

CONTACT INFORMATION

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MADE IN CHINA.

Five (5) Year Limited Warranty

This scale is warranted against defects in materials or workmanship for five (5) years for the original purchaser from date of retail purchase. It does not cover damages or wear resulting from accident, misuse, abuse, commercial use, or unauthorized adjustment and/or repair. Do not return to retailer. Should this scale require review (or replacement at our option) while under warranty, please pack the item in the original packaging and return it prepaid, along with store receipt showing date of purchase and a note explaining reason for return to:

Taylor Precision Products
2220 Entrada Del Sol, Suite A
Las Cruces, New Mexico 88001, USA
1-866-843-3905
www.shoptaylorusa.com
email: prodsupport@taylorusa.com

There are no express warranties except as listed above. This warranty gives you specific legal rights, and you may have other rights which vary from state to state. For additional product information please contact us through www.shoptaylorusa.com. If review is required, do not return to retailer. For information call 1 (866) 843-3905 from 8:00 am to 5:00 pm, Mountain Standard Time, Monday through Friday. To assist us in serving you, please have the model number and date of purchase available.

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TAYLOR®

INSTRUCTION MANUAL &
WARRANTY INFORMATION

Body Composition Scale with Body Water and Muscle Mass Estimation

Model # 5736F

Customer Service Information Please Read!

For questions regarding this product,
please contact us at:

Taylor Precision Products

2220 Entrada Del Sol, Suite A
Las Cruces, New Mexico 88001, USA

1-866-843-3905

www.shoptaylorusa.com

Please contact us before returning to retailer.

These instructions contain important and useful information about this unit's operation. Please read instructions thoroughly to ensure that you have the full benefit of all the unit's features. Keep these instructions handy for future reference.

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BODY COMPOSITION SCALE WITH BODY WATER and MUSCLE MASS ESTIMATION

INSTRUCTION MANUAL

Model # 5736F

INTRODUCTION




This body composition scale is designed and manufactured in a facility certified ISO 9001 Quality, ISO 14001 Environment, OHSAS 18001 Health and Safety Management Systems and ISO 13485 Medical Devices Quality Management System. The scale uses the method of Bioelectrical Impedance Analysis (BIA) to estimate body fat, total body water and muscle mass percentage. It sends a harmless amount of electricity into the body, then estimates from the measured impedance of the body the percentage of body fat, the percentage of total body water and muscle mass percentage. The body composition scale is also equipped with an "Athlete Mode" for athletes whose body build is different from non-athletes.

Note: Read this Instruction Manual carefully and keep it handy for future reference.

NOTES ON SAFETY

Please read this section carefully to familiarize yourself with features and operations before using the unit.

- The warning signs and the sample icons shown here are listed in order for you to use this product safely and correctly as well as to prevent product damage, risk and injury to you and others.
- The icons and meanings are as follows:

 PRECAUTION NOTICE	Indicates the right conditions to use the product and to prevent damage, risk and injury.
 IMPORTANT NOTICE TO USERS	Indicates important notices users should read before using the product.
 CARE AND MAINTENANCE	Indicates matters in which the possibility of damage may happen as a result of incorrect handling and improper maintenance.

⚠ INTENDED USE

This scale is intended to measure body weight and impedance and estimate percentage of body fat, body water and muscle mass using BIA (Bioelectrical Impedance Analysis). It is intended for use by healthy children 10-17 years old and healthy adults with active, moderately active, to inactive lifestyles for body composition assessment in the home environment.

