surface must be level for accurate operation and safety. er a period of weeks and months. Be aware that different scales often give different results. The scale at your doctor's office may show one weight, and your scale at home another. So don't get too caught up with a single number.

A surefire way to get overly concerned with your weight is to weigh yourself too often. We generally recommend weighing yourself no more than once a week when you're dieting. Though it's hard to stick to this pattern, it's the best way to prevent

2. Choose pounds (lb) or kilograms (kg) by switching the convertible unnecessary concern with normal weight fluctuations, which are unrelated to your weight-loss efforts. Regardless of your weighing habits, it's important that you're consistent.

Here are 5 rules for effectively monitoring your weight – weigh yourself Once a week, on the same day of the week

- At the same time of day In the same place
- Wearing the same clothes Using the same scale

To keep track of your weight, record only one number for the week.

This will give you a clear picture of any trend your weight is following. WHEN YOU'RE MAINTAINING WEIGHT

To summarize, make the most of the body analysis feature by:

Tracking change over time and not day to day.

Fluctuations in day-to-day weight tend to be smaller when weight is stable, so a more frequent weigh-in pattern is helpful. To maintain a stable weight: Weigh yourself more often than once a week.

• Use the "5-pound rule" - research shows that people who keep weight within a 5-pound range are more likely to maintain a healthy body weight over the long term.

should never be submerged in water. Clean with damp cloth and/or glass cleaner. When the scale batteries need to be replaced (display shows "LO"), remove the screw from the

battery cover on the bottom of the scale and remove the cover. Replace the old batteries with 3 new AAA batteries. Replace the battery cover and tighten the screw again. **Dispose of the** old batteries properly. Do not attempt to open the scale or to remove any components. Servicing should be done by qualified technicians only. See warranty information below.

PRECAUTIONS FOR USE

a factor. Heavy-duty resistance training can build muscle, which can affect CAUTION! Use of this device by persons with any electrical implant such as a heart Set Gender / Fitness Mode pacemaker, or by pregnant women, is not recommended. Press SET button to confirm age and @

- out, or if display does not work after pulled out the tab, remove the screw from the battery cover and pull out the isolator tab. Ensure the batteries are installed correctly and replace the Mode is 18 to 75 years.

WEIGHT MEASUREMENT ONLY

To measure weight only: Operate the scale on a secure flat floor.

- switch on rear of scale.
 - . Tap the scale in standby mode. Whole screen appears. . Wait until all digits light for 2 seconds and ""0.0" (if LB is selected)
 - or "0.00" (if KG is selected) appears.
- 5. Step on the scale and stand still to measure your weight. 6. Step off the scale and it will shut off automatically.

Note 1: If you need to edit any of your personal data, you can do so while the data is being dis-

PERSONAL DATA SETTING MODE Personal Data Setting

1. Follow steps 1-4 in the previous section, press SET button, the

- number "P-1" (user 1) will appear and flash. 2. Use ▼ / ▲ button to select a user number among 4 user numbers |

Set User ID

- platform and DO NOT MOVE. Should the weight on the scale exceed the scale's capacity, you 2. Height will flash. If LB is selected, the height will display in feet and
 - 3. Use ▼ / ▲ button to set your height, press and hold the button to □ 〕 advance numbers quickly.

. Press SET button to confirm height and enter Age setting mode. Age will flash. Use ▼ / ▲ button to set your age (10 to 100), press and hold the button to advance numbers quickly.



- enter Gender & Fitness setting mode. Please note the age range for Fitness
- Use ▼ / ▲ button to select male. female, male athlete or female athlete
- icons, and then press SET button to confirm the selection.

NOTE: Choosing Your Fitness Mode If you are largely sedentary, lightly or moderately active (a moderately active person might walk

- per week, etc. in addition to daily activities), choose the regular gender plus running person

DISPLAY AND STORE DATA

- 1. Once the Gender/Activity is set, data storage is complete.
- 3. The scale is now ready for body analysis measurements.

played: Simply press the SET button and scale will go back to the Personal data setting mode again. Follow the instructions above.

pens, simply repeat the Personal data setting process described above.

2. Once the LCD shows "0.0" or "0.00", step on the scales barefoot

- with your feet aligned on the two electrodes on the glass. After a
- inches. If KG is selected, the height will display in cm. the display.

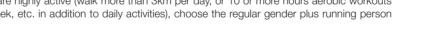
3. Then it will quickly show all your readings (including body fat %. body water %, bone mass and BMI) for about 20 seconds. It will turn off automatically.



