

Digital scale

User's manual

EN



SENCOR®

SBS 5020 / SBS 5021

Before first use, please read all instructions contained in this user manual carefully, even if you are already familiar with using similar products. Only use this product in accordance with the instructions described in the user manual. Keep the user's manual in a safe place for future use.

Keep the original packaging, including the internal packing material, warranty card and proof of purchase receipt, at least for the duration of the warranty. If you need to ship this product back, pack it in the original cardboard box to ensure maximum protection during shipping or transport (e.g. when moving or when you need to send this product for repair)

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IMPORTANT SAFETY NOTICE

- 1) Carefully unpack the product and take care not to throw away any part of the packaging material before you have found all parts of the product.
- 2) This product must not be used by persons (including children) with physical or mental disabilities or by inexperienced persons, unless properly trained or schooled in the safe use of the product, or unless they are properly supervised by a qualified person who will be responsible for their safety.
- 3) Children must be supervised to ensure that they do not play with the product.
- 4) Under no circumstances should you repair or alter the product yourself. Entrust all repairs and adjustments to a specialised company/service. Failure to do so may void the warranty.
- 5) Never use this product if you have wet feet. Danger of injuries from slipping.
- 6) Store and use the product away from flammable or volatile materials and substances.
- 7) Do not expose the product to extreme heat, direct sunlight or excessive humidity and do not place in an overly dusty environment.
- 8) Do not place the product near heaters, open fires or other sources of heat.
- 9) This product is designed for household use. Do not use it in industrial surroundings or outdoors!
- 10) Do not use the product for other purposes than those intended.
- 11) Do not spray the product with water or any other liquid. Do not pour water or any other liquids into the product. Do not submerge the product in water or any other liquid.
- 12) Never jump on the scale.
- 13) Do not use rechargeable batteries in this product.
- 14) The scale is designed only for the weighing of people.
- 15) If you will not be using the product for an extended period of time, remove the batteries. Otherwise they may leak inside the product and cause irreparable damage.
- 16) The manufacturer takes no responsibility for damages caused by the incorrect use of this appliance and its accessories (injuries, burns, scalding, fire, food spoilage, etc.).

INTRODUCTION

This personal „fitness“ scale uses bioelectric impedance analysis (bioimpedance) to measure the percentage of fat, muscle, bone and water content in the body.

In this measuring method, a weak electric current passes through the body, which is transmitted and subsequently received by sensors located on the surface of the scale. There are two sensors which are separated in such a way that the measuring circuit is completed when both feet are standing on the scale. This very weak current is completely safe for the human body and cannot be felt.

The actual measurement methodology is based on the fact that it is easier for electric current to pass through the liquid in our muscles than through fat.

On average the human body contains 45–85 % water, whereas muscles contain approximately 90 % water and fat tissue contains approximately 45 % water.



Attention:

For this reason the percentage sum of the individually measured values may exceed 100 %. This means that the measured percentage values of fat, muscle and water content CANNOT BE ADDED UP because both fat and muscle contain water.

With increasing age the water content in the body declines, whereas infants may have a water content in their body of up to 85 %. With increasing age the body's proteins dehydrate and extracellular fluid is lost. For this reason, older people have a water content in their body below the 55 % level. Productive age men have an average body water content of 62 % and women 56 %. The lower value for women is the result of their higher fat content.

The normal fat tissue range for men represents 10–20 %. For physiological reasons, women have a fat level of 18–28 %. The percentage of fat increases with age, e.g. a level of 33–35 % is tolerated in women over 50 years of age.

Measurement of muscle mass

The percentage of muscle mass in the human body is calculated on the basis of subtracting electrical resistance during measurement, where the fact that the human body contains a certain percentage of water at a certain age is used. The entered gender, age and body height help to increase the accuracy of the overall measurement process.

Measurement of fat tissue

The difference between the body weight and the measured muscle mass is used to calculate the percentage of fat tissue contained in the body. Body fat functions as an insulator (reduces the ability of electric current to pass through) and therefore cannot be calculated directly.

