



Pure Pleasure



BSD01



PLEASE RETAIN THIS MANUAL
FOR FUTURE REFERENCE



6-in-1: Scale, body fat, body water, muscle percentage bone mass and calorie analysis

Max Capacity: 150kg/ 330lb/ 24st

Division: 100g/ 0.2lb

46 x 84mm LCD digits

Foot tap start or key-press on

Weighing unit switch between kg/ lb/ st

10 Users-Memory places with data (age, gender and height)

Automatic Zero and Switch Off

Low battery and overload indication

One year quality guarantee

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CAUTION



INFORMATION



DANGER

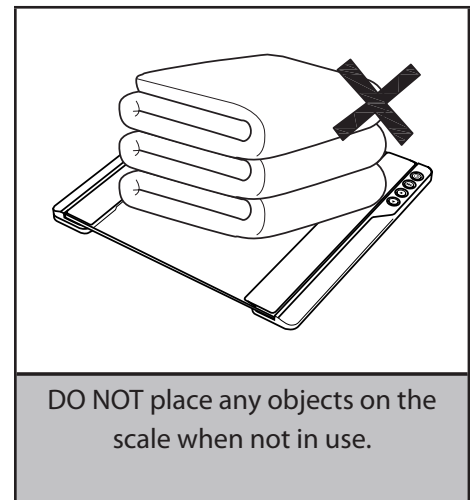
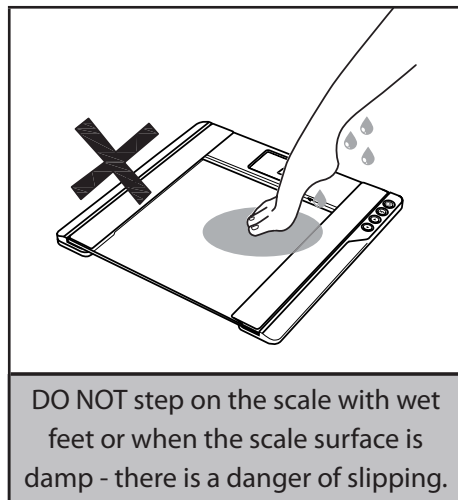
Dear Customer,

Thank you for purchasing a Pure Pleasure product. You can be rest assured that our electric blankets and scales have been designed to meet international standards and that you have purchased a quality product.



Please read these instructions carefully and keep them for future use. Be sure to share them with other users and always follow the information they contain.

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GENERAL



- This scale must not be used by persons with medical implants (e.g. pacemakers). Their function could be impaired.
- DO NOT use during pregnancy. Inaccurate measurements may be caused by the amniotic fluid.
- Protect the scale against impact, moisture, dust, chemicals, major temperature fluctuations and keep it away from heat sources.
- Batteries must not be charged or reactivated by other means, taken apart, thrown into a fire or short circuited.
- Repairs may only be done by Pure Pleasure Customer Service or authorized dealers. Failure to follow this will void the warranty.
- This device is only for private use and is not intended for medical or commercial purposes. Please note that the scale is not calibrated for professional medical applications.

- Please dispose of the appliance in accordance with the Directive on Waste Electrical and Electronic Equipment (*WEEE*). In case of queries, please contact the municipal authorities responsible for waste disposal in your area.
-  Keep packaging materials away from children. These are a suffocation risk.
-  Batteries are very dangerous if swallowed. Keep batteries and scale out of reach of small children. If batteries are swallowed, seek medical help immediately.



HOW DIAGNOSTIC SCALES WORK

This scale operates according to B.I.A (bioelectric impedance analysis). This enables physical relationships to be measured within seconds by means of an undetectable, completely harmless electric current. The body fat percentage and other physical measurements of the body can be determined by measuring the electrical resistance (impedance) and the inclusion of these in a calculation of constants and individual parameters (age, height and gender).

Muscle tissue and water have good electrical conductivity, and therefore lower resistance. Bones and fatty tissue, on the other hand, have low conductivity, as fat cells are bone conduct hardly any current as a result of their very high resistance.

