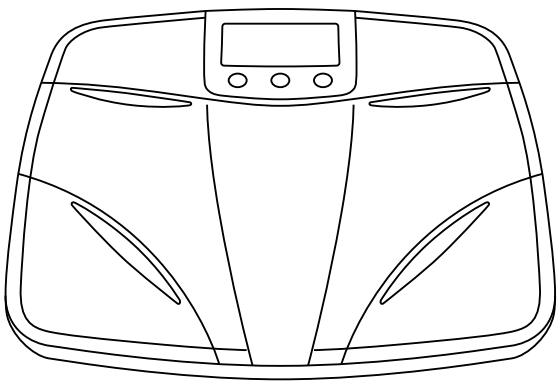
MyWeigh®

PHOENIX™

TBF 440

((TALKING BODY FAT SCALE))



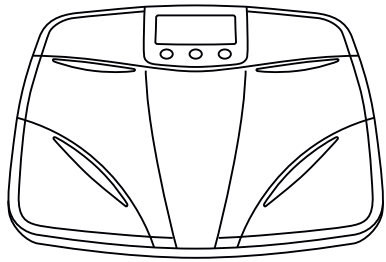
USER MANUAL

PHOENIX™ TBF 440

((TALKING BODY FAT SCALE))

MyWeigh

Capacity 200kg x 100g
440lb x 0.2lb



ENGLISH

Thank you for purchasing the My Weigh® Phoenix™ TBF-440 digital scale. Please read all operating instructions carefully before use. This electronic scale is a precision instrument. With normal care and proper treatment, it will provide years of reliable service. For more information please visit www.myweigh.com

Never load the scale with more than the maximum capacity. Although the Phoenix™ TBF-440 is designed to be extremely durable, overloading will permanently damage it! Avoid any exposure to extreme heat or cold, your scale works better when operated at normal room temperature. Keep your scale in a clean environment. Handle with care.

Failure to follow these instructions will void your warranty.

GETTING STARTED

Battery Installation

Insert four AA-size batteries into the compartment on the back side of the unit.

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.

Programming your personal data

A) To increase the accuracy of body fat, you should program your personal data. The scale will say "Hello" (German: "Hallo"). Now step off the platform and wait a few moments. It will say „It's ready" (German: „Ich bin bereit") and show „0.0". Press the **SET** button. Memory number "01" will appear (▶ right button = next, ◀ left button = previous). Press the **SET** button to proceed.

B) Athlete or Normal mode: Use the arrow keys to select Athlete or Normal (or) depending on your physical condition (▶ right button = next, ◀ left button = previous). Then press the **SET** key.

C) Gender selection: Use the arrow keys to select your gender (▶ right button = next, ◀ left button = previous). The display will show the universal symbol for male and female on the right side. Use the arrow keys to select your gender and then press the **SET** button to confirm your gender.

D) Height Selection: Enter your height (i.e. 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 to adjust your age (variable from 10 – 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 exit or to continue storing other people's data with other numbers, use the arrow keys to select the next storage number (i.e. 02) (▶ right button = next, ◀ left button = previous) and repeat steps A-E above. When you are done press the **SET** button to exit the programming mode.

USAGE

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. The scale will say "Hello" (German: "Hallo"). After 3 seconds the user numbers from 01 – 10 will appear alternately in 1 second intervals. It will read out the number (one to ten) at the same time. Step off the scale when your storage number is shown (i.e. 01). [Alternatively, you may step on and off of the platform to turn on the scale and wait until it shows "0.0", then use the arrow keys to select

your User number]. Your personal data will appear and approximately 1 second later the display will show "0.0" and it will say "It's ready" (German: "Ich bin bereit").
- Now you can step onto the scale with bare feet. Your weight will be shown first, then the display will show "00000" and the calculation of your body fat quota will be taken automatically (don't step off the scale and try to remain perfectly still). It will show and announce the measurement result as follows (for example):
  - Display: 156.2lb - Voice: „Your weight is 156,2 Pounds"
  - Display: F 18.3% - Voice: „Your body fat rate is 18.3 %"
- You may step off the scale when the voice is started. The weighing and measuring mode is complete. The scale will automatically switch off after a few seconds. To repeat the result announcement, simply step on and off of the platform once before it is turned off.

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. It will say "It's ready (German:"Ich bin bereit") and show "0.0", step back onto the scale and remain perfectly still. Your weight will be displayed and announced.

Switch off the scale
When not in use the scale turns off automatically after about 10 seconds.

Switching ON/OFF the talking function
Use the switch on the bottom of the platform to switch on/off the speaker function.

Select the language
You can use the buttons to toggle the language.
After showing "0.0", press and hold the ▶ button for 5 seconds.
You will hear "Hello" of the existing language.
Press the ▶button shortly to select the language.
You can hear "Hello" of other languages.
To confirm the selection, press and hold the ▶button until it says "Goodbye".
It's done.

Important notes
- When taking measurement, be sure you are barefoot, and that the toes and heels are correctly aligned with the respective electrodes on the measurement platform.
- If a mistake takes place during measurement and causes the fat percentage to fall out of allowed range, "Err" will be displayed and the unit will turn off automatically.
- When over-loaded, "FFFFF" will be displayed.
- When the battery runs low, it will shoe "Lo". When this happens, be sure to replace the battery immediately.
- Use the unit on hard, flat and secure surface only.
- Place the unit in an area free from high temperature or high humidity. To clean, use dampened cloth and mild detergent.
- Avoid excessive impact or vibration to the unit.
- If you do not intend to use this unit for a long period of time, remove the battery before storage.
- Do not attempt to disassemble the unit otherwise the warranty will become void.
- The unit is intended for home and personal use only.

WARNING: DO NOT USE this product if you are using any of the following equipment: Cardiac Pacemaker, Electrocardiograph and/or other medical devices implanted in the body or used for support.

Capacity	200kg x 0.1kg 440lb x 0.2lb	**Units**	kg, lbs
Deviation		+/- 1%	
Personal data memory		10 users	
Temperature range		Optimum 10-40°C	
Power source		4 x AA alkaline batteries	