

说明书

123.83*139.7 mm 36P 钉装本 80g书纸 4C A/0

2024_12_25



activate your warranty and meet your product

Scan the QR code **within 7 days** of receiving your product to activate your warranty and experience all the benefits!



body composition glo smart scale
with ambient illumination

INSTRUCTION MANUAL AND WARRANTY INFORMATION

SCL-BBC200, SCL-BBC250, SCL-BBC350, SCL-XBC200 | L-05257, Rev. 1

IMPORTANT SAFETY INSTRUCTIONS:

WHEN USING ELECTRICAL PRODUCTS, ESPECIALLY WHEN CHILDREN ARE PRESENT, BASIC SAFETY PRECAUTIONS SHOULD ALWAYS BE FOLLOWED, INCLUDING THE FOLLOWING:

READ AND SAVE THESE INSTRUCTIONS.

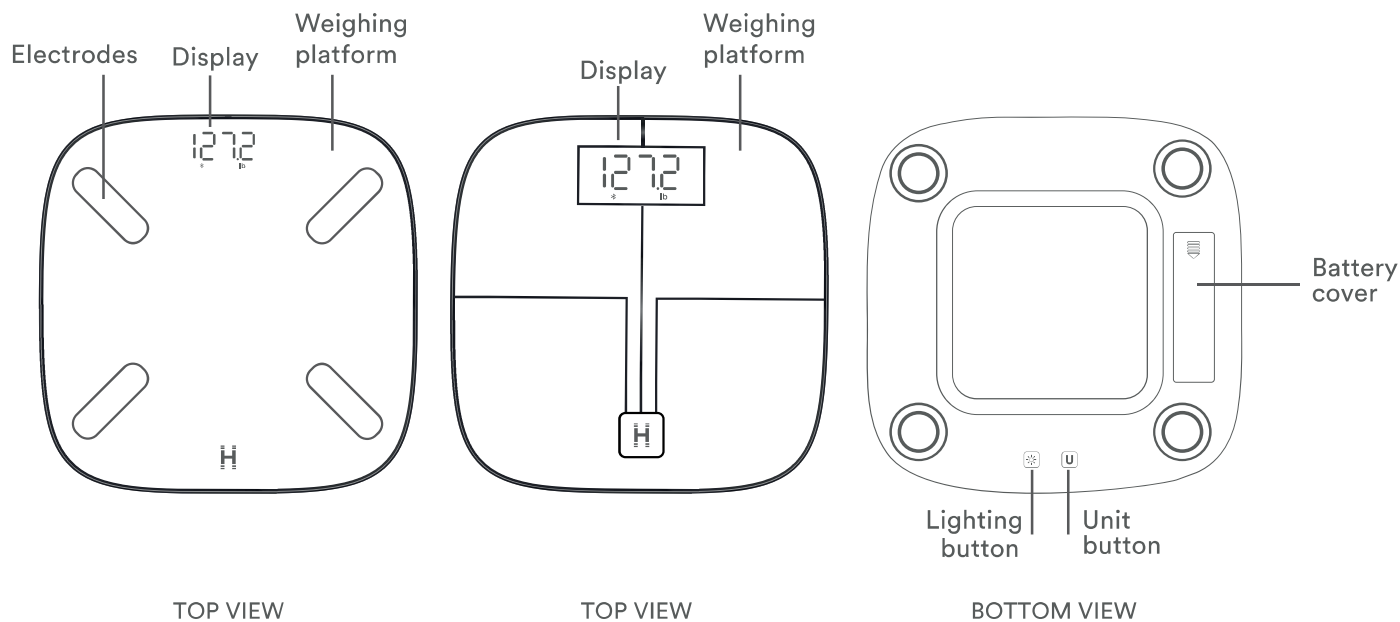
- DO NOT use if you have implanted medical devices such as a cardiac pacemaker or artificial lung.
- DO NOT use while wearing devices such as a wearable electrocardiograph.
- DO NOT use if you are pregnant.
- Keep batteries away from children.
- DO NOT use on slippery floor.
- This product is intended for use as a body composition analyzer for personal fitness and health monitoring only.
- This product should not be used for treating or diagnosing any medical conditions.
- Always consult your physician or healthcare professional prior to making any changes to your diet or exercise regimen.
- DO NOT reach for a unit that has fallen into water.
- DO NOT use while bathing or while in a shower.
- DO NOT place or store appliance where it can fall or be pulled into a tub or sink.
- DO NOT place in or drop into water or other liquid.
- DO NOT use outdoors. This product is intended for household use only.
- DO NOT strike or drop the scale.
- DO NOT stand on the edge of the scale.
- DO NOT jump on the scale.
- DO NOT step onto a wet scale. Wet glass is slippery. Always ensure the scale surface is dry and feet are dry before use.
- DO not place in direct sunlight, near heating equipment, air outlet of air conditioning.
- Always place the scale on a hard, dry, flat surface before measurement.
- Check the scale before use. DO NOT use the scale if the glass is cracked or broken. If you see a crack, contact Customer Support.
- DO NOT overload the scale. Maximum weight capacity is 400lbs (180kg or 28st:7lb).
- Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
- The measurement data may not be accurate if using the scale immediately after intense exercises.
- Replacement of a battery with an incorrect type that can defeat a safeguard.
- Do not disposal of a battery into fire or a hot oven, or mechanically crushing or cutting of a battery, that can result in an explosion;
- Do not leaving a battery in an extremely high temperature surrounding environment that can result in an explosion or the leakage of flammable liquid or gas.
- Do not expose the battery to extremely low air pressure that may result in an explosion or the leakage of flammable liquid or gas.

