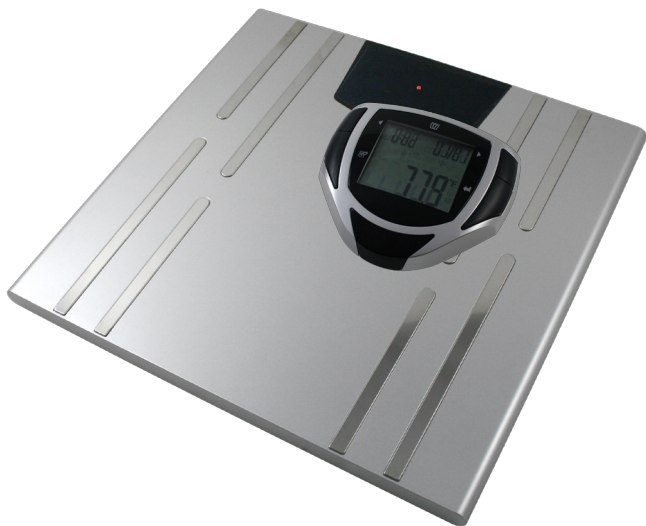# BIOWEIGH
IR

Wireless Body Fat Scale

330lb x 0.2lb
150kg x 0.1kg

AWS

BioWeigh-IR Manual

Thank you for purchasing the American Weigh BioWeigh-IR Wireless Body Fat Scale. Please read all operating instructions carefully before use. Scales are precision instruments and should always be handled with care.


Special Note on Body Fat Scales

Body fat scales and analyzers use bioelectrical impedance analysis (BIA) technology to calculate body fat %. This technology works by measuring the resistance (impedance) of small electrical currents through your body. When the user's height and body impedance are known, the scale can accurately determine total body water (TBW) and fat-free mass (FFM). Fat-free mass is then subtracted from your total body weight to obtain your body fat mass.

This scale should be used while barefoot. Measurement errors can arise if weighing while wearing socks or pantyhose. To avoid slipping, do not step on the scale with wet feet. Do not use the scale on carpet.

Although BIA method uses a safe, low level of electrical current, users with pacemakers or other electric medical devices or implants should not operate this scale.

I. Remote Display Overview
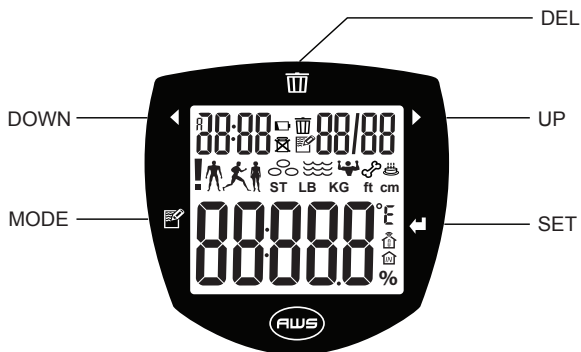
II. Key Functions

DEL - Delete the current record

DOWN - Down key; Scrolls down through records; Press and hold to change the clock faster during clock setup.

UP - Up key; Scrolls up through records; Press and hold to change the clock faster during clock setup.

MODE - Lookup records

SET - Set and confirm time during clock setup; Search records by date when in record lookup mode; Saves current measurements during weighing mode.

UNIT - (on back of remote display) Unit Switch Key
Switch temperature units: °C or °F during the clock and temperature mode;
Switch weight unit: KG, LB, or ST during weighing mode.
Switch height unit: CM or FT during user data input mode.

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III. Battery Installation

This scale should come with batteries in the box. To install the batteries, turn the scale over and remove the battery cover. Insert two (2) AAA batteries according to the diagram inside the battery compartment. Replace the battery cover. Also insert two (2) AAA batteries into the back of the remote display according to the diagram.
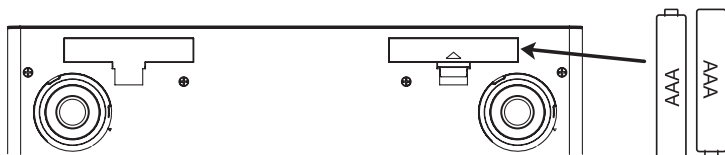
IV. Turning the Scale On and Off

This scale has an Auto-On and Auto-Off feature. The scale will automatically turn on when the user steps on the platform and automatically turn off after the user steps off the platform. This scale is ready to weigh, and does not require tapping first before stepping on the scale.

V. Clock & Temperature Mode

The remote display defaults to clock / temp. mode after 18 seconds of non-use. To set the clock:

- In clock / temp. mode, hold the ⏎ (Set) button. The current year will begin to flash. Press ◀ and ▶ to adjust the value. Now press ⏎ to accept.
- The month will begin to flash. Press ◀ and ▶ to adjust the value. Now press ⏎ to accept.
- The day will begin to flash. Press ◀ and ▶ to adjust the

value. Now press ⏎ to accept.
- The hour will begin to flash. Press ◀ and ▶ to adjust the value. Now press ⏎ to accept.
- The minute will begin to flash. Press ◀ and ▶ to adjust the value. Now press ⏎ to accept. The display will return to clock / temp. mode after 4 seconds.

