



Body Fat, Water, Muscle, Bone and BMR Measurement Bathroom Scale

BA-306BT

Operating Instructions



Zhongshan White Bird Electronic Ltd

water, heat and extreme cold.

5. The scales are a high precision measuring device.
Never jump or stamp on the scales or have it disassembled. Please handle the scales carefully to avoid breakage.
6. The scales are for domestic use only. You should consult a doctor when undertaking any diet or exercise program.
7. Remove the batteries if the scales are not being used for a long period of time.
8. Please check the batteries if the scale malfunction.
Change to new batteries if required.
9. Please remove insulating strip on the batteries before use.
10. If batteries leak, change them immediately as they may damage the scales.
11. To ensure weighing accuracy, when the scales are first used please place them on an even surface and wait for 10 seconds before stepping on the scales.
This also applies if the scales are moved.
12. If you carry a pacemaker or other internal device should not use this product.

Thank you for choosing White Bird body fat, water, muscle, bone and BMR measurement bathroom scales. To ensure continued operation and accuracy, please read these operating instructions carefully before use. By passing certain procedures may result in incorrect readings. We hope that you enjoy using your new bathroom scales.

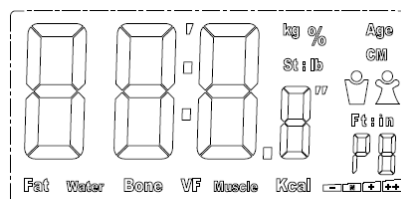
IMPORATANT SAFETY PRECAUTIONS

When using electrical appliances, certain basic safety precautions must be followed, including:

1. When taking weight, body fat, hydration, muscle, bone and BMR measurements, your bare feet need to be fully in touch with the glass.
2. In order to ensure reliable readings and great connectivity, please make sure that both the scales and your feet are completely dry before use.
3. Please do not let the scales work on carpet or on uneven floor
4. The scales are not water-proof; Please do not immerse the scales in water. To clean the surface, use a damp cloth or a glass cleaner. Do not use soap or other chemicals. Please keep the scales away from

13. If you are pregnant should not use this product.
14. To ensure accuracy, we suggest you take your measurements at the same time every day.

LCD DISPLAY



FEATURES & SPECIFICATION

1. Body fat scale with Bluetooth communication
2. Faster transmission with app
3. ITO technology glass platform: 312*312*6mm
4. Measure body weight, fat, water, muscle mass, bone mass, Calories, BMI and VF value.
5. Auto ON
6. Auto OFF
7. Touch sensor
8. Blue mask LCD with white backlight, full display easy to read

9. Weight Units: kg, lb, st: lb
10. Maximum Weight Capacity: 150kg/330lb/24st
11. LCD size: 86*41mm
12. Weighing accuracy: 2‰
13. Graduation: 0.1kg/0.2lb/0.2lb(1lb, ≥ 20 st)
14. Male/Female option
15. Athlete's mode
16. Height range: 80cms-240cms; Graduation: 1cm
17. Age range: 8-100 years of age; Graduation: 1year
18. Memory to store personal data for up to 10 people
19. Automatic identification function
20. Body fat measuring range: 0-50%, Graduation: 0.1%
21. Water measuring range: 20-80%, Graduation: 0.1%
22. Muscle measuring range: 13-80%/0.1%
23. Bone measuring range: approximately 0.5-8kg/0.1kg
24. Basal metabolic rate range: 0-5000kcal/1kcal
25. Overload indication: "Err"
26. Low batteries indication: "Lo"
27. Power supply: 4 $\times$ AAA batteries
28. Batteries included
29. 1 year manufacturer's warranty



- 1.5 Age setting flash, press up or down button to select the age, and press the SET button to confirm.



- 1.6 After the setup is completed, the display show "0.0Kg-px" then you can start measure the weight.



2. Weighing and Analyzing Instructions

- 2.1 Put the scale on flat ground, uneven ground can affect accuracy.
- 2.2 Press the SET key to boot.
- 2.3 Select users by pressing up and down buttons. (The LCD shows the user's data and return to zero).
- 2.4 Please stand on the weighing platform and keep the body stable, the LCD screen will be locked after your weight is steady.

Operation Instructions:

- General Operation before connecting to the Bluetooth device:

1. parameter settings:

- 1.1 Press SET button to turn on the scale, after the data show in screen, press the SET again to enter the parameter setting mode.
- 1.2 User number setting flash, press up or down button to select the user, and then press the SET button to confirm.



- 1.3 Gender setting flash, press up or down button to select the sex, and then press the SET button to confirm.



- 1.4 Height setting flash, press up or down button to select the height, then press the SET button to confirm.

- 2.5 Measuring body impedance, in the measurement process, please keep your feet in good contact with the electrode. (Bad contact display will be Err2)
- 2.6 Measurement results will be showed in sequence: fat / bone / visceral fat / muscle ratio / calories / weight, cycling display twice before shutting down.