Operating Environment	Temperature: 59°F - 104°F (15°C - 40°C) Humidity: 30 - 80% RH Atmospheric Pressure: 970hPa - 1050hPa
Storage Environment	Temperature: -31°F - 140°F (-35°C - 60°C) Humidity: 10 - 90% RH Atmospheric Pressure: 700hPa - 1060hPa

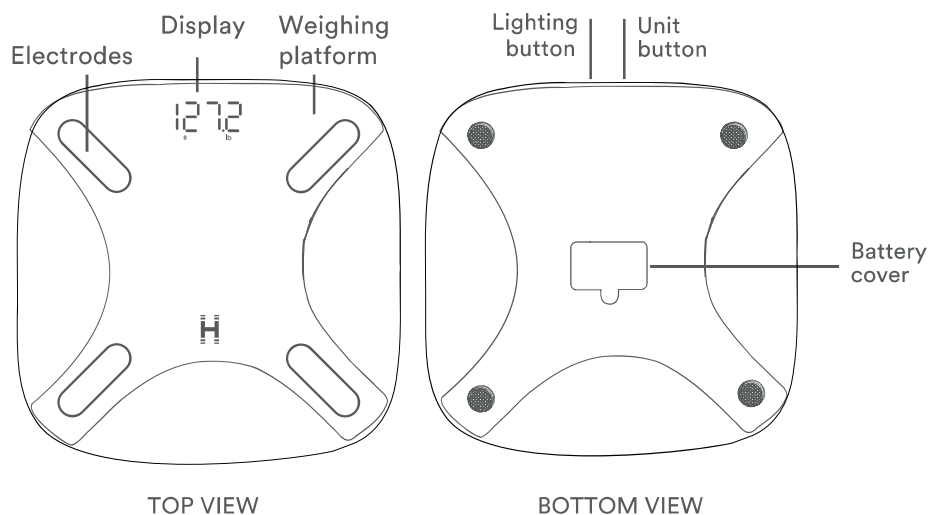
SYMBOL	EXPLANATION
	This symbol means “Manufactured by” and provides the name and address of the legal manufacturer.
	Date of manufacture.
	This symbol refers to the batch code of the device.
	Type B Applied Part, B indicates that it is used for the body. This device is connected to the main voltage.
	This symbol indicates to read the manual before use
	This symbol indicates the product may not be discarded as household waste.
	This symbol indicates the product is designed for indoor use only.

GET TO KNOW YOUR GLO DIGITAL SCALE WITH AMBIENT ILLUMINATION

SCL-BBC200, SCL-BBC250 AND SCL-BBC350



FOR SCL-XBC200



BEFORE TURNING THE UNIT ON

This scale is shipped with 4 AAA batteries for the SCL-BBC200, SCL-BBC250 and SCL-BBC350 or 3 AAA batteries for the SCL-XBC200. Please install the batteries inside the battery compartment to power on your scale before use. After power on, you can take your first measurement.

BACK PANEL BUTTONS



LIGHTING BUTTON

Press the lighting button to choose your lighting brightness: high, low, or off



UNIT BUTTON

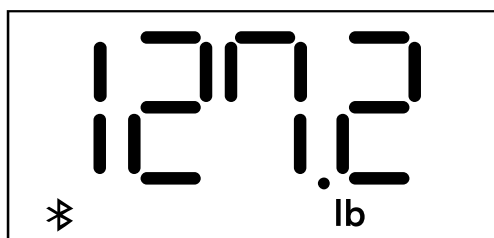
Press to choose your desired units of measure: lb, kg, or st:lb

DISPLAY SCREENS

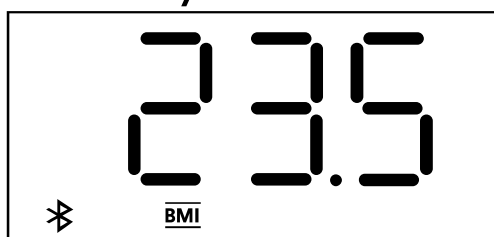
Upon measurement, weight, body mass index (BMI) and body fat percentage (%) will display on the scale's display screen for 4 seconds each. Download the Homedics Scales App for all 13 essential biometrics.