Measurement of water content

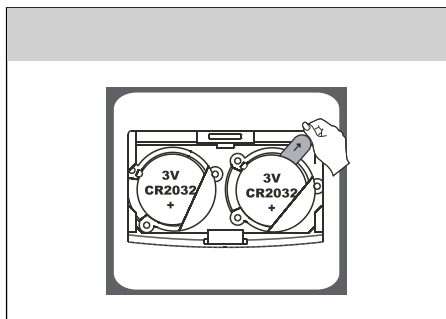
The percentage of water contained in the human body is calculated by subtracting electrical resistance during measurement, where the fact that electric resistance is directly proportional to the water content in the human body is used. The entered gender, age and body height help to increase the accuracy of the overall measurement process.

USER INSTRUCTIONS

Before first use

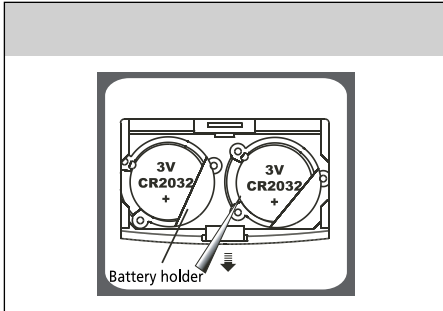
- 1) To ensure precise weighing, place the scale on a flat and hard surface such as a parquet floor, tiles, linoleum, etc. We do not recommend weighing on carpet.
- 2) Always take off your shoes before weighing, take off your socks and wipe your feet clean.
- 3) We recommend checking your weight always at the same time, best in the morning after waking up. In the morning you eliminate any differences in your weight due to food intake, digestive process or physical activities.
- 4) The measured result may be misleading if weighing is done after intensive exercise, dieting or during extreme dehydration.
- 5) Stand still during measuring.
- 6) For the following people the measurements of body fat/water may exhibit deviation:
 - Children up to 10 years of age and adults older than 100 years (may use the scale only to determine the total weight)
 - Bodybuilders and other athletes
- 7) People with the following conditions should not use the product:
 - Pregnant women
 - People on dialysis
 - People with a cardiostimulator or other implants.
- 8) If you will not use the scale for a long time, store it in a horizontal position. This position better protects the sensitive sensors located in the scale footings.
- 9) Do not place or leave any objects on the scale that may put unnecessary stress on the sensors.
- 10) Strong electromagnetic fields may negatively influence the weighing precision. Do not use the scale in environments with strong magnetic fields.
- 11) The values for the ratio of fat/water/muscle in the body determined by this product are only an approximation (they are not intended for medical purposes). If your ratio of fat/water/muscles is above/below normal, seek advice from your doctor.

Battery



Before using, please remove the insulation tape from the battery contact. Maintain polarity.

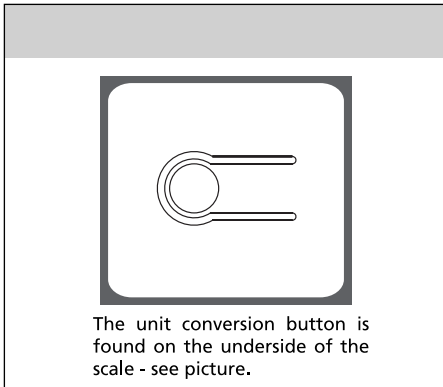
Battery Installation



Open the battery compartment area on the under side of the scale

- 1) Using a sharp object remove the old battery - see picture.
- 2) Insert the new batter by inserting one of its sides under the battery holder and pressing down the other side.