⚠ PRECAUTION NOTICE

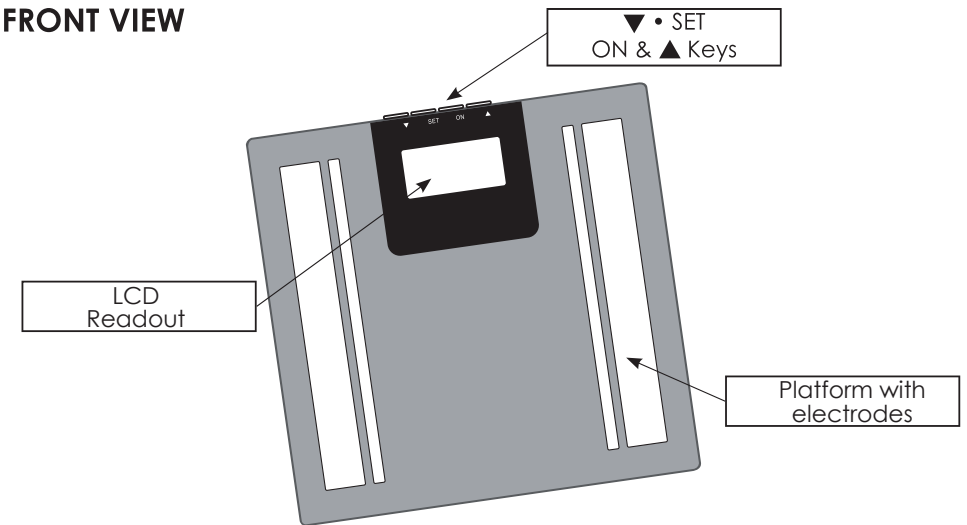
- Do not use the scale on people who have body implants such as a pacemaker, artificial limbs, contraceptive devices, or metal plates or screws. It may cause the device to malfunction or produce an inaccurate result. When in doubt, consult your physician.
- Do not disassemble the scale as incorrect handling may cause injury.
- Do not step on the scale when your body or feet are wet, especially after bathing or showering to prevent slipping.

⚠ IMPORTANT NOTICE TO USERS

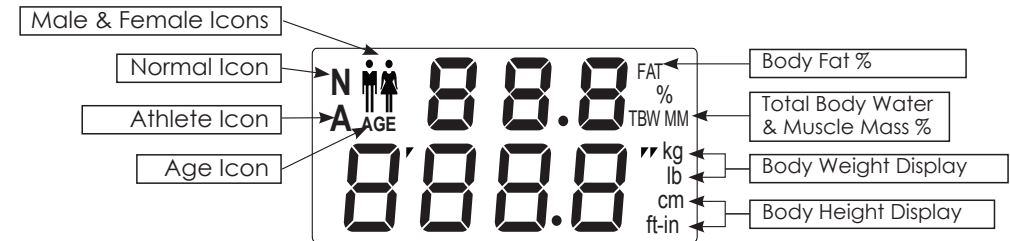
- This product is intended for adults and children (ages 10 to 85).
- The Athlete Mode is only available for those 15-85 years of age.
- Make sure to use only the type of battery stated (see Section "PREPARATION BEFORE USE").
- Body fat percentage estimates will vary with the amount of water in the body, and can be affected by dehydration or over-hydration due to such factors as alcohol consumption, menstruation, illness, intense exercise, etc.
- Do not use on pregnant women. The result is inaccurate and effects on the fetus are unknown.
- For body fat, body water and muscle mass percentage estimates, always estimate in bare feet.

PRODUCT DESCRIPTION

FRONT VIEW



LCD READOUT



FUNCTION KEYS

SET

- Confirmation button for selection

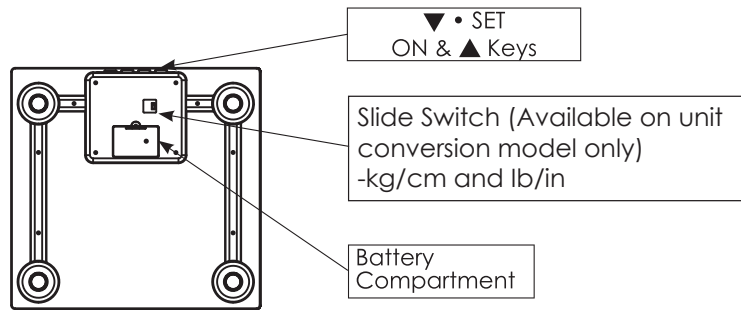
ON

- Enter body fat and body water estimation mode
- Turn the scale off

▲ & ▼

- Changes value of height and age, toggle between Male and Female, toggle between Normal and Athlete mode in Body Fat function
- Select memory P0 - P3 in Memory mode
- Fast recall of memory locations

BACK VIEW



SLIDE SWITCH

Adjust the conversion switch located at the bottom of the scale to change the measuring unit between kg/cm and lb/in.