NOTE: If you have not connected your scale to the Homedics Scales App prior to measurement and input your height, date of birth, and sex, the scale will only display weight. BMI and body fat % will only show on the scale screen after connecting to the Homedics Scales App and inputting your height, date of birth, and sex.

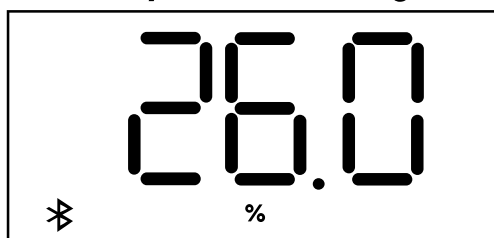
Weight



Body Mass Index



Body Fat Percentage



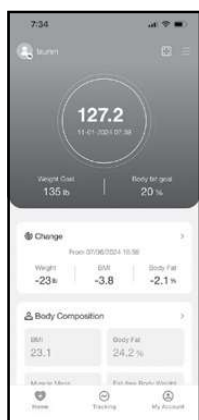
HOW TO CONNECT THE MOBILE APP



1. Download the Homedics Scales app in the App Store® or Google Play store or scan the QR code.
2. Open the Homedics Scales app. If you already have an account, log in. To create a new account, tap Sign Up.
3. To add a new device, tap “+ Pair the device”.
4. Follow the in-app instructions to add your scale.

HOW TO TAKE A MEASUREMENT

NOTE: To use athlete mode or baby mode, follow the prompts in the app BEFORE taking your first measurement.



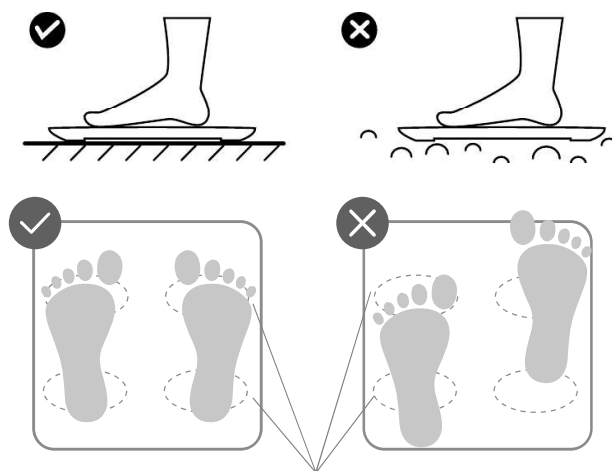
1. Open your Homedics Scales App. Then step on the scale.
2. Wait while the app syncs your measurement data.
3. Once the app shows all 13 measurements, you can step off the scale.
4. Tap your measurements to get more information.

AMBIENT ILLUMINATION

1. Install 4 AAA batteries for the SCL-BBC200, SCL-BBC250 and SCL-BBC350, or 3 AAA batteries for the SCL-XBC200 and place scale on a hard, flat surface.
2. Once you are within the proximity zone, the scale will turn on and stay on until you leave the proximity zone, or until motion is not detected.
3. If the LEDs don't turn on when you are close to the scale, click the lighting button located on the bottom of the scale to turn the night light on.
4. If you want to dim the motion sensing night light, click the lighting button once located on the bottom of the scale.
5. If you ever want to turn the motion sensing night light off, click the lighting button twice located on the bottom of the scale.

HOW TO USE

1. Place scale on a hard, flat, dry surface. Avoid carpet or other soft surfaces.
CAUTION: Placing the scale on soft surfaces such as shag carpet may cause tipping or inaccurate results.
2. Step on the scale with both feet. Use bare feet for best results.
3. Stand on the scale until the display flashes several times. This is your final measurement.



MEASUREMENT TIPS

This product employs BIA (Bio-electrical Impedance Analysis) technology. To ensure accurate measurement results, follow these instructions:

- Use the scale at the same time each day.
- Measure under the same conditions as much as possible.
- Measure with clean, bare feet. Wearing socks or having soiled feet will impact the accuracy of your results.

Avoid measuring under the following conditions:

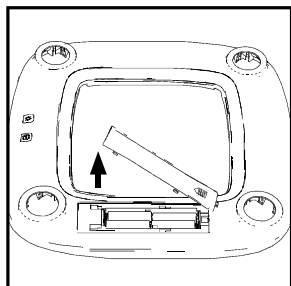
- During or immediately after strenuous exercise
- Immediately after showering, bathing, or using a sauna
- After heavy alcohol consumption
- During or immediately after eating large meals
- While experiencing a fever.