VI. Basic Weighing
- Press ◀ or ▶ on the remote display to enter User Select Mode. The sex, height, and age for the current user will be displayed.
- Select the relevant user using ◀ and ▶.
- The display will show the current weight applied to the scale.

VII. Changing Weighing Units
To change the current weighing unit, use the "UNIT" button on the back of the remote display during weighing mode. The display can change between kg -> lb -> st.

VIII. Entering Personal Data
Before you can obtain a body fat analysis, you must first enter your user data including sex, height, and age:
- Press ◀ or ▶ on the remote display to enter User Select Mode.
- Select the relevant user using ◀ and ▶. The sex, height, and age for the current user will be displayed.
- Press ⏎ to edit sex. Use ◀ and ▶ change the value.

- Press ◄┘ to edit height. Use ◄ and ► change the value.
- Press ◄┘ to edit age. Use ◄ and ► change the value.
- Press ◄┘ to confirm.
- You may now stand on the scale's metal contacts (barefoot).
- Your weight will be displayed briefly then the scale will begin body fat analysis. During this time, a floating 0 will be displayed.
- If successful, the display will show Body Fat -> Water -> Muscle -> Bone -> Weight. After 3 cycles, the display will return to clock / temp. mode.
- To save the data, press the ◄┘ key before the 3 cycles are up. 📝 will be displayed to indicate that it saved.

NOTE: You may only save the data once a day for each user.

IX. Lookup Records
To view the last record for a user:
- Press ◄ or ► to enter User Select Mode.
- Select the relevant user using ◄ and ► then press 📝 (MODE) to enter Record Inquiry Mode.
- The last record set for the user will be shown in this order: Body Fat -> Water -> Bone -> Weight
To lookup a record by date:
- While in Record Inquiry Mode, press ◄┘.
- Use ◄ and ► to adjust the date and press ◄┘ to confirm.
- After a few seconds, the record set for that date will be displayed.
- You may also use ◄ and ► to view other records.

NOTE: If no record is found ! will be displayed.

X. Deleting Records
To delete a single record while in Record Inquiry Mode:
- Press the 🗑 key once
- The 🗑 icon will flash on the display.
- Press and hold 🗑 for 2 seconds until the 🗑 icon stops flashing. The record is deleted.
- The next record in memory will be displayed.

To delete a users complete record set while in Record Inquiry Mode:
- Press the 🗑 key once
- The 🗑 icon will flash on the display.
- Press and hold ◀ and ▶ at the same time for 5 seconds until the 🗑 icon stops flashing. All records for the user are now deleted.

XI. Body Composition Charts

Body Fat %

Age	Female				Male			
	Under-weight	Healthy	Over-weight	Obese	Under-weight	Healthy	Over-weight	Obese
10-12	<12	12-22	22-30	>30	<8	8-18	18-24	>24
13-18	<15	15-25	25-33	>33	<8	8-18	18-24	>24
19-30	<20	22-31	31-38	>38	<8	8-18	18-24	>24
31-40	<24	24-33	33-40	>40	<11	11-20	20-26	>26
41-50	<24	24-33	33-40	>40	<13	13-22	22-28	>28
51-60	<26	26-35	35-42	>42	<15	15-24	24-30	>30

60+	<28	28-37	37-47	>47	<17	17-25	26-34	>34

Body Water %

Age	Female	Male
	Healthy	Healthy
10-12	>60	>64
13-18	>58.5	>63.5
19-30	>56	>62.5
31-40	>53	>61
41-50	>52	>60
51-60	>51	>59
60+	>50	>58

Body Muscle %

Age	Female	Male
	Healthy	Healthy
10-99	>34	>40

Bone Mass

	Female			Male		
Weight	<100lb	100-130lb	>130lb	<130lb	130-165	>165lb
Bone	4lb	4.8lb	5.5lb	5.5lb	6.4lb	7lb

XII. Icon Descriptions

Icon						
Description	Male	Female	Body Fat	Water	Muscle	Bone

Icon	▭	🗑	⊠	📝	🎂	**!**
Description	Low Batteries	Delete Record	Overweight	Record Saved	Age	No Record Found

XIII. Troubleshooting

If in the process of using the scale, the receiver stops working properly, place the receiver on the platform of the scale and press ◀ or ▶ to enter weighing mode. Then place at least 30lbs of weight on the scale to turn it on. The display should show the weight after about 5 seconds.

Model	BIOWEIGH-IR
Capacity	150kg / 330lb / 23st:8lb
Resolution	0.1kg / 0.2lb / 0.2lb
Weighing Units	kg, lb, st:lb
Memory	10 User Memory; Stores up to 365 records per user. Record includes: year, month, day, weight, fat, water, muscle, and bone
Body Analysis Ranges	body fat range: 0~80% body fat graduation: 0.1% water range: 10~80% water graduation: 0.1% muscle range: 13~80% muscle graduation: 0.1% bone range: 0~9kg bone graduation: 0.2lb/0.1kg age range: 10~80
Temperature Display	range: 14°F ~ 104°F (-10°C ~ 40°C)
Scale Dimensions (inches)	11.8 x 12.2 x 0.7"
Power	4 x AAA Batteries (included)
Warranty	10 Year Warranty

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