- Your feet are not bare. Your skin may be too dry.
- 3. Your weight is in between the specifications of the scale.



2.5 - 5km per day in addition to daily activities), choose the regular male or female gender



- another few seconds. Low battery warning: When the batteries are critically low, the

no button is pressed within 10 seconds, and already entered data will not be saved. If that hap-

until "0.0" (in LB mode) or "0.00" (in KG mode) appears, then press ▼ / ▲ button until the

Call Conair Service Centre in your region as listed in this Instruction Booklet for details

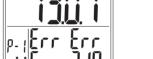
of repair service. Or email to us at email asia@conair.com with your name, contact few seconds, the body weight will be shown first on the first line of telephone number and email address and details of the fault.



Conair Customer Hotline: (852) 2751 4604 E-mail: email asia@conair.com Website: www.hkconair.com

- You will get an error reading, if any one of below cases happens:

If you step on the scale before "0.0" appears or if your feet are not aligned on the



Weight capacity: 400 lbs (182 kg)

If you are highly active (walk more than 3km per day, or 10 or more hours aerobic workouts

- 2. User number displays for a few seconds, Height displays for a few seconds, and Age for

display will show "LO". Please replace the batteries.

electrodes, the scale will not function properly. Note 2: In the Personal data setting mode, the scale will return to standby mode automatically if ONE YEAR LIMITED WARRANTY

This Conair Appliance is guaranteed for consumer use for one year. To obtain this

warranty service, please keep the original purchase receipt. This guarantee is no lo ger valid in case of alteration or repair by any unauthorized persons and only covers 1. Operate the scale on a secure flat floor. Tap to the platform firmly to activate the scale. Wait defects under normal use from the date of purchase. If your product does not perorm satisfactorily because of defects in materials or manufacture, it will be repaired display shows your user number. The display will quickly show your personal date (height, or replaced under guarantee through the Conair Service Centre. Conair reserves the right to amend terms and specifications without prior notice.

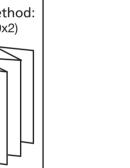
CONAIR CUSTOMER SERVICE:

35/F., Standard Chartered Tower, Millennium City, 388 Kwun Tong Road, Kwun Tong, Kowloon, Hong Kong

CHINA CREATIVE DEPARTMENT

Model No. Description Reference No. | IB-Revision No. Open Size Folded Size 127mm(W) X 203mr Material 80gsm Artpaper Prepared by Betty Bai

CONTINENTAL CONAIR LIMITED







苴操作原理是怎麽樣的?

人體脂肪可锈猧多種方式量度。本雷子磅採用的是牛物雷阳抗方式。這是一種以間接方式量度 人體脂肪的方式。它首先將相當安全及極低的雷流傳送至人體的下半身。雷流在水分和肌肉中 慢的過程,而且可以透過含有 傳送的速度較在骨骼及脂肪為快。電子磅則透過計算電流的速度,經過多個數學公式步驟估算

其進確度有多高?

出人體的脂肪比例。

相比單純的稱量體重,量度人體脂肪會出現較大的波動幅度,不同的估算方式也會出現不同的 結果。正如不同的磅秤會稱量出不同的體重一樣,不同的人體脂肪估算方式也會出現差異很大 的結果。此外,即使使用同一磅秤,結果也會出現差異,原因在於:

- 體重下降會令體內水分含量出現明顯、持續性及無法預計的變化。由於體內脂肪分析根據體 内水分含量計算,因此每天的結果可能會出現很大的差異。
- 體內水分含量會影響脂肪數據。如剛剛運動過後,體內水分含量會降低、影響電流速度,因 此會量度出較高的脂肪含量;同樣,在飲用大量液體後進行量度,脂肪含量會顯得比實際數
- 皮膚溫度亦會影響數據。在皮膚濕潤、溫暖的狀態下量度脂肪含量,其結果也會與乾燥、冰
- 在體重方面,如果你的目的是要改變身體各種成分含量的比例,最好以一段時間的趨勢作參 考,不應以某一天的數據作進。
- 數據對某些人士未必準確,例如16歲以下人士、體溫升高者、糖尿病患者或有其他健康問題

你應了解的知識!

- ・ 脂肪百分比的計算方法:脂肪重量/體重X100。
- 在體重下降時,由於體重與脂肪同時減低,因此脂肪百分比的下降速度不會如預期快速。 (詳細說明請參考下節內容)。
- 體重下降時脂肪和肌肉同時減輕是常見現象,也是正常的。
- 為減少瘦組織(肌肉)損失,瘦身計劃中應配合定期的運動,尤其是力量訓練。

我的體重已有所下降,為什麼脂肪百分比沒太多變化?