CLEANING THE DIGITAL SCALE

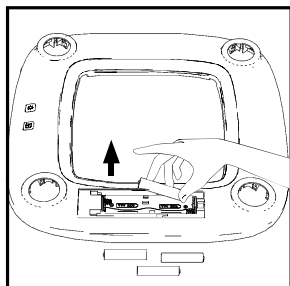
- Use a slightly damp cloth or disinfecting wipe to clean the surface of the scale, followed by a soft, dry cloth to wipe away any remaining moisture.
- DO NOT use abrasive cleaning agents to clean the scale.

BATTERY REPLACEMENT

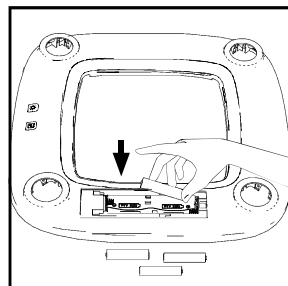
FOR SCL-BBC200, SCL-BBC250 AND SCL-BBC350



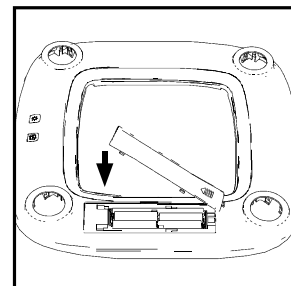
1. Remove the battery cover by sliding the cover in the direction of the open arrow and lifting the top edge.



2. Remove the batteries and dispose of per local regulations.

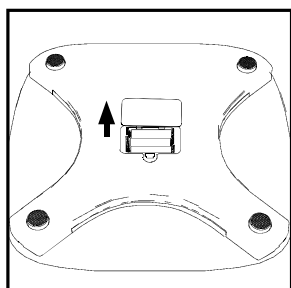


3. Install 4 new AAA batteries following the polarity as shown.

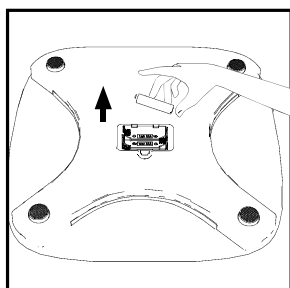


4. Replace the battery cover.

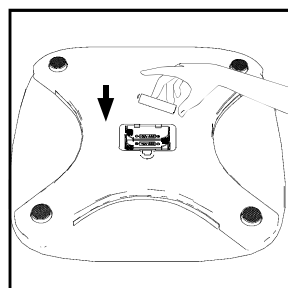
FOR SCL-XBC200



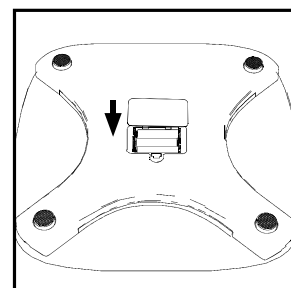
1. Remove the battery cover by pinching the tab and lifting the cover.



2. Remove the batteries and dispose of per local regulations.



3. Install 3 new AAA batteries following the polarity as shown.



4. Replace the battery cover.

BATTERY PRECAUTIONS

⚠ WARNING — KEEP BATTERIES OUT OF REACH OF CHILDREN.

1. Replace all batteries at the same time. Do not mix new and used batteries. Do not mix alkaline, standard, or rechargeable batteries. Use only the size and type of batteries specified.
2. Clean the battery contacts and the contacts of the device with a dry cloth prior to installing the batteries.
3. Ensure the batteries are installed correctly with regard to polarity (+/-).
4. Remove batteries from the device when the device is not used for an extended period.
5. Remove batteries promptly from the device when the batteries are depleted.
6. Keep batteries away from children.
7. Batteries are small objects and could be ingested. If swallowed, contact a physician at once.
8. Remove depleted batteries from the unit promptly. Dispose of used batteries safely.
9. Recycle or dispose of batteries properly in accordance with all local, state, province, and country regulations. Do not open batteries or dispose of in fire.

BIOMETRICS DESCRIPTIONS

WEIGHT

Body weight is a simple measure of total body components and is compared to a “standard” or desirable weight.

BODY FAT %

Body fat (BF) percentage refers to the ratio of fat (adipose tissue) in the body in comparison to overall body weight. While body mass index (BMI) is often used to estimate body fat, it’s not always an accurate method of doing so. According to the American Council on Exercise (ACE), a body fat range of 25% to 31% for women or 18% to 24% for men is typical for the average nonathlete. A BF below 14% for women or 6% for men may be considered dangerously low and can lead to health risks.

	Essential	Athletes	Fitness	Acceptable	High	Excess
MEN	2%-6%	6%-13%	13%-17%	17%-25%	25%-32%	≥32%
WOMEN	10%-14%	14%-21%	21%-25%	25%-32%	32%-38%	≥38%

BMI

A standardized ratio of weight to height, used as a general indicator of health.