Please be aware that values obtained from the diagnostic scale represent only an approximation of actual analytical medical data. Only a specialist physician can accurately determine body fat, body water muscle percentage and bone structure using medical procedures. This scale should only be used for trend analysis.



HOW TO WEIGH YOURSELF CORRECTLY

If possible, always weigh yourself at the same time of day (ideally in the morning), after going to the toilet, on an empty stomach and without clothes to achieve comparable results. Wait approximately 15 minutes after getting up in the morning to allow the water in the body to distribute.



GENERAL

For diagnostic measurement purposes, body fat can only be measured when barefoot and with the soles of the feet slightly moist.

Completely dry soles can result in unsatisfactory measurements due to inadequate conductivity.

Stand still during the measurement.

Wait a few hours after abnormal strenuous activity.



LIMITATIONS

When measuring body fat and other values, deviating and implausible results may occur in:

- children under approximately 10 years,
- competitive athletes and body builders,
- pregnant women,
- persons with fever, undergoing dialysis treatment or with symptoms of edema or osteoporosis,
- persons taking cardiovascular medication,
- persons taking vascular dilating or vascular constricting medication,
- persons with considerable anatomic deviations of the legs in relation to total body size (length of the legs considerably shortened or lengthened).



OPERATING INSTRUCTIONS

This scale has been designed to determine the weight of human beings. The scale can measure up to 150kg. For weight measurement and bone mass measurement, the results are shown in 100g increments. The measuring results of the body fat, body water and muscle percentage are shown in 0.1% increments..



BATTERIES

If present, pull the battery insulating strip off the battery compartment cover or remove the battery's protective film and insert the batteries according to the polarity. If the scale fails to operate, remove the batteries completely and insert them correctly again.

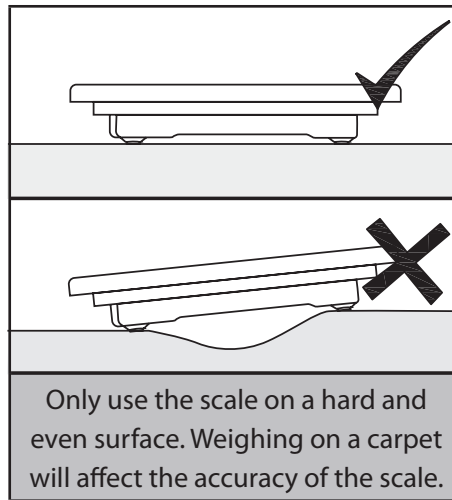
Battery replacing indicator: When the batteries need replacing, the "LO" message will appear on the display.

Please open the battery cover, remove the batteries carefully from the battery compartment by drawing them sideways out from under the contacts. DO NOT bend the contents back while you do this, or they may break. Dispose of the old batteries in an environmentally friendly manner.

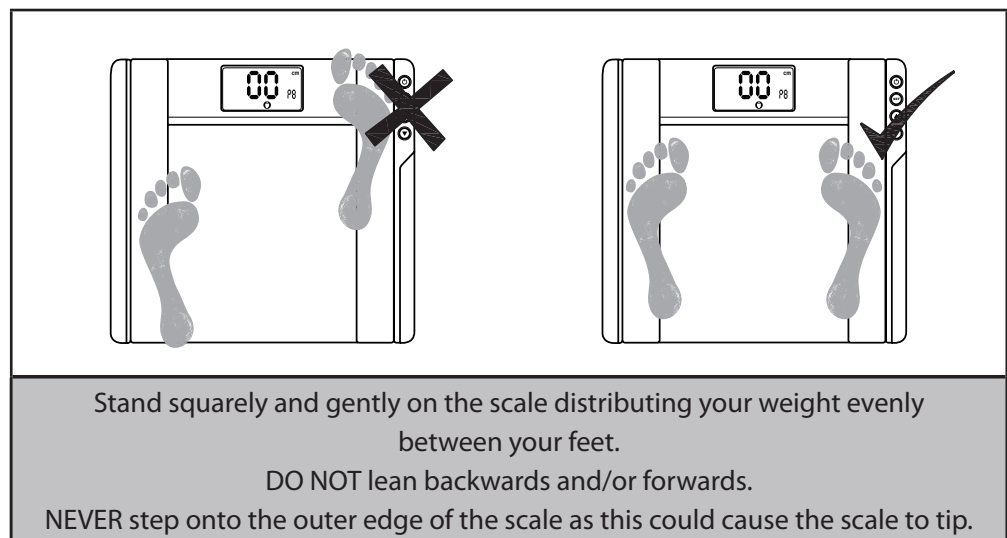
If you do not intend to use this scale for a long period of time, we recommend removing the batteries before storing the scale.