User selectable unit: kg/cm or lb/in.

PREPARATION BEFORE USE

1. Insert the Battery

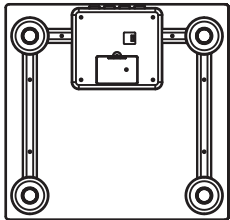
This scale operates on 1 CR2032 lithium battery (included). Remove any screws and open the battery cover on the back of the scale unit. Take care when removing and replacing the battery door screw.

Do not turn the screw in the wrong direction or over tighten it as this may strip the screw threads in the plastic battery door. Remove the plastic strip for first use or insert a new battery for replacement. Be sure the polarity of the battery is set correctly for the scale to function properly. If you do not intend to use this unit for a prolonged period of time, it is advisable to remove the battery before storing.

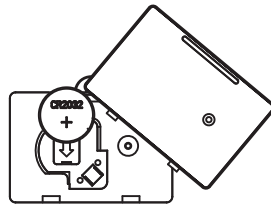
TIPS

Replace battery when "Lo" is displayed.

Open the battery door



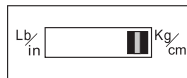
Direction of the CR2032 battery



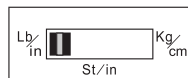
2. Set Unit (Available On Conversion Switch Model)

This scale is set to pounds. You can set the "kg/cm and lb/in" unit of measure switch located on the back of the scale for kilograms or pounds.

Kg(kilogram)



Lb(pound)



3. Some models have a static cling label on the LCD lens to prevent scratching. Remove before use.

4. Set the Right Position

Always use the scale on a flat and hard floor surface. Do not use on carpets.

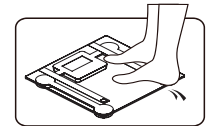


5. Start-up the Scale

Press lightly on the scale platform to start-up the scale, the display shows 0000 and then turns off. The scale is ready for use.

PRECAUTION !

To avoid injury, do not step on the scale with wet feet or step on the edge of the scale.



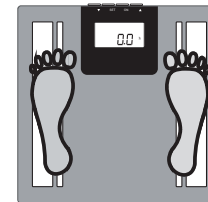
Do Not step on scale unevenly (X)

PRECAUTION !

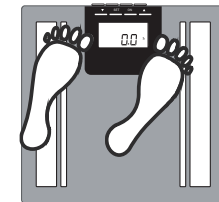
The scale must be started up after each battery insertion/ replacement of batteries or each time it is moved or bumped.

OPERATION

The accuracy of the results depends on how you stand on the scale. Position your feet for maximum contact with the metal electrodes on the platform. This ensures the best contact between your feet and the metal contacts. Stay on the scale until the body fat estimation is completed and the result is displayed. Clean, slightly moist feet will provide the best results.



Heels centered on electrodes (✓)



Heels not touching the electrodes (X)

WEIGHING-ONLY OPERATION

1. Step onto the scale and stand still while the weight is being measured (Fig.1).
2. The screen displays the weight (Fig.2).
3. The scale turns off automatically after use.

Fig.1



Fig.2



BODY FAT AND TOTAL BODY WATER ESTIMATING OPERATION WITH USER MEMORY

IMPORTANT NOTICE TO USERS

A few steps must be followed before estimating body fat and total body water percentage.

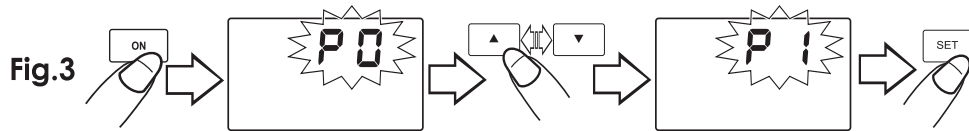
PROGRAM PERSONAL DATA

Input the user's gender, age and height. Once the information is memorized, it will only need to be reentered if there is a change to the data.