The Body Mass Index (BMI) is a widely used health indicator. It can be roughly calculated by dividing your body weight (in kilograms) by your height (in meters) squared. If the resulting figure is less than 18.5, you are underweight. A number between 18.5 and 25 indicates a healthy weight. A number above 25 is overweight and a number above 30 is obese. Although BMI is a generally accepted health indicator, it is not the only one. For example, someone with a lot of muscle mass can have a high BMI without being unhealthy. By looking at the ratio of muscle to fat mass, among other things, you get a much better understanding of your health.

LOW	STANDARD	HIGH	EXCESS
< 18.5	18.5 - 25	25 - 30	≥ 30

SPECIFICATIONS

Model	SCL-BBC200, SCL-BBC250, SCL-BBC350, SCL-XBC200
Weight Units	lb / kg / st:lb
Weight Capacity	400lb / 180kg / 28st 7lb
Increments	lb: 0.1lb kg: 0.05kg for less than 100kg total weight, 0.1kg for 100kg or greater total weight st:lb: 0.1lb for less than 20st, 1lb for 20st or greater
Platform	Tempered Glass
Weight Display Auto-Off	10 Seconds
Dimensions	SCL-BBC200: 11.8×11.8×1.1in / 30×30×2.9cm SCL-BBC250: 11.8×11.8×1.1in / 30×30×2.9cm SCL-BBC350: 11.8×11.8×1.1in / 30×30×2.9cm SCL-XBC200: 11.8×11.8×1.1in / 30×30×2.8cm

TROUBLESHOOTING

PROBLEM	POSSIBLE CAUSE	SOLUTION
Scale won't turn on or no display	- Batteries are dead - Batteries aren't fully installed - Scale isn't on a hard, flat surface	- Use new batteries - Remove battery cover to check if all batteries are installed in the correct direction - Place your scale on a hard, flat surface
Lights won't turn on	- Batteries are dead - Batteries aren't fully installed - Lights are turned off	- Replace batteries with new batteries - Remove battery cover to check if all batteries are installed in the correct direction - Click the light button located on the bottom of the scale
The scale readings are unstable or inaccurate	Scale isn't on a hard, flat surface	Place your scale on a hard, flat surface
Display shows: 	Batteries are dead	Replace batteries with new batteries.
Display shows: 	Weight applied to the scale is greater than 400 lbs / 181 kg / 28 st:lb	Step off the scale. DO NOT apply weight greater than 400lbs / 180kg / 28st 7lb to the scale.

SUPPLIER'S DECLARATION OF CONFORMITY

Product Description: BODY COMPOSITION GLO SMART SCALE WITH AMBIENT ILLUMINATION

Model Number: SCL-BBC200, SCL-BBC250, SCL-BBC350, SCL-XBC200

Trade Name: Homedics

FCC Compliance Statement

Caution: The user is cautioned that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s) and

Part 15 of the FCC Rules. Operation is subject to the following two conditions:

(1) This device may not cause interference.

(2) This device must accept any interference, including interference that may cause undesired operation of the device.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two

U.S. Contact Information

Company: Homedics, LLC.

Address: 3000 N Pontiac Trail, Commerce Township, MI 48390

8:30am-7:00pm EST Monday-Friday 1-800-466-3342

Homedics is not responsible for any radio or TV interference caused by unauthorized modifications to this equipment. Such modifications could void the user authority to operate the equipment.

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 to 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.

This product has been tested and complies with the requirements for Federal Communication Commission, Part 15. Although this product is tested and complies with FCC, it may interfere with other devices. If this product is found to interfere with another device, separate the other device and this product. Conduct only the user maintenance found in this instruction manual. Other maintenance and servicing may cause harmful interference and can void the required FCC compliance.

CAN ICES-003(B)/NMB-003(B)

RF Exposure Statement

This equipment complies with FCC and ISED RF radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operated in conjunction with any other antenna or transmitter.



5-YEAR LIMITED WARRANTY

Homedics sells its products with the intent that they are free of defects in manufacture and workmanship for a period of 5 years from the date of original purchase, except as noted below. Homedics warrants that its products will be free of defects in material and workmanship under normal use and service. This warranty extends only to consumers and does not extend to Retailers.

To obtain warranty service on your Homedics product, contact a Consumer Relations representative for assistance. Please make sure to have the model number of the product available.

Homedics does not authorize anyone, including, but not limited to, Retailers, the subsequent consumer purchaser of the product from a Retailer or remote purchasers, to obligate Homedics in any way beyond the terms set forth herein. This warranty does not cover damage caused by misuse or abuse; accident; the attachment of any unauthorized accessory; alteration to the product; improper installation; unauthorized repairs or modifications; improper use of electrical/power supply; loss of power; dropped product; malfunction or damage of an operating part from failure to provide manufacturer's recommended maintenance; transportation damage; theft; neglect; vandalism; or environmental conditions; loss of use during the period the product is at a repair facility or otherwise awaiting parts or repair; or any other conditions whatsoever that are beyond the control of Homedics.