MEASURING YOUR WEIGHT



Press quickly and forcefully with your foot on the platform of your scale or press the button. (DO NOT stand on the scale). Wait for the display to display "0,0". The scale is now ready to measure your weight.



Wait while the scale computes your weight.

Your correct weight will then be displayed as follows:



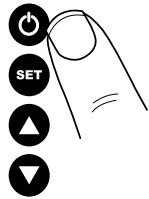
Your scale rounds up or down to the nearest 100g. If you weigh yourself twice and get two different readings, your weight is the average of the two.



SETTING USER DATA

To measure your body fat percentage and other physical data, you must enter your personal user parameters. The scale has 10 memory positions in which you and other members of your household can save and recall personal settings.

1. Turn on the power



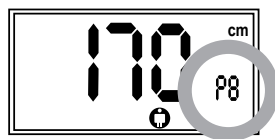
Press button to turn on the unit. The unit will confirm activation; the personal data number last used will appear.

2. Selector Switch



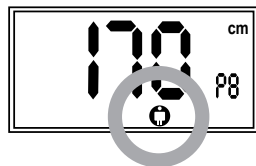
Use the selector switch on the bottom of the scale to select a weight to use: Metric (*kg*), Pounds (*lb*), or Stones (*ST*).

3. Select a Personal Data Code



First press the button – the personal data code will flash. Press the / buttons to select a Personal data code. Once you reach the Personal data code you wish to use, press the button to confirm.

4. Select Sex



Use the / buttons to scroll to appropriate male/female settings and then press the button to confirm.

5. Specify your Height



Use the ▲ / ▼ buttons to scroll to specify your height in centimeters and then press the **SET** button to confirm. (Range of user height is 100cm – 220cm).

6. Specify your Age



Use the ▲ / ▼ buttons to scroll to specify your age. When you reach your age, press the **SET** button to confirm (range of user age is 10 – 90 years).

i **NOTE:** If you make a mistake before you have finished programming it, repeat the steps from Select a Personal data Code.

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TAKING MEASUREMENTS

After all parameters have been entered, you can now measure your weight, body fat and all the other data.

Select Personal Data Code

Press the **ON** button to turn on. Use the ▲ / ▼ buttons to select your Personal data code. The display will show the programmed data.

DO NOT step on the scale until the "0.0" appears on the display.

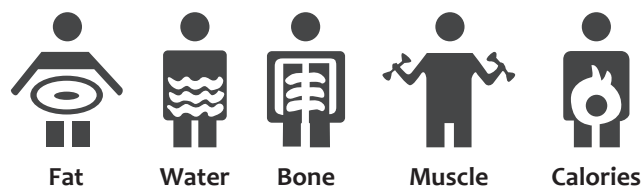
Step on the scale with bare feet and make sure you are standing still on the stainless steel electrodes.

i **IMPORTANT:** There may be no contact between feet, legs, calves and thighs. If there is the measurement may not be performed accurately.



INTERPRETING YOUR RESULTS

In order of appearance on screen after your weight is displayed:



Your weight is compared with the BMI (Body Mass Index). It is calculated using the following formula: $BMI = (\text{Weight in Kilograms} / (\text{Height in Meters} \times \text{Height in Meters}))$

Underweight	Normal weight	Overweight
<20	20-25	>25

Note that with very muscular physiques (body builders), the BMI interpretation will show overweight. The reason for this is that no account is taken of well above average muscle mass in the BMI formula.