The scale features four personal memory settings. This allows users to store and recall their own height, age and gender.

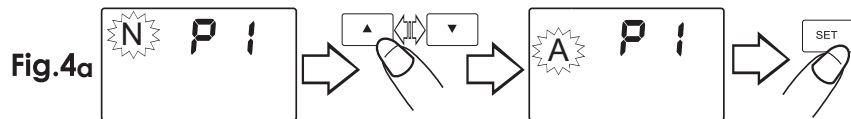
1. Set Memory

Press the **[ON]** key to enter body fat and total body water estimation mode. The memory number will blink (Fig.3). Press the **[▲]** or **[▼]** key to select a memory location (P0-P3). Press **[SET]** to confirm.



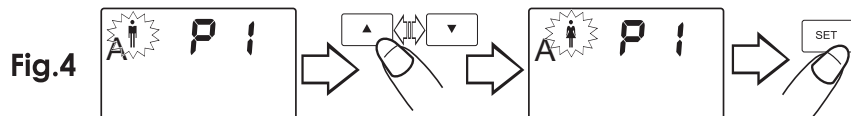
2. Set Normal or Athlete

The Normal icon blinks (Fig.4a). Press the **[▲]** or **[▼]** key to toggle between Normal and Athlete. Press **[SET]** to confirm. NOTE: The Athlete mode is only available for those 15-85 years or age. (See "Why the Athlete Mode is Necessary in a Body Fat Analyzer.")



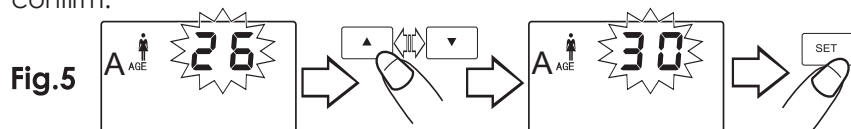
3. Set Gender

The gender icon blinks (Fig.4). Press the **[▲]** or **[▼]** key to toggle between male and female. Press **[SET]** to confirm.



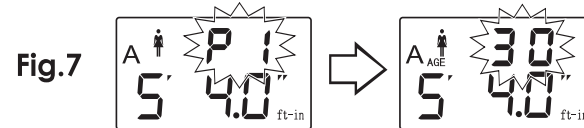
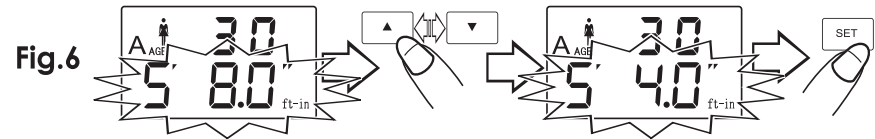
4. Set Age

The age blinks (Fig.5). Press the **[▲]** or **[▼]** key to adjust the age. Press **[SET]** to confirm.



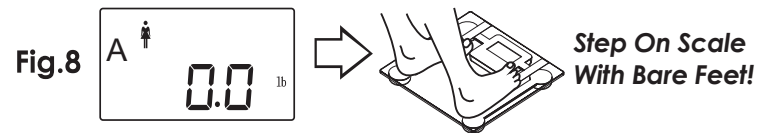
5. Set Height

The height blinks (Fig.6). Press the **[▲]** or **[▼]** key to adjust the height. Press **[SET]** to confirm. The data is successfully memorized. Meanwhile, the screen will display the memory location, height, age, gender and normal/athlete selection (Fig.7).



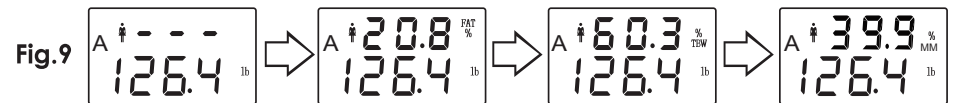
6. Measuring

Then the scale shows "0.0" (Fig.8). Step on the scale with bare feet and stand still while the weight is being measured.