多數脂肪監察磅只會顯示脂肪百分比。但本脂肪監察電子磅除了會顯示脂肪百分比外,還會顯 示實際脂肪重量(這亦是緊跟著體重顯示的數據)。為什麼這個數據很重要呢?當你的體重下 降時,無論分子(即脂肪重量)和分母(即體重)都會同時減小,因此在計算脂肪百分比時, 數字變化可能很小。例如,如果一個人重200磅、脂肪百分比為40%(相當於脂肪重量為80 磅)。如果其體重下降了20磅,但脂肪百分比僅下降了4%,即佔36%,那麼其所減去的脂肪 就有16磅--這已經是一個相當大的幅度!因此在體重下降時,如發現脂肪百分比變化不大,完 全不必過分擔憂。你應更注重脂肪減少的絕對磅數。為了減少瘦組織損失,瘦身計劃中應配合 定期的運動,尤其是力量訓練。

體內水分含量

一般健康標準要求我們每天應透過飲食吸收約64安士水分,以保持健康的體內水分含量。健康 的水分含量有助於全面提升人體健康及精神狀態。如體內水分含量低於平均水平,應相應多飲

體內水分含量的量度方法

體內水分含量是透過生物電阻抗分析(BIA)計算的,這與分析脂肪含量的方法相同。將使用 者的年龄及性别因素考慮在內,即可計算出體內的水分含量。

注意:在某些情况下並不適宜量度水分含量,例如運動後、剛剛飲用整杯水之後,或者在經期 期間或前後短時間內。這些情形下,人體水分含量可能不在正常水平。

骨骼是活性牛長組織。年輕時 的密度達到頂峰。其後,骨質

哪些人有必要監察自己的骨質密度變化? 絕大多數人都不必監察自己的骨質密度變化,但某些人應特別留意骨質密度減低的情況,例如

更年期後的婦女、有某類病患的男士或女士,以及服用會影響骨組織的藥物的人士。骨質密度 數字僅作參考。請留意一段時間內的變化趨勢,如有任何疑問或擔憂,可就有關數據向保健醫

記住,最了解你身體的是你自己。以下人體脂肪、身高體重指數(BMI)、體內水分含量及骨 質密度節圍僅供參老。

過低 低於正常 正常 高於正常 過高

W.I W.I

人體脂肪 含量						
	年龄	%	%	%	%	%
男性	20-29	低於13	13.1–18	18.1–23	23.1–28	28.1以上
	30–39	低於14	14.1–19	19.1–24	24.1–29	29.1以上
	40–49	低於15	15.1–20	20.1–25	25.1–30	30.1以上
	50–59	低於16	16.1–21	21.1–26	26.1–31	31.1以上
	60–69	低於17	17.1–22	22.1–27	27.1–32	32.1以上
女性	20–29	低於18	18.1–23	23.1–28	28.1–33	33.1以上
	30–39	低於19	19.1–24	24.1–29	29.1–34	34.1以上
	40–49	低於20	20.1–25	25.1–30	30.1–35	35.1以上
	50–59	低於21	21.1–26	26.1–31	31.1–36	36.1以上
	60–69	低於22	22.1–27	27.1–32	32.1–37	37.1以上
體內水份 含量						
男性	20-69	低於46.4	46.5–49.9	50-65	65.1–70	70.1以上
女性	20–69	低於43.9	44–44.9	45-60	60.1– 67.6	67.7以上
骨質密度						
男性	20–29	低於7.2	7.3–7.5	7.6–7.8	8.5–8.7	8.8以上
	30–39	低於7.0	7.1–7.3	7.4-8.2	8.3–8.5	8.6以上
	40-49	低於6.6	6.7-6.9	7.0–7.8	7.9–8.1	8.2以上
	50-59	低於6.2	6.3-6.5	6.6-7.4	7.5–7.7	7.8以上
	60–69	低於5.9	6.0-6.2	6.3–7.1	7.2–7.4	7.5以上
女性	20-29	低於5.8	5.9-6.1	6.2-7	7.1–7.3	7.4以上