This warranty is effective only if the product is purchased and operated in the country in which the product is purchased. A product that requires modifications or adoption to enable it to operate in any other country than the country for which it was designed, manufactured, approved and/or authorized, or repair of products damaged by these modifications is not covered under this warranty.

THE WARRANTY PROVIDED HEREIN SHALL BE THE SOLE AND EXCLUSIVE WARRANTY. THERE SHALL BE NO OTHER WARRANTIES EXPRESS OR IMPLIED INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS OR ANY OTHER OBLIGATION ON THE PART OF THE COMPANY WITH RESPECT TO PRODUCTS COVERED BY THIS WARRANTY. HOMEDICS SHALL HAVE NO LIABILITY FOR ANY INCIDENTAL, CONSEQUENTIAL, OR SPECIAL DAMAGES. IN NO EVENT SHALL THIS WARRANTY REQUIRE MORE THAN THE REPAIR OR REPLACEMENT OF ANY PART OR PARTS WHICH ARE FOUND TO BE DEFECTIVE WITHIN THE EFFECTIVE PERIOD OF THE WARRANTY. NO REFUNDS WILL BE GIVEN. IF REPLACEMENT PARTS FOR DEFECTIVE MATERIALS ARE NOT AVAILABLE, HOMEDICS RESERVES THE RIGHT TO MAKE PRODUCT SUBSTITUTIONS IN LIEU OF REPAIR OR REPLACEMENT.

This warranty does not extend to the purchase of opened, used, repaired, repackaged and/or resealed products, including but not limited to sale of such products on internet auction sites and/or sales of such products by surplus or bulk resellers. Any and all warranties or guarantees shall immediately cease and terminate as to any products or parts thereof which are repaired, replaced, altered, or modified, without the prior express and written consent of Homedics.

This warranty provides you with specific legal rights. You may have additional rights which may vary from state to state and country to country. Because of individual state and country regulations, some of the above limitations and exclusions may not apply to you.

For more information regarding our product line in the USA, please visit www.homedics.com. For Canada, please visit www.homedics.ca.

FOR SERVICE IN THE USA

cservice@homedics.com

8:30am-7:00pm EST

Monday-Friday

1-800-466-3342

FOR SERVICE IN CANADA

cservice@homedics.ca

8:30am-5:00pm EST

Monday-Friday

1-888-225-7378

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IB-SCLBBC200

Made in China



activez votre garantie et découvrez votre produit

Scannez le code QR dans les 7 jours suivant la réception de
votre produit pour activer votre garantie et profiter de tous
les avantages !



balance intelligente avec éclairage d'ambiance
pour analyser la composition corporelle

MANUEL D'INSTRUCTIONS ET INFORMATIONS SUR LA GARANTIE

SCL-BBC200, SCL-BBC250, SCL-BBC350, SCL-XBC200 | L-05257, Rev. 1

INSTRUCTIONS DE SÉCURITÉ IMPORTANTES

LORS DE L'UTILISATION DE PRODUITS ÉLECTRIQUES, EN PARTICULIER EN PRÉSENCE D'ENFANTS, DES PRÉCAUTIONS DE SÉCURITÉ DE BASE DOIVENT TOUJOURS ÊTRE SUIVIES, Y COMPRIS LES SUIVANTES :

LISEZ ET CONSERVEZ CES INSTRUCTIONS.