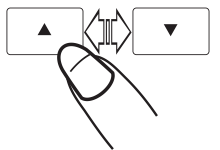
7. Display

Weight, body fat percentage, total body water percentage and muscle mass percentage will be displayed 3 times sequentially (Fig.10). The scale turns off automatically.



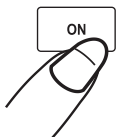
TO FAST-RECALL SETTINGS FROM MEMORY

1. When the power is off, press the **[▲]** or **[▼]** key to toggle between memory locations. The screen displays the memory locations, height, age and gender (Fig.7).
2. Follow steps 5-6 in the section **BODY FAT AND TOTAL BODY WATER ESTIMATING OPERATION WITH USER MEMORY**.



TO TURN OFF THE SCALE

To turn the scale off, press the **[ON]** key. Or, if no key has been pressed for a few seconds, the scale turns off automatically.



PROBLEM SOLVING AND QUESTIONS

1. No weight displayed?

Check to see if the scale is powered up and started up. If not, please refer to the Section "Preparation Before Use".

2. Why does the display read "Lo"?

Battery is running low. Replace the battery.

3. The message displays "Er 0"....

Initialization error. Step off the scale and wait until the scale automatically switches off. Start the scale again by pressing lightly on the scale platform to re-initialize the scale. The display shows "0000" and then turns off. The scale is ready for use again.

4. The message displays "Er 1"....

Instability error. Step off the scale and wait until the scale automatically switches off. Step on the scale to repeat the measurement again, standing still while computation is in process.

5. The message displays "Er 2" when measuring....

Overload warning. Remove the weight immediately; otherwise, permanent damage to the scale will occur.

6. The message displays "Er 3" when estimating body fat and body water values....

Measurement error. Impedance cannot be measured. Please make sure that you are standing still on the scale and maintaining maximum contact between your feet and the metal contacts. If not, please refer to "Operation" section. You may need to moisten your feet to improve the electrical contact.

7. After I tried the corrective actions from Er 1 to Er 3, I still can't solve the problem ...

If Er 1 to Er 3 persists after following the corrective actions, remove and reinsert the battery after 1 minute.

8. I have tried all corrective actions, but still can't solve the problem ...

Please contact the Taylor Customer Service Department at 866-843-3905.

9. Why do I get a different body fat reading when I use a different brand of body composition scale...

Different body composition scales take estimations around different parts of the body and use different mathematic algorithms to estimate the percentage of body fat. The best advice is not to make comparisons from one device to another, but to use the same device each time to monitor and change.

⚠ CARE AND MAINTENANCE

1. Do not disassemble the scale other than for replacing the battery; it contains no user serviceable parts. Damage to the scale may occur as a result of improper handling.
2. Remove the battery when the scale is not used for a prolonged period of time.
3. Clean the scale after use with a dampened cloth. Do not use solvents or immerse the unit in water.
4. Avoid excessive impact or vibration to the scale, such as dropping it onto the floor.
5. Do not dispose of batteries in fire. Batteries may explode or leak. When replacing batteries, if there is more than one battery in the scale, replace all batteries at the same time; do not mix old and new batteries. Do not mix alkaline, standard (carbon-zinc), or rechargeable (ni-cad, ni-mh, etc) batteries. Remove the batteries if the scale will not be used for a long period of time.
6. Do not store anything on the scale, as it is a sensitive weighing device.
7. Do not store the scale where you store cleaning chemicals. The vapors from some household products may affect the electronic components of your scale.

⚠ WARNING

NOTE: Please recycle or dispose of batteries per local regulations.

WARNING: Batteries may pose a choking hazard. As with all small items, do not let children handle batteries. If swallowed, seek medical attention immediately.

PRECAUTION: Do not dispose of batteries in fire. Batteries may explode or leak. Remove the battery if the scale will not be used for a long period of time.