r 频应 - 白 暗电光 4 8 8 4 1 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4		30–39	低於5.6	5.7–5.9	6.0-6.8	6.9–7.1	7.2以上	當體重趨向穩定時,每天之間的變化幅度會比較小,因此適當增加稱量次數會有所幫助。如要 維持體重穩定:	個人資料設定模式 設定用戶
F輕時,身體製造骨骼組織的速度快過其流失的速度。在成年期,骨質 · 骨質的流失速度會超過生長速度,骨質相應減少。不過這是漫長而緩	這是漫長而緩 40-49	40–49	低於5.2	5.3-5.5	5.6-6.4	6.5-6.7	6.8以上	每周稱量體重多於一次。應用「5磅原則」:調查顯示,能將體重浮動幅度保持在5磅之內的人士較能在長	設を用户 1. 重複上一節中的步駅 磅顯示「P-1」(用戶
過含有豐富鈣質的食物及負重運動減慢流失速度。		50-59	低於4.8	4.9-5.1	5.2-6.0	6.1–6.3	6.8以上		
		60-69	低於4.5	4.6-4.8	4.9-5.7	5.8-6.0	6.1以上	期範圍內維持健康的體重。	

總的來說,如要從身體分析中獲得最佳效果,應遵照以下原則:

- 觀察一段時間內、而非一兩天之間的變化趨勢。
- 盡量使用同一雷子磅。
- 測量身體成分比例時,盡量保持測量時間上一致,例如每天在同一時間、每周在 同一天、同是在用餐及食用水果前或後,以及同是在運動前或之後等。

重量管理的重要資訊

你的電子磅是監察體重的最佳工具。雖然它不是量度體重下降的唯一方法,但卻是量度體重下 降並取得成功的最受歡迎方法。電子磅能量度你的體重總體數據,包括骨骼、肌肉、脂肪及水

體重在同一天、每天之間都會變化,變化幅度受多方面因素影響。

- 鹽及碳水化合物攝入量會影響人體的水分保留狀況。
- 大餐—輔會增加體重及保留水分。
- 運動、疾病或少飲水或飲品會令體內缺水,致體重下降。 肌肉同樣是影響因素之一。高強度的抗力性運動會令肌肉增加,從而影響體重。
- 經期也會導致臨時性體重上升或下降。

據。因此不要過度依賴某一次數據。

監察體重的5條有效法則 - 稱量自己的體重

- - 在當天的同一時間推行 • 在同一個地方

 - 使用同一個雷子磅

要觀察體重變化,你只需記錄該星期的一個數據。這樣會讓你對自己的體重變化趨勢有一個清

重複上一節中的步驟1至4,按「SET」(設定)按鍵,電

2. 利用▼或▲按鍵選擇4個用戶編號 (P-1至P-4) 之一。

- 應用「5磅原則」:調查顯示,能將體重浮動幅度保持在5磅之內的人士較能在長 磅顯示「P-1」(用戶1) 並閃爍。 期節圍內維持健康的體重。

你應了解的事實

你的美康雅雷子磅是精確的稱量工具,而在稱量靜止的物體時數據更為準確。為確保能取得精 確的讀數,請在稱量時站在電子磅平面的同一個位置並保持不動。如體重超出稱量範圍,電子 磅會顯示錯誤提示訊息「ERR」。

雷子感應器是相當敏感的儀器,切勿摔跌或震動雷子磅。請將雷子磅小心輕放於地板上,或收 存於不會受到撞擊的地方。本電子磅是電子儀器,因此切勿浸入水中。請使用濕布及/或玻璃 清潔劑清潔雷子磅。

如需要更換電子磅電池(當電子磅顯示"LO"),可扭出電子磅底部的電池蓋上的螺絲,打開電 池蓋,然後換上3個新的AAA雷池,再將雷池蓋螺絲鎖緊。請妥善處置舊雷池。切勿打開雷子 磅或拆卸任何元件。維修工作只應由合格技術人員負責。詳情請參閱後面的保養資料。

使用電子磅前注意事項

- 小心!不建議在體內植入心臟起搏器等電子裝置的人士或孕婦使用本設備。
- 1. 輕輕拉出電池糟內的絕緣片(如不能拉出絕緣片或熒幕沒有顯示, 將電池蓋上的
- 2. 在電子磅底座上設定以磅(lb)或公斤(kg)為度量單位。

切勿過度倚賴電子磅來提供確切數據。這些數據會不斷變化,在節食期間尤其如此。隨著所吸 收的熱量減少、運動增加,體重隨著輕微增加或下降是很普涌的狀況。利用你的雷子磅量度在 幾個星期或幾個月期間的體重變化,可以說相當有用。請記住,不同的電子磅會給你帶來不同 的結果。例如,醫務所的電子磅會顯示某個體重數據,而你自己的電子磅又會顯示另外一個數