● Bluetooth function operating manual

Bluetooth 4.0

iOS 5.0 or above

Android 4.3 or above

Keep the Bluetooth scales working on the level & hard floor as uneven floor will affect measurement accuracy

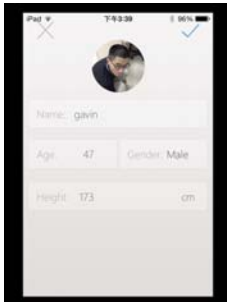
1. Open the smart scale and keep Bluetooth on



2. Add user



3. Fulfill the personal information



4. Shake the ipad or iphone before stepping

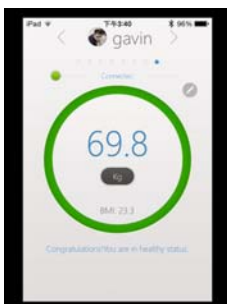


5. User should have shoes and socks off, Keep feet steadily stepped on the scale, to ensure that the display screen in the middle of the feet, then the display will point that Bluetooth function is enabled at this time.

6. The Bluetooth scale will first measure the weight, and then a turntable will pop up on the APP for user to select the tester.

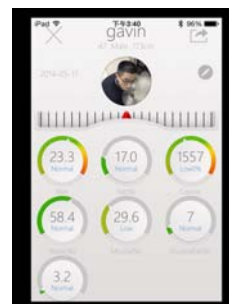


7. Click V, then weight data will show. When the blue circle turns into green, it means the detailed data is done. (about 2 seconds)

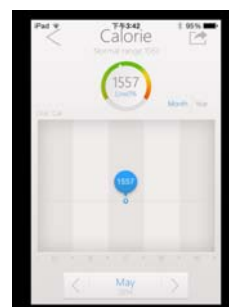


8. Click the weight data can see the data in detail after

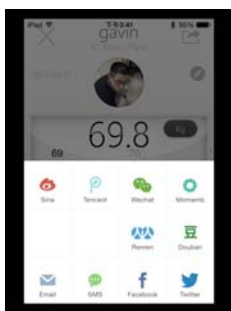
user got down from scale.



9. Click each circle for historical data review.



10. Share data in network by clicking the forward key.



11. Standard data for your reference



ERROR INDICATORS

Overload:

2. If you wish to claim under this guarantee, please

email WHITE BIRD Collections on may@whitebird.cn

BODY FAT, WATER, MUSCLE, BONE KCAL AND VF INFO.

Fat (%)

Age	Male (%)				Female (%)			
	Under Weight	Normal	Over Weight	Obese	Under Weight	Normal	Over Weight	Obese
10-17	3.0~12.0	12.1~17	17.1~22	22.1~50	3.0~15.0	15.1~22	22.1~26.4	26.5~50.0
18-30	3.0~12.4	12.5~18	18.1~23	23.1~50	3.0~15.4	15.5~23	23.1~27.0	27.1~50.0
31-40	3.0~13.0	13.1~18.4	18.5~23	23.1~50	3.0~16.0	16.1~23.4	23.5~27.4	27.5~50.0
41-60	3.0~13.4	13.5~19	19.1~23.4	23.5~50	3.0~16.4	16.5~24.0	24.1~28.0	28.1~50.0
61-99	3.0~14.0	14.1~19.4	19.5~24	24.1~50	3.0~17.0	17.1~24.4	24.5~28.4	28.5~50.0

Water and Muscle (%)

Age	Male (%)				Female (%)			
	Low	Standard	High	Muscle	Low	Standard	High	Muscle
10-17	<57.0	57.0-62.0	>62.0	30.0-75.0	<54.0	54.0-60.0	>60.0	25.0-65.0
18-30	<56.5	56.0-61.5	>61.5		<53.5	53.5-59.5	>59.5	
31-40	<56.0	56.0-61.0	>61.0	25.0-55.0	<53.0	53.0-59.0	>59.0	20.0-55.0
41-60	<55.5	55.5-60.5	>60.5		<52.5	52.5-58.5	>58.5	
61-99	<55.0	55.0-60.0	>60.0		<52.0	52.0-58.0	>58.0	



Low batteries:



WORKING CONDITIONS:

1. Operating temperature range: 0~40 °C
2. Operating humidity range: ≤ 90% RH
3. Storage temperature: -20°C~60 °C

GUARANTEE

1. These scales have been checked for accuracy prior to leaving the factory and have a guarantee against any defect in either workmanship or materials for a period of one year.

Bone (KG)

Gender	Male (KG)			Female (KG)		
	60KG	60 -75KG	75KG	45KG	45 -60KG	60KG
Body Weight						
Bone Weight	0.5-4.5KG	2.0-6.0KG	2.5-7.5KG	0.5-3.0KG	1.8-4.2KG	2.0-6.5KG

KCAL (%)

Age	Male (kcal)		Female (kcal)	
	Weight (KG)	KCAL	Weight (KG)	KCAL
10-17	60	1620	50	1265
18-29	65	1560	55	1298
30-49	70	1561	60	1302
50-69	70	1505	60	1242
70-99	65	1398	50	1035

Visceral Fat (%)

	Standard	Over Weight	Obese
Level	0-9	10-14	15 above

Warning: Changes or modifications to this unit not expressly approved

by the party responsible for compliance could void the user's authority

to operate the equipment.

Note: 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.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.