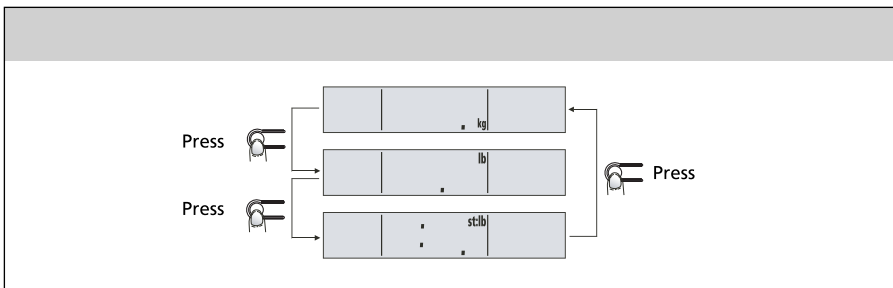
Setting up the scale



If your scale has kg/lb/st available, you may choose your preferred units by pressing the conversion button.

Press the conversion button while the scale is turned off, the currently set units will be displayed on the LCD display.

By pressing the button repeatedly select the desired units.



After setting the required units the scale will automatically turn off after 3 seconds. The selected unit of weight is activated as soon as you turn on the scale.

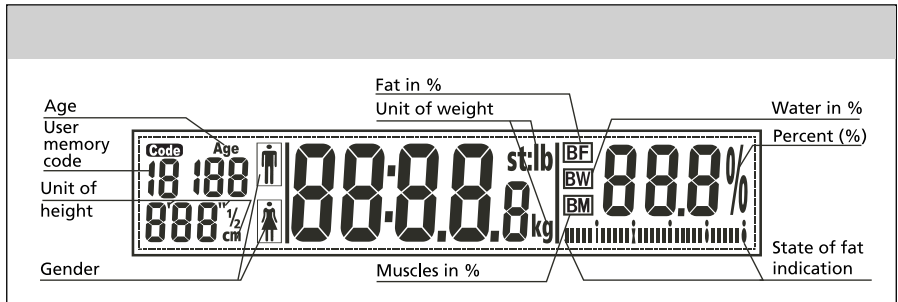
- After setting units of weight to lb/st the default unit of height is feet/inches.
- After setting units of weight to kg the default unit of height is cm.

Digital scale

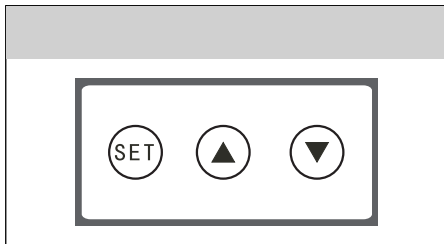
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LCD display



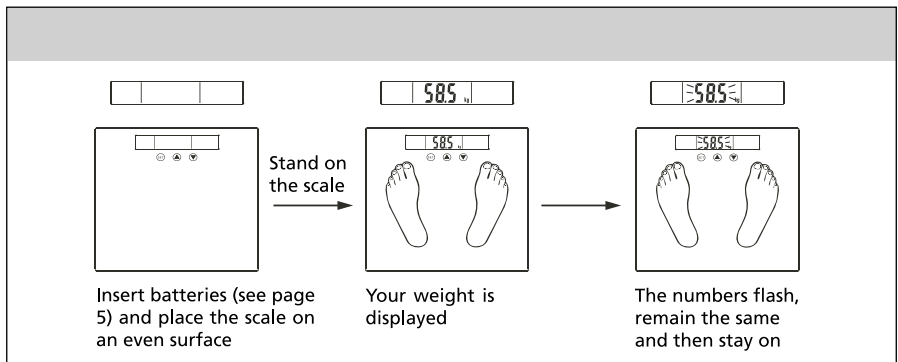
Description of buttons (touch buttons)



- SET** Turn on the scale and go to the following parameter. (see Setting of personal parameters on page two)
- ▲** Increase the value by one interval each time the button is pressed. Speed up the increase of the value by holding down the button.
- ▼** Decrease the value by one interval each time the button is pressed. Speed up the decrease of the value by holding down the button.