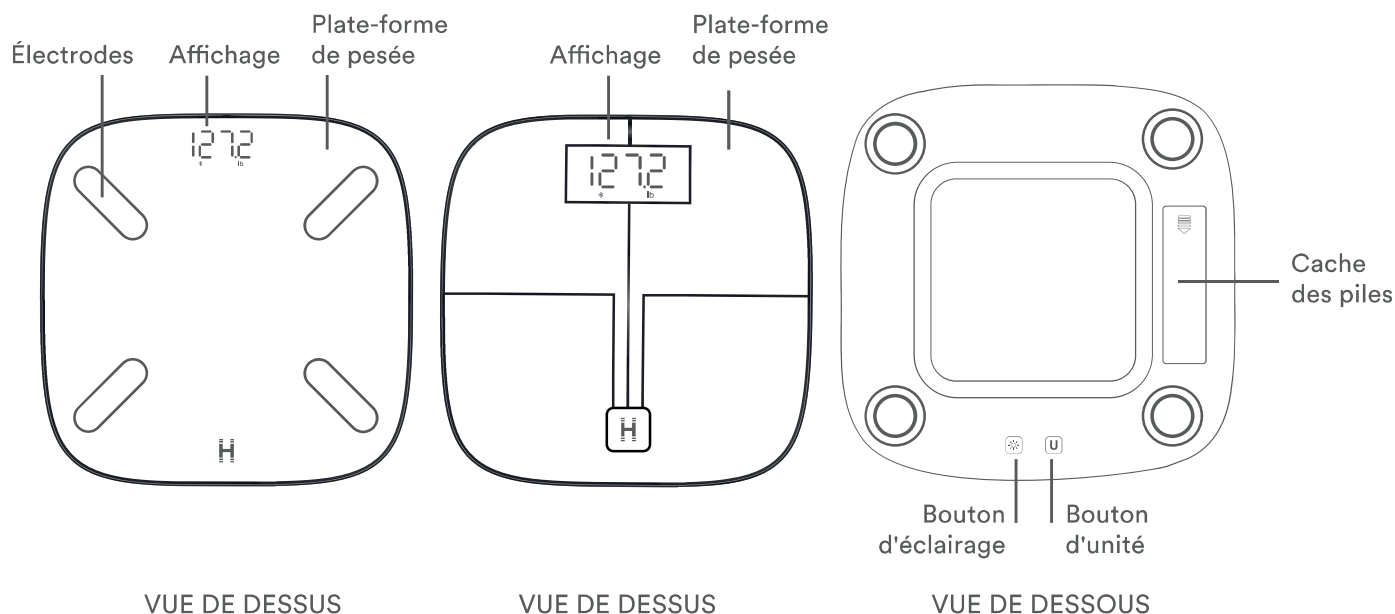
- NE PAS utiliser si vous avez des dispositifs médicaux implantés tels qu'un stimulateur cardiaque ou un poumon artificiel.
- NE PAS utiliser en portant des dispositifs tels qu'un électrocardiographe portable.
- NE PAS utiliser si vous êtes enceinte.
- Gardez les piles hors de portée des enfants.
- NE PAS utiliser sur un sol glissant.
- Ce produit est destiné à être utilisé comme analyseur de composition corporelle pour le fitness personnel et le suivi de la santé uniquement.
- Ce produit ne doit pas être utilisé pour traiter ou diagnostiquer des conditions médicales.
- Consultez toujours votre médecin ou professionnel de la santé avant de modifier votre régime alimentaire ou votre programme d'exercice.
- NE PAS atteindre un appareil qui est tombé dans l'eau.
- NE PAS utiliser pendant un bain ou sous une douche.
- NE PAS placer ou stocker l'appareil où il pourrait tomber ou être tiré dans une baignoire ou un évier.
- NE PAS placer dans ou jeter dans l'eau ou tout autre liquide.
- NE PAS utiliser à l'extérieur. Ce produit est destiné à un usage domestique uniquement.
- NE PAS frapper ou faire tomber la balance.
- NE PAS se tenir sur le bord de la balance.
- NE PAS sauter sur la balance.
- NE PAS monter sur une balance mouillée. Le verre mouillé est glissant. Assurez-vous toujours que la surface de la balance est sèche et que vos pieds sont secs avant utilisation.
- NE pas placer à la lumière directe du soleil, à proximité d'appareils de chauffage, d'évents de climatisation.
- Placez toujours la balance sur une surface dure, sèche et plate avant la mesure.
- Vérifiez la balance avant utilisation. NE PAS utiliser la balance si le verre est fissuré ou cassé. Si vous voyez une fissure, contactez le service client.
- NE PAS surcharger la balance. La capacité de poids maximale est de 400lbs (180kg ou 28st:7lb).
- Une supervision étroite est nécessaire lorsque cet appareil est utilisé par, sur, ou à proximité d'enfants, de personnes invalides ou handicapées.
- Les données de mesure peuvent ne pas être précises si vous utilisez la balance immédiatement après des exercices intenses.
- Remplacez une batterie dont le modèle est incorrect et qui pourrait compromettre les mesures de sécurité.
- Ne mettez pas la batterie dans un feu ou dans un four à haute température, et ne cassez pas ou ne coupez pas mécaniquement la batterie, ce qui pourrait provoquer une explosion;
- Ne placez pas la batterie dans un environnement à température extrêmement élevée qui pourrait provoquer une explosion ou une fuite de liquide ou de gaz inflammables.
- N'exposez pas la batterie à une pression d'air extrêmement basse qui pourrait provoquer une explosion ou une fuite de liquide ou de gaz inflammable.

Environnement d'exploitation	Température : 59°F - 104°F (15°C - 40°C) Humidité : 30 - 80% HR Pression atmosphérique : 970hPa - 1050hPa
Environnement de stockage	Température : -31°F - 140°F (-35°C - 60°C) Humidité : 10 - 90% HR Pression atmosphérique : 700hPa - 1060hPa