PRODUCT SPECIFICATIONS

1. Bioelectrical Impedance Analysis (BIA) technology for body fat and body water percentage
2. High precision STRAIN GAUGE technology for weight measurement
3. Athlete (for ages 15 years or older) or Normal Mode selection
4. Slim design
5. 4-user memories
6. 4-button operation
7. Integrated information read out
8. Fast recall function
9. Auto-on and auto-off functions
10. Power saving LCD readout
11. Low battery indicator
12. Capacity: 400lb or 181kg
13. Graduation, 0.2lb or 100g
14. Body fat graduation: 0.1%
15. Body water graduation: 0.1%
16. Muscle mass graduation: 0.1%
17. Age range from 10 to 85 years
18. Height range from 2'5.5" to 7'4.5" (75 to 225cm)
19. Body fat range: 4 to 60%
20. Operates with 1 CR2032 Lithium battery (included)
21. Product dimension: 12.2" x 11.8" x 1.3" (Approx.)
22. Gift box dimension: 12.7" x 12.4" x 1.7" (Approx.)
23. Product weight: 3.63 lb (Approx.)
24. Total weight (product & gift box): 4.22 lb (Approx.)
25. Accuracy of weight measurement: ± 1.1 lb (11 lb ~ 143.3 lb); ± 1.8 lb (143.3 lb ~ 297.6 lb); ± 2.6 lb (297.6 lb ~ 400 lb);
26. Output power for Body Fat Analyzer: <300uA

EDUCATION INFORMATION

IMPORTANT INFORMATION TO KNOW BEFORE USING YOUR BODY COMPOSITION SCALE

Before using the scale, you should know ...

1. Why is it important to monitor percentage body fat (%BF)?

The absolute weight traditionally determines whether or not a person is obese. Weight change in itself does not indicate whether it was the weight of body fat or muscle that had changed. In weight management, it is desirable that muscle mass be maintained while body fat is lost. Thus, monitoring the percentage of fat in the body is an important step toward successful weight management and body health.

The optimal %BF of an individual varies according to age and gender. The table as follows may be used as a guide:

Standard for Men

(Source: University of Illinois Medical Center, Chicago, USA)

Rating	Age				
	20-29	30-39	40-49	50-59	60+
Low	<13	<14	<16	<17	<18
Optimal	14-20	15-21	17-23	18-24	19-25
Moderate	21-23	22-24	24-26	25-27	26-28
High	> 23	>24	>26	>27	>28

Standard for Women

(Source: University of Illinois Medical Center, Chicago, USA)

Rating	Age				
	20-29	30-39	40-49	50-59	60+
Low	<19	<20	<21	<22	<23
Optimal	20-28	21-29	22-30	23-31	24-32
Moderate	29-31	30-32	31-33	32-33	33-35
High	> 31	>32	>33	>34	>35

2. How is percentage body fat (%BF) estimated?

The percentage of BF is measured by a method called Bioelectrical Impedance Analysis (BIA). The use of BIA to estimate body fat has been pioneered since the seventies. It was only in the past decade that the estimation of body fat using BIA technology was successfully offered to the consumer as a compact bathroom scale. With BIA technology, a low intensity electrical signal is sent through the body. The signal is very low and causes no bodily harm. Depending on the amount of body fat of the individual, the electrical signal will flow with a different degree of difficulty. The difficulty with which a signal flows through the body is called electrical impedance. Hence, by measuring the electrical impedance and applying to the data a proprietary algorithm, %BF can be estimated. Please note that the percentage of body fat and body water will not add up to 100%.

Please be reminded that the %BF estimated with the scale represents only a good approximation of your actual body fat. There exist clinical methods of estimating body fat that can be ordered by your physician.

3. Why is it important to monitor percentage Total Body Water (%TBW) in the body?

Water is an essential component of the body and its level is one of the health indicators. Water makes up approximately between 50-70% of the body's weight. It is present proportionally more in lean tissue compared to fat tissue. Water is a medium for biochemical reactions that regulate body functions. Waste products are carried in water from cells for excretion in urine and sweat. Water provides form to cells; helps to maintain body temperature; provides moisture to skin and mucosa; cushions vital organs; lubricates joints and is a component of many body fluids. The amount of water in the body fluctuates with the hydration level of the body and state of health. Monitoring the level of body water can be a useful tool for one's health maintenance. Similar to body fat estimation, the %TBW function provided in this scale is based on BIA.