Optional normal weighing mode (excludes setting of parameters)

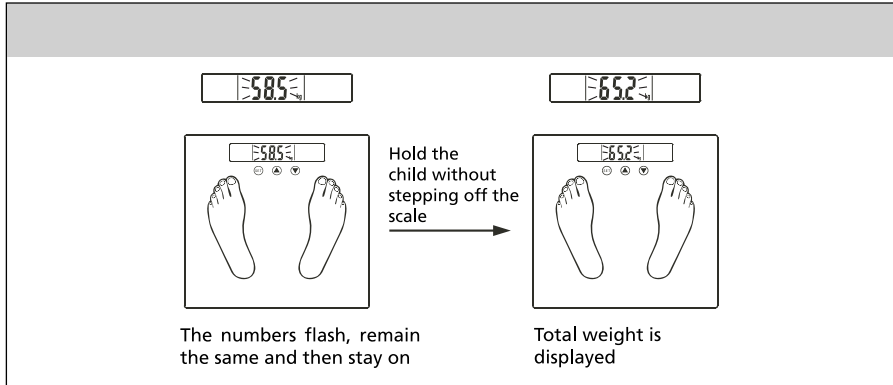
1) Automatic weighing after stepping on the scale



2) Sequential additional weighing

As soon as the numbers stay on, you may increase the weight on the scale and continue weighing. To determine the new weight, each additional burden must weigh at least 2 kg.

Example: If you wish to weigh your child, you may first weigh yourself and then take your child in your arms and weigh yourselves together. But you must not step off the scale. In this way you determine your total weight. By subtracting your previous weight from the new total weight you calculate the difference, which is the weight of your child.



Measuring fat/water/muscle mode

1) Setting of personal parameters

① After the installation of the batteries all default parameters are set as follows:

Gender	Height	Age
Male	165 cm	25

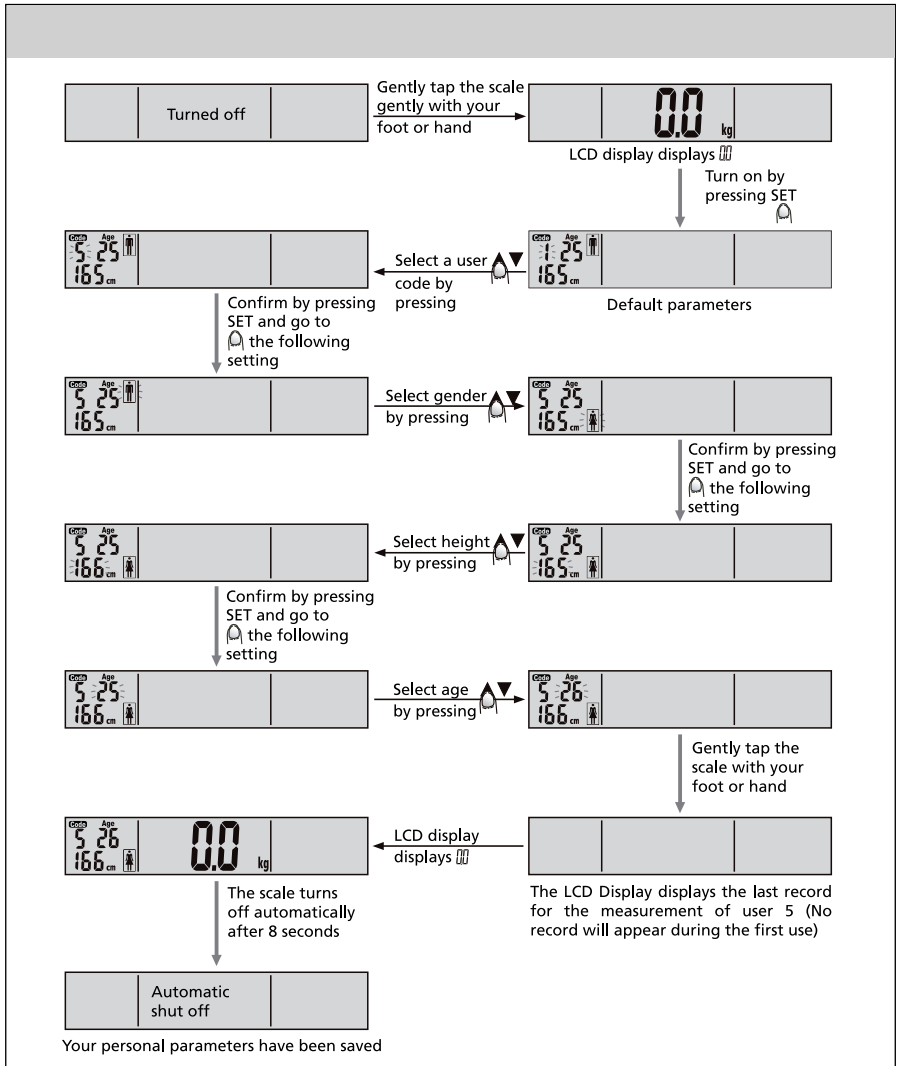
② The parameters may be set in the following ranges:

Memory	Gender	Height	Age
1 - 12	male/female	100 - 250 cm	10 - 100

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Tip:

- While setting parameters you may at any time set the scale to zero by tapping on the scale with your foot or your hand. Based on the just set/modified parameters you may begin measuring fat/water/muscles.
- After completing the settings you may at any time continue by pressing the SET button again and carry out another setup of all the parameters.

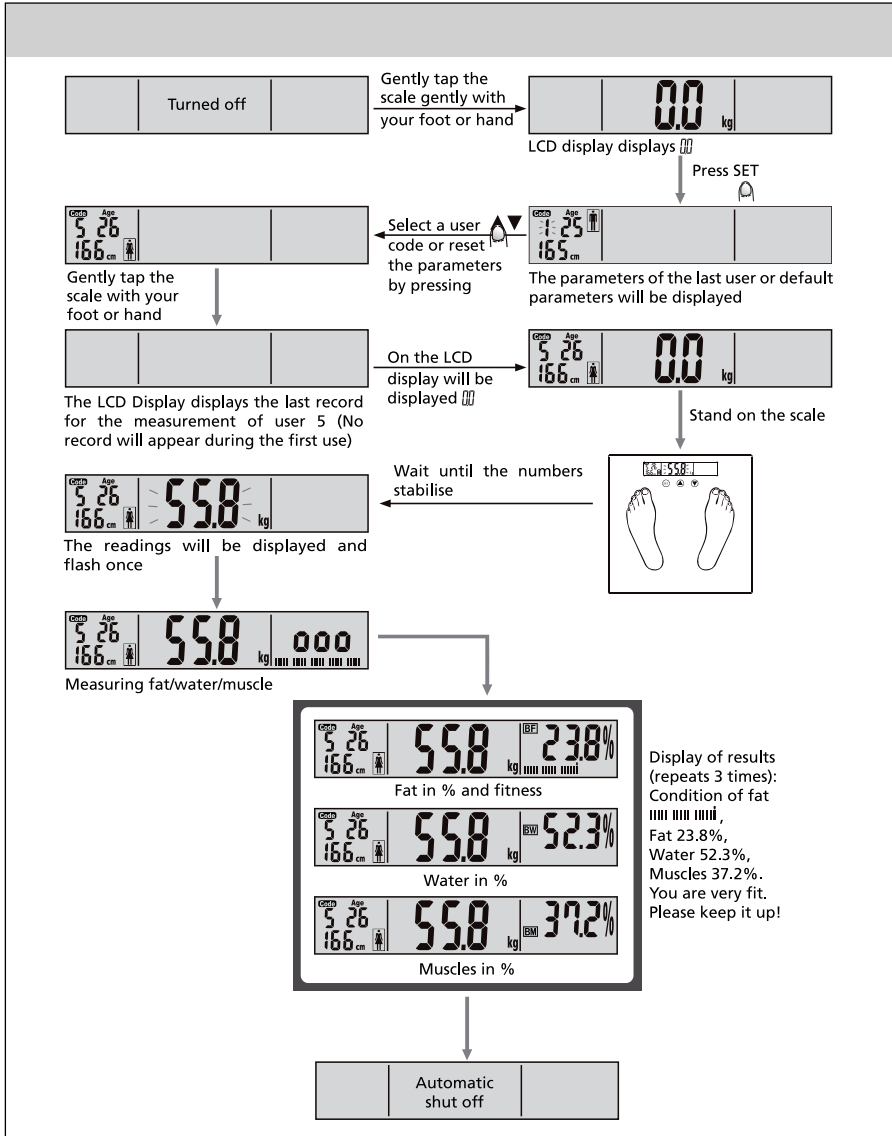
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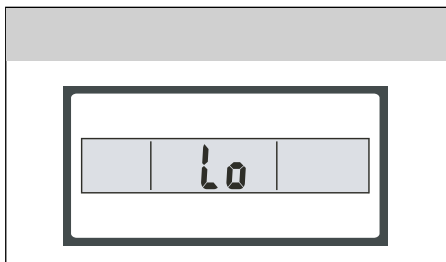
2) Beginning measuring

