

This comprehensive digital scale provides all the information you need to manage your weight and monitor important body analysis functions – all with the touch of your toes! It measures weight, body fat, and body hydration level with precision accuracy, and can be programmed for the entire family (up to 4 users). Simple to use, with a large and easy-to-read digital LCD screen, it's the ultimate home scale for healthy weight management.

Body Fat Levels – Recommended Ranges

Body Fat Percentage – what does it mean?

Simply speaking, your body is made up of lean mass and fat mass. Lean mass consists of muscle, bones, organs, etc. Fat mass is body fat. While everyone needs a certain amount of fat to assist the body in storing energy, providing heat insulation and other functions, most people will find they are at their most fit when they increase their lean mass and decrease their fat mass.

While standard scales are useful in providing a measurement of overall weight, they do not calculate the percentage of fat within the body. However, this Thinner® Body Analysis Monitor allows the user to check both of these important measurements.

Body Fat Percentage – how is it measured?

The Thinner® Body Analysis Monitor uses a technique called Bioelectric Impedance Analysis (BIA). A harmless amount of a bioelectric current is sent from the footpads through the body. This current travels at different speeds through lean and fat body masses. The scale's microprocessor analyzes the degree of impedance, or transmission speed.

Taking into consideration the user's height, age, gender and weight, the Thinner® Body Analysis Monitor calculates the composition of the body. The percentage of the body that is composed of fat is displayed on the monitor – "body fat percentage."

WOMEN

age	low	normal range	high
20-29	5-17.9%	18-28%	28.1-50%
30-39	5-18.9%	19-29%	29.1-50%
40-49	5-19.9%	20-30%	30.1-50%
50-59	5-20.9%	21-31%	31.1-50%
60-69	5-21.9%	22-32%	32.1-50%

MEN

age	low	normal range	high
20-29	5-12.9%	13-23%	23.1-50%
30-39	5-13.9%	14-24%	24.1-50%
40-49	5-14.9%	15-25%	25.1-50%
50-59	5-15.9%	16-26%	26.1-50%
60-69	5-16.9%	17-27%	27.1-50%

Body Water/Hydration Levels

General health standards indicate that one should consume approximately 64 oz. of water per day to maintain a healthy level of hydration. The percentage of body water should lie within the following ranges:

Female: 43-60%
Male: 50-65%

Maintaining these levels will help improve your overall health and general feeling of well-being. If your hydration levels are less than the recommended levels in the chart above, 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. The Thinner Body Water microprocessor again measures impedance or transmission speed through water. Taking into consideration a user'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 its normal level during these times.

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THINNER®

The Scale with Built-In Power

Instructions for use of Thinner® Bathroom Scales

Congratulations! By purchasing this Thinner 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.

INSTRUCTIONS FOR USE

Before Using Scale

1. Set switch on the back of the scale to measure in kg (kilograms) or lb (pounds).
2. Set scale on floor. Surface must be level for accurate operation and safety.

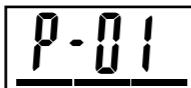
Customizing Your Thinner® Body Analysis Monitor

Setting Data for Body Fat/Hydration Measurement

1. Tap center of scale platform with foot to activate digital display (display will flash).
2. Wait for "0.0" to appear in display window.
3. Press SET button. The scale is now ready to input your personal data.

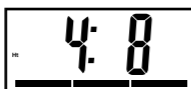
Enter User Number

- "P-01" will flash in display window.
- Press UP or DOWN arrows to select your individual user number (four user numbers available: P-01 through P-04).
- When selected user number appears in display, press SET button to save user number.
- The scale is now ready for you to enter your height.



Set Height

- "Ht" (height) will flash in display window.
- Press UP or DOWN arrows to scroll to your height measurement.
- Press SET button to save height.
- The scale is now ready for you to enter your age.



Set Age

- "Age" will flash in display window.
- Press UP or DOWN arrows to scroll to your age.
- Press SET button to save age.
- The scale is now ready for you to enter your gender.



Set Gender

- The gender icons will flash in display window.
- Press UP or DOWN arrows to select male or female icon.
- Press SET button to save gender.



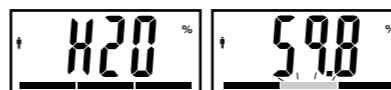
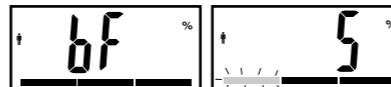
Your personal data has now been entered and stored. User number will display for 2 seconds, height for 2 seconds, and age for 2 seconds, to confirm the programming. If any of these data points were set incorrectly, just go through the customization steps (1–3) again. The scale is now ready for you to weigh yourself and read body fat and body water measurements.

Using Your Thinner® Body Fat Monitor

Precautions for Use

CAUTION! Use of this device by persons with any electrical implant such as a heart pacemaker, or by pregnant women, is not recommended.

1. Tap center of scale platform with foot to activate digital display (display will flash).
2. Wait for "0.0" to appear in display window.
3. Firmly press the USER button located below the display several times until your user number appears. Note: The scale will automatically scroll through your customized data, then "0.0" will be displayed.
4. Step onto the scale BAREFOOT.
5. Weight will be displayed for 3 seconds. Remain on scale without moving!
6. Display will flash "bf" and "%", followed by your body fat percentage.
7. Display will flash "H2O" and "%", followed by your body water percentage.
8. The interpretive color bars will light up at the same time as your body fat and body water measurements, showing you whether your results are normal (green bar), lower (yellow bar) or higher than normal (red bar). Use color bars as a guideline only and discuss any questions or concerns with your healthcare provider.
9. Display will cycle through your measurements again and then automatically turn off.



Using The Weight-Only Mode

For weight-only mode, no personal data entry is necessary.

1. Place scale on a flat, level surface.
2. Tap center of scale platform with foot to activate (display will flash).
3. Wait for "0.0" to appear in display window.
4. Step onto scale. Weight measurement will appear in display window.

Facts You Should Know

Your Thinner® scale is a precise measuring instrument that is most accurate when weighing a stationary object. To ensure readings that are 99% accurate, always try to stand on the same area of the scale platform and DO NOT MOVE. Should the weight on the scale exceed the scale's capacity, you may see an error message "ERR".

Electronic sensors are sensitive. Be careful not to drop or jar the scale. Place it gently onto floor surface, and store where it will be protected from impact. The scale is an electronic instrument and should never be submerged in water. Clean with damp cloth and/or glass cleaner.

In the unlikely event that the scale battery malfunctions and needs to be replaced, lift the battery cover on the bottom of the scale and replace the old battery with a 3V lithium battery (CR2032). **Dispose of the old battery 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.**

LIMITED TEN YEAR WARRANTY

Conair will repair or replace, at our option, your appliance free of charge for 120 months from the date of purchase if the appliance is defective in workmanship or materials.

To obtain service under this warranty, return the defective product to the service center listed below that is nearest you, together with your sales slip and \$5.00 for postage and handling. California residents need only provide proof of purchase and should call 1-800-3-CONAIR for shipping instructions. In the absence of a receipt, the warranty period shall be 120 months from the date of manufacture.

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