Body fat percentage

The following body fat percentages are for guidance only (contact your physician for further information).


MALE	Age	Very Good	Good	Average	Poor
	10-14	<11%	11-16%	16.1-23%	>23.1%
	15-19	<12%	12-17%	17.1-23%	>23.1%
	20-29	<13%	13-18%	18.1-23%	>23.1%
	30-39	<14%	14-19%	19.1-24%	>24.1%
	40-49	<15%	15-20%	20.1-25%	>25.1%
	50-59	<16%	16-21%	21.1-26%	>26.1%
	60-69	<17%	17-22%	22.1-27%	>27.1%
	70-90	<18%	18-23%	23.1-28%	>28.1%


FEMALE	Age	Very Good	Good	Average	Poor
	10-14	<16%	16-21%	21.1-26%	>26.1%
	15-19	<17%	17-22%	22.1-27%	>27.1%
	20-29	<18%	18-23%	23.1-28%	>28.1%
	30-39	<19%	19-24%	24.1-29%	>29.1%
	40-49	<20%	20-25%	25.1-30%	>30.1%
	50-59	<21%	21-26%	26.1-31%	>31.1%
	60-69	<22%	22-27%	27.1-32%	>32.1%
	70-90	<23%	23-28%	28.1-33%	>33.1%

A lower value is often found in athletes. Depending on the type of sports, training intensity and physical constitution, values may result which are below the recommended values stated. It should, however, be noted that there could be a danger to health in the case of extremely low values.

Body water

The body water percentage is normally within the following ranges:

	Age	Poor	Good	Very Good
	10-90	<50%	50-65%	>65%


	Age	Poor	Good	Very Good
	10-90	<50%	50-65%	>65%


Body fat contains relatively little water. Therefore persons with a high body fat percentage have body water percentages below the recommended values. With endurance athletes, however, the recommended values could be exceeded due to low fat percentages and high muscle percentage. Body water measurement with this scale is not suitable for drawing medical conclusions, for example concerning age related water retention. If necessary ask your physician.

High body water percentage should be the aim.

Muscle percentage

The normal percentage of muscle is in the following ranges:

 MALE	Age	Poor	Average	Good
	10-14	<44%	44-57%	>57%
	15-19	<43%	43-56%	>56%
	20-29	<42%	42-54%	>54%
	30-39	<41%	41-52%	>52%
	40-49	<40%	40-50%	>50%
	50-59	<39%	39-48%	>48%
	60-69	<38%	38-47%	>47%
70-90	<37%	37-46%	>46%	

 FEMALE	Age	Poor	Average	Good
	10-14	<36%	36-43%	>43%
	15-19	<35%	35-41%	>41%
	20-29	<34%	34-39%	>39%
	30-39	<33%	33-38%	>38%
	40-49	<31%	31-36%	>36%
	50-59	<29%	29-34%	>34%
	60-69	<28%	28-33%	>33%
70-90	<27%	27-32%	>32%	

Bone mass

Like the rest of our body, our bones are subject to natural development, degeneration and the ageing process. Bone mass increases rapidly in childhood and reaches its maximum between 30 and 40 years of age. Bone mass reduces slightly with increasing age. You can reduce this degeneration somewhat with healthy nutrition (particularly calcium and vitamin D) and regular exercise. With appropriate muscle building, you can also strengthen your bone structure.

Note that this scale will not show you the calcium content of your bones, but will measure the weight of all bone constituents (organic substances, inorganic substances and water).



ATTENTION: Please do not confuse bone mass with bone density. Bone density can be determined only by means of a medical examination. It is therefore not possible to draw conclusions concerning changes to the bones and bone hardness (e.g. osteoporosis) using this scale.