To ensure accuracy, remove shoes and socks before using the scale.

Example: user 5, female, 166 cm, 26 years, may carry out measurement as follows:

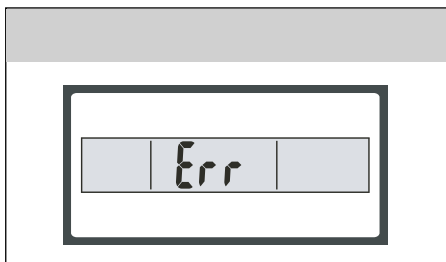


Warning indicators



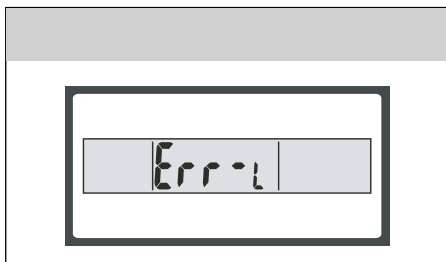
Discharged battery indicator

Batteries are discharged, insert new batteries.



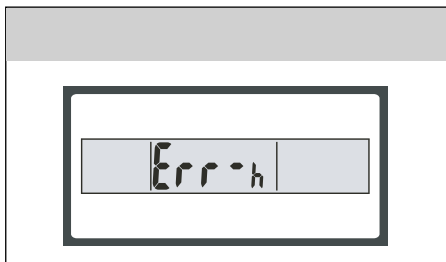
Overload indicator

The weight of the person being weighed exceeded the maximum capacity of the scale. Step off the scale to avoid damaging the sensors.



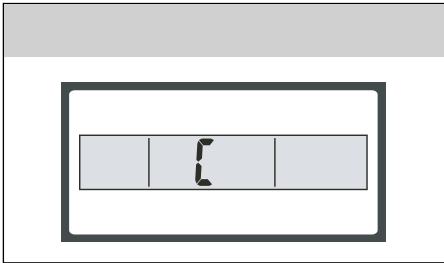
Low fat ratio in % indicator

The ratio of fat in % is too low. Eat more nutritious food and look after yourself.



High fat ratio in % indicator

The ratio of fat in % is too high. Watch your diet and exercise more.



Repeated test
Error occurred, start the test to obtain the correct result.