過於頻繁稱量體重會令你過度擔憂自己的體重變化。在節食期間,我們建議每周稱量體重的次 數不應超過一次。雖然要遵守這個原則不容易,但這是防止自己過度擔憂正常的體重變化的最 佳方法。這些正常的體重變化與你的瘦身計劃並沒有太大的關係。無論你在稱量體重方面有何

習慣,最重要的是你能貫徹自己的計劃。

• 每周一次,並在每周的同一天進行

- 穿著同一套衣服

- 晰的認識。

當雷子磅正在顯示您的個人資料時候,您可以隨時再次編輯任何個人資料。只需按「SET」 (設定) 按鍵,電子磅即回到個人資料設定模式。請按上面說明進行編輯。

資料亦不會被保存。請按上述的步驟重設個人資料。 注意:此項保修不包括一切因錯誤使用、不依指示處理產品及意外捐毀、遺失零件及經自行改

- 按下「SET」(設定)按鍵確認用戶編號,然後進入身高
- . 身高數字正在閃爍。如撰磅,身高以呎及时顯示。如撰/ 別戓/及健身模式), 斤,身高以厘米 (cm) 顯示。
- 3. 利用▼或▲按鍵設定身高,長按可快速推進數字。
- 螺絲轉出後拉出絕緣片,確保電池正負極安裝正確,再將電池蓋螺絲鎖緊)

3. 在待命模式下用腳輕踏電子磅中央,電子磅進入全熒幕顯



5. 站到雷子磅上並保持不動,以稱量體重。

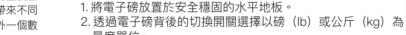


1. 按下「SET」(設定)按鍵確認身高,然後進入年齡設定

- 2. 年齡數字正在閃爍。利用▼或▲按鍵設定年齡(10至100)
- 長按可快速推進數字。

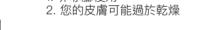
3. 將雷子磅放置於地板上。為確保讀數準確及使用安全,放置平面必須水平。

如只需量度體重:



6. 從雷子磅上下來。雷子秤會自動關機。

設定性別 / 健身模式





- 2. 利用▼或▲按鍵選擇女性、男 性、女性運動員、或男性運動員圖 📗
 - 像,最後按下「SET」(設定)確 [©]

注意: 選擇適當的活躍模式 • 若您是屬於久坐不動、輕度或適度活躍的(適度活躍的人除了日常的活動,每天

還會走2.5至5公里),請選擇普通性別圖像。 • 若您是屬於高度活躍的(除了日常的活動,每天還會走多於5公里,或者每週有多 於10小時的有氧訓練),請選擇普通性別加運動員的圖像。

顯示及儲存數據

1. 設定好性別或/及活躍模式後,即已完成數據儲存。 2. 用戶編號、身高及年齡會依次顯示數秒。

3. 現在可開始用電子磅對人體進行分析稱量。

低電量警報:當電池電量嚴重不足時,顯示屏會顯示「 LO」。請更 |

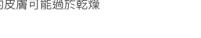
在個人資料設定模式中,如10秒內沒有任何按鍵,電子磅會自動返回待命模式,已輸入的個人

- 如在公斤模式)後,按下▼或▲鍵直至營墓 跳至你的用戶
 - 編號。此時電子磅會先顯示你的個人資料 (身高、年齡、性 ||___ 2. 當電子磅顯示「0.0」或「0.00」,請赤腳站到電子磅上,

 - 3. 雷子磅將迅速顯示所有量度數據(包括脂肪百分比、水分配 分比、骨質密度及BMI)。20秒後電子磅會自關機。

D果發生以下任何一種情況,電子磅會顯示錯誤信息:









服務中心將會為您免費提供維修或換貨服務。

- 請致雷使用說明書中所列出您所在地區的美康雅顧客服務中心,詢問維修服務詳情,或是雷郵
- 香港九龍觀塘觀塘道388號創紀之城渣打中心35樓
 - 電郵:email asia@conair.com 網址: www.hkconair.com





如在電子磅顯示「0.0」之前站上電子磅,或雙腳沒有站到電極上,電子磅將不能正常操作。

选的產品,美康雅公司有權在不預先通知的情況下更改條款和說明書。如需獲得此保**修服**務,

在您購買日期起一年內,在正常使用的情況下,如產品的品質或零件有任何問題,美康雅顧客

請保留正本收據,倘若產品於保養期內有任何問題,可蒞臨您所在地區的美康雅顧客服務中心

至email_asia@conair.com,附上您的名字,電話號碼和電郵地址, 及說明產品問題的詳細情

顧客服務熱線:(852)27514604

3. 您的重量超出電子磅的規格如下