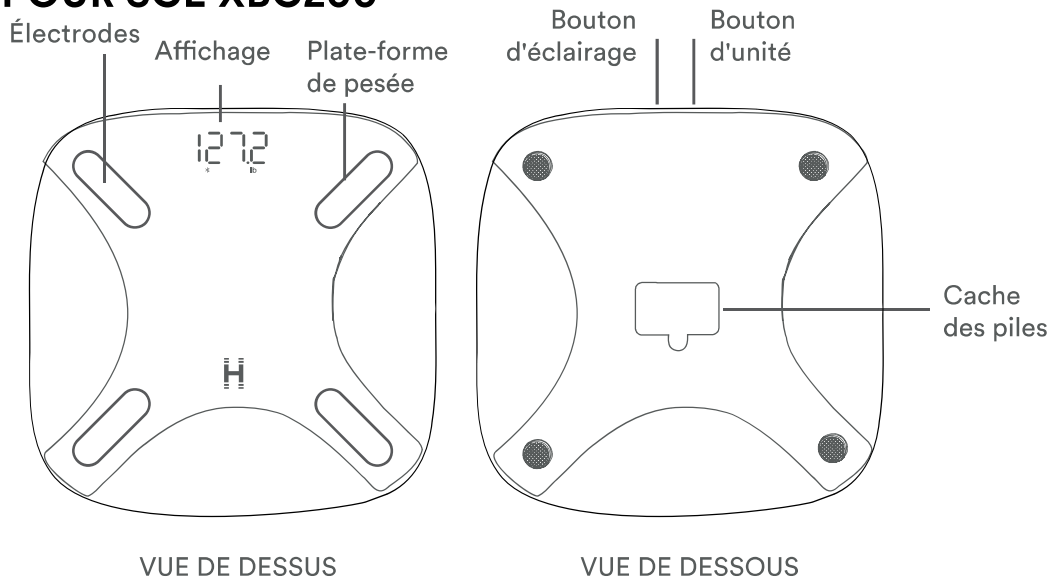
SYMBOLE	EXPLICATION
	Ce symbole signifie "Fabriqué par" et fournit le nom et l'adresse du fabricant légal.
	Date de fabrication.
	Ce symbole fait référence au code de lot de l'appareil.
	Partie appliquée de type B, B indique qu'il est utilisé pour le corps. Cet appareil est connecté à la tension secteur principale.
	Ce symbole indique de lire le manuel avant utilisation.
	Ce symbole indique que le produit ne doit pas être jeté avec les ordures ménagères.
	Ce symbole indique que le produit est conçu pour une utilisation en intérieur uniquement.

DÉCOUVREZ VOTRE BALANCE NUMÉRIQUE GLO AVEC ÉCLAIRAGE AMBIANT

SCL-BBC200, SCL-BBC250 ET SCL-BBC350



POUR SCL-XBC200



AVANT D'ALLUMER L'APPAREIL

Cette balance est livrée avec 4 piles AAA pour les modèles SCL-BBC200, SCL-BBC250 et SCL-BBC350, ou 3 piles AAA pour le modèle SCL-XBC200. Veuillez installer les piles dans le compartiment à piles pour allumer votre balance avant utilisation. Après la mise sous tension, vous pouvez prendre votre première mesure.

BOUTONS DU PANNEAU ARRIÈRE



BOUTON D'ÉCLAIRAGE

Appuyez sur le bouton d'éclairage pour choisir la luminosité : élevée, basse ou éteinte.



BOUTON D'UNITÉ

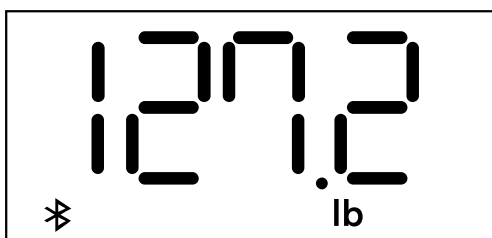
Appuyez pour choisir l'unité de mesure souhaitée : lb, kg ou st:lb

ÉCRAN D'AFFICHAGE / ÉCRAN

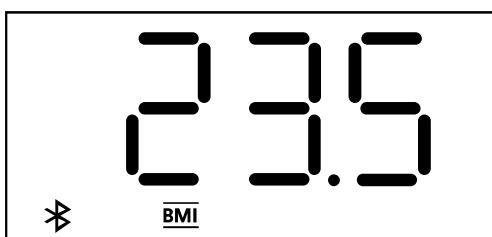
Une fois la mesure terminée, le poids, l'indice de masse corporelle (IMC) et le pourcentage de graisse corporelle (%) s'afficheront sur l'écran de la balance pendant 4 secondes chacun. Téléchargez l'application Homedics Scales pour accéder à l'ensemble des 13 biométries essentielles.

NOTE : Si vous n'avez pas connecté votre balance à l'application Homedics Scales avant la mesure et n'avez pas saisi votre taille, votre date de naissance et votre sexe, la balance n'affichera que le poids. L'IMC et le pourcentage de graisse corporelle ne s'afficheront sur l'écran de la balance qu'après la connexion à l'application Homedics Scales et la saisie de votre taille, date de naissance et sexe.

Poids



Indice de masse corporelle (IMC)



Pourcentage de graisse corporelle