Fitness determination table

After weighing you may use the following fitness table as a reference:

Age	Fat (F)	Water (F)	Fat (M)	Water (M)	Fitness	Graphical display of fitness on the LCD display
≤30	4,0 - 16,0 %	66,0 - 57,8 %	4,0 - 11,0 %	66,0 - 61,2 %	Very low ratio of fat tissue in the body	
	16,1 - 20,5 %	57,7 - 54,7 %	11,1 - 15,5 %	61,1 - 58,1 %	Low ratio of fat tissue in the body	
	20,6 - 25,0 %	54,6 - 51,6 %	15,6 - 20,0 %	58,0 - 55,0 %	Normal	
	25,1 - 30,5 %	51,5 - 47,8 %	20,1 - 24,5 %	54,9 - 51,9 %	High ratio of fat tissue in the body	
	30,6 - 60,0 %	47,7 - 27,5 %	24,6 - 60,0 %	51,8 - 27,5 %	Very high ratio of fat tissue in the body	
>30	4,0 - 20,0 %	66,0 - 55,0 %	4,0 - 15,0 %	66,0 - 58,4 %	Very low ratio of fat tissue in the body	
	20,1 - 25,0 %	54,9 - 51,6 %	15,1 - 19,5 %	58,3 - 55,3 %	Low ratio of fat tissue in the body	
	25,1 - 30,0 %	51,5 - 48,1 %	19,6 - 24,0 %	55,2 - 52,3 %	Normal	
	30,1 - 35,0 %	48,0 - 44,7 %	24,1 - 28,5 %	52,2 - 49,2 %	High ratio of fat tissue in the body	
	35,1 - 60,0 %	44,6 - 27,5 %	28,6 - 60,0 %	49,1 - 27,5 %	Very high ratio of fat tissue in the body	

- The above mentioned information is only orientational in nature

CLEANING AND MAINTENANCE



Caution:

Before cleaning always remove the battery from this product.

To clean the outer parts of the product, use a soft cloth dipped in lukewarm water. Do not use aggressive cleaning products and solvents as this could damage the surface of the product.

TROUBLESHOOTING

If the scale is displaying random values or if it is not turning off automatically, you need to restart it. In such cases, remove the batteries for about 10 seconds and place them back again. The scale should function normally.

DISPOSAL OF USED BATTERIES

This product comes with alkaline batteries. Used batteries do not belong in domestic waste. Dispose of batteries at designated battery disposal points.

TECHNICAL SPECIFICATIONS

Power supply	2 x 3V lithium batteries (CR2032)
Measuring range	2 – 150 kg
Weighing sensitivity	100 g
Fat measurement range	4 - 60%
Fat measurement precision	0,1%
Water measurement range	27,5 - 66%
Water measurement precision	0,1%
Muscle measurement range	20 - 56%
Muscle measurement precision	0,1%
Switching of weight units	kg --> lb --> st
Height of displayed numbers	26 mm
Dimensions (w x l x h)	313 x 300 x 21 mm
Weight	1,7 kg

Changes in text and technical parameters reserved.

INSTRUCTIONS AND INFORMATION REGARDING THE DISPOSAL OF USED PACKAGING MATERIALS

Dispose of packaging material at a public waste disposal site.

DISPOSAL OF USED ELECTRICAL AND ELECTRONIC APPLIANCES



The meaning of the symbol on the product, its accessory or packaging indicates that this product shall not be treated as household waste. Please, dispose of this product at your applicable collection point for the recycling of electrical & electronic equipment waste. Alternatively in some states of the European Union or other European states you may return your products to your local retailer when buying an equivalent new product. The correct disposal of this product will help save valuable natural resources and help in preventing the potential negative impact on the environment and human health, which could be caused as a result of improper liquidation of waste. Please ask your local authorities or the nearest waste collection centre for further details. The improper disposal of this type of waste may fall subject to national regulations for fines.

For business entities in the European Union

If you wish to dispose of an electrical or electronic device, request the necessary information from your seller or supplier.

Disposal in other countries outside the European Union

If you wish to dispose of this product, request the necessary information about the correct disposal method from local government departments or from your seller.



This product meets all the basic EU regulation requirements that relate to it.