The estimated %TBW may vary according to your hydration level, that is, how much water you have drunk or how much you have sweated immediately prior to the estimation. For better accuracy, avoid fluctuation in hydration level prior to the estimation. The accuracy of the scale in estimating TBW will also decrease with individuals suffering from diseases that tend to accumulate water in the body.

Please note that the percentage of body fat and body water will not add up to 100%.

The optimal %TBW and average %SM of an individual varies according to age and gender.

The table as follows may be used as a guide:

(Source: University of Illinois Medical Center, Chicago, USA)

	%BF Range	Optimal % TBW Range	%SM Range
Men	4 to 14%	70 to 63%	52 to 41%
	15 to 21%	63 to 58%	46 to 38%
	22 to 24%	58 to 56%	42 to 37%
	25 to 60%	56 to 29%	40 or below
Women	4 to 20%	70 to 59%	46 to 37%
	21 to 29%	59 to 52%	38 to 33%
	30 to 32%	52 to 50%	34 to 31%
	33 to 60%	50 to 29%	32 to below

Please be reminded that the %TBW estimated with the scale represents only a good approximation of your TBW. There exist clinical methods of estimating total body water that can be ordered by your physician.

4. When should I use the scale's body fat and total body water functions?

For maximum accuracy and repeatability, it is recommended that the scale's body fat and total body water functions be used at approximately the same time of the day, e.g. before breakfast in the morning. It is also a good practice to avoid swings in hydration level of the body prior to the estimation. Establishing your own baseline value of %BF and %TBW and tracking their changes is better than merely comparing your %BF and %TBW value to the population's "normal" value.

The estimates provided are not substitutes for the physician assessments. Consult your physician to determine what body fat percentage and total body water percentage are most ideal for you.

5. Why is the Athlete Mode necessary in a Body Composition Scale?

It has been found that body fat estimation using BIA could overestimate the percentage body fat of adult elite athletes. The physiological variation of athletes in bone density and level of hydration are two of the reasons said to account for the difference. The Athlete mode is selectable only for people 15 years of age or older.

6. Definition of an Athlete

The general consensus among researchers is that a quantitative dimension could be used in defining an athlete. For example, an athlete could be defined as a person who consistently trains a minimum of three times per week for two hours each time, in order to improve specific skills required in the performance of their specific sport and/or activity.

7. What is Muscle Mass?

Our Body Composition Scale estimates the weight of Skeletal Muscle Mass in your body.

You have around 650 muscles in your body, and they make up roughly half of your body weight. These muscles can be divided into three different groups: skeletal, smooth and cardiac. All of these muscles can stretch and contract, but they perform very different functions.

Skeletal muscle: Produces movement, maintains posture, stabilizes joints and generates heat

Smooth muscle: Found in the walls of hollow organs

Cardiac muscle: Exists only in your heart

Skeletal muscle

The tissue most commonly thought of as muscle is skeletal muscle. Skeletal muscles cover your skeleton, giving your body its shape. They are attached to your skeleton by strong, springy tendons or are directly connected to rough patches of bone. Skeletal muscles are under voluntary control, which means you consciously control what they do.

Just about all body movement, from walking to nodding your head, is caused by skeletal muscle contraction. Your skeletal muscles function almost continuously to maintain your posture, making one tiny adjustment after another to keep your body upright. Skeletal muscle is also important for holding your bones in the correct position and prevents your joints from dislocating. Some skeletal muscles in your face are directly attached to your skin. The slightest contraction of one of these muscles changes your facial expression.

Skeletal muscle generates heat as a by-product of muscle activity. This heat is vital for maintaining your normal body temperature.

Skeletal muscle represents approximately 30% of body weight of a healthy 127.8 lb woman or 40% of a 154.3 lb man. (International Commission on Radiological Protection, 1975)

FCC REGULATIONS

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Caution: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note: This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation. This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

-Reorient or relocate the receiving antenna.

-Increase the separation between the equipment and receiver.

-Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

-Consult the dealer or an experienced radio/TV technician for help.