

# SKALLO

## ELECTRONIC BODY FAT SCALE



**ENGLISH**

### **INSTRUCTION MANUAL**

Thank you for choosing the Skallo electronic body fat digital scale. This manual was prepared to help you understand the operation and maintenance of your scale. Please read through this manual before using your digital scale.

### **TECHNICAL SPECIFICATIONS**

Powered by 2 AAA battery

Tempered glass platform

IC touch sensor

Max capacity: 200KG /440LB

Unit: KG, LB, ST

Measure body fat% /water% /muscle% bone% /calorie/BMI

Differential resolution: 0.1%

Body fat measure range: 0-46.4%

Body water measure range: 37.8-66.0%

Body muscle measure range: 20-56%

Body bone measure range: 2-20%

Division:100G

Min Effective AT: 2.0KG/4.4LB

Memory: 10 users

User Modes: Adult, Child (Age 10-99 )

## **INSTRUCTIONS**

### **Batteries Installation**

This scale requires two AAA batteries. The battery compartment is located on the bottom side of the scale

### **Unit Measure Selection**

To choose the weight measurement between kg and lb, Press UP or DOWN button while it is turn on (LCD displays 0.0lb) .

### **Set Personal Data and Pre-Program**

Select pre-program numbers: put the scale on a flat and hard surface, and tap the scale platform by hand or foot, after operate the scale, the LCD will flash "0.0lb", you can press "SET" button to start setting and then press UP and DOWN button to set information. The scale can store up to 10 people's data (including age, height, gender,) after selected, you can press "SET" button to confirm the next step.

#### **1. SET YOUR NO.**

Scope setting from P0-9.after set, please press SET to confirm the next step.

#### **2. SET YOUR GENDER**

The LCD will flash male or female image, press UP or DOWN to shift, after shifted then press SET to confirm the next step

#### **3. SET YOUR HEIGHT:**

Scope setting from 3'2 – 7'8 (100—240 cm), after set, please press SET to confirm the next step.

#### **4. SET YOUR AGE:**

Setting from 10—99 years old, after set, please press SET to confirm finish.

## **STEPS OF WEIGHING AND MEASURING BODYFAT% /WATER% /MUSCLE% /BONE% /CALORIE /BMI :**

### **1. STEPS OF WEIGHING**

Step on the scale to turn the scale on then wait for zero display(0.0kg).

The weight reading will flash 3 times then it will automatically shuts off

### **2. STEPS OF MEASURING ALL DATAS**

- Set the personal data
- Wait for zero display(0.0kgs)
- Two bare feet on the metal plates
- The display will flash 3 times
- The screen will show body weight, fat, water, muscle, bone percentage, calorie,and BMI

**PRODUCT INFORMATION:**

This product uses BIA (Bioelectric Impedance Analysis) technology. When you stand bare feet on metal foot plates, some very weak electrical signals are encounter (using Multi-frequency Impedance Measuring and Bars-Capacity Sensory Technology), the values are put into the CPU, with the data of your age, height, gender, weight and the Population Body Composition Model Equations, your body fat and water and muscles and bones percentage will be calculated.

**REFERENCE TABLE:****1. BF & BW comparison sheet**

	Female	Male			
Age	Fat%	Water%	Fat%	Water%	Comments
<=30	4.0-20.5	66.0-54.7	4.0-15.5	66.0-58.1	Underfat
	20.6-25.0	54.6-51.6	15.6-20.0	58.0-55.0	Healthy
	25.1-30.5	51.5-47.8	20.1-24.5	54.9-51.9	Overfat
	30.6-80.0	47.7-13.8	24.6-80.0	51.8-13.80	Obese
>30	4.0-25.0	66.0-51.6	4.0-19.5	66.0-55.4	Underfat
	25.1-30.0	51.5-48.1	19.1-24.0	55.3-52.3	Healthy
	30.1-35.0	48.0-44.7	24.1-28.5	52.2-49.2	Overfat
	35.1-80.0	44.6-13.8	28.6-80.0	49.1-13.80	Obese

**2. Muscle percentage & Bone percentage comparison sheet**

Age	Female	Male		
	Muscle(%)	Bone(%)	Muscle(%)	Bone(%)
16-50	> 34	>8	>40	>10
> 50	> 29	>8	>35	>10

### 3. BMI comparison sheet (For adult only)

OPTIMAL BMI : 22.0

Underfat : <18.5

Healthy : 18.5-24.9

Overfat : 25.0-29.9

Obese : =40.0

NOTE: The scope above were gained by sampling, this data is only for reference. If you have any question about your health, please consult your doctor or other qualified health professional.

#### **ERROR INDICATION:**

1. Overload displays "Err" (Max.200kgs d=100 g)
2. Underweight and Overweight displays "-----";
3. If it displays "LO", please replace the battery.

#### **ATTENTION:**

1. In order for the scale to work properly, please step on the metal plates bare feet
2. This scale measures body mass using bioelectric impedance analysis, which sends a small electric signal through the body. Because of this, we do not recommend that the scale be used by people with an electrical implant, such as a heart pacemaker.
3. Always weigh yourself on the same scale placed on the same floor surface. Uneven or carpeted floors will affect readings.
4. Do not allow your scale to become saturated with water as this can damage the electronics.
5. Clean your scale with damp cloth but do not allow water to enter the scale.
6. Do not use chemical cleaning agents to clean the scale.

For more information :

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