Little influence can be exerted on bone mass, but it will vary slightly within the influencing factors (weight, height, age, gender).

Results in relation to time

Note that it is only the long-term trend which counts. Short period fluctuations in weight over a few days are mostly the result of a loss of fluid.

The interpretation of the results will depend on changes in your overall weight and body fat, body water and muscle percentages, as well as on the period during which these changes take place. Rapid changes within days must be distinguished from medium term changes (over weeks) and long term changes (months). A basic rule is that short term changes in weight almost exclusively represent changes in water content, whereas medium and long term changes may also involve the fat and muscle percentages.

- If your weight reduces over the short term, but your body fat percentage increases or remains the same, you have merely lost water – e.g. after a training session, sauna session or a diet restricted only to rapid weight loss.
- If your weight increases over the short term, but your body fat percentage falls or stays the same, then you could have built up valuable muscle mass.
- If your weight and body fat percentage fall simultaneously then your diet is working – you are losing fat mass. Ideally you should support your diet with physical activity. By these means, you can increase your muscle percentage over the medium term.



AUTOMATIC SWITCH OFF

When you step off the scale, it will automatically switch off.
(If no weighing takes place while the zero is being displayed, the scale switches off automatically after approximately 10 seconds).



OVERLOAD INDICATOR

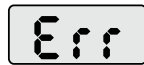


When the scale is overloaded (weight exceeds 150kg), this error message will appear on the screen.



INCORRECT MEASUREMENT

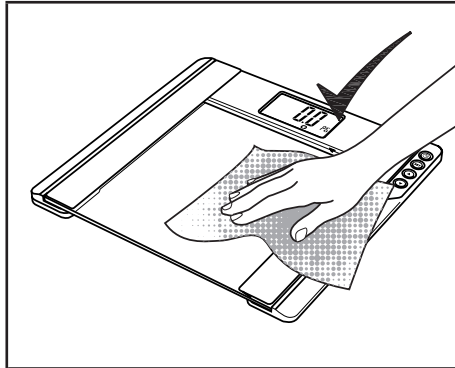
If the scale detects an error during measurement, this is indicated with



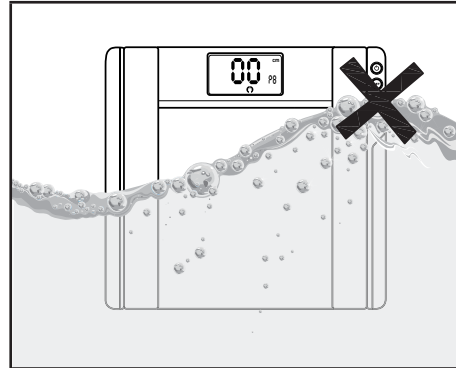
Possible cause of error	Remedy
The scale was not activated before you stood on it. If you stand on the scale before "0.0" appears on the display, the scale will not function properly.	Activate the scale correctly and repeat the measurement.
The maximum capacity of 150kg was exceeded	Weigh only the maximum permissible weight.
The electrical resistance between the electrodes and the soles of the feet is too high (e.g. in the case of thick calluses).	Repeat the measurement barefoot. If necessary, moisten the soles of your feet slightly. If necessary, remove the calluses from the soles of your feet.
You are standing unsteadily on the scale.	Keep still while standing on the scale.
The fat percentage is outside the measurable range (less than 5% or greater than 50%)	Repeat the measurement barefoot or, if necessary, moisten the soles of your feet slightly. Be careful not to use the scale with wet feet.
The water percentage is outside the measurable range (less than 36% or greater than 70%)	Repeat the measurement barefoot or, if necessary, moisten the soles of your feet slightly. Be careful not to use the scale with wet feet.
The muscle and bone percentages are outside the measurable range (age and gender related)	Repeat the measurement barefoot or, if necessary, moisten the soles of your feet slightly. Be careful not to use the scale with wet feet.

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CARE



The scale should periodically be cleaned with a damp cloth and a small amount of soap. DO NOT use strong or corrosive cleaning agents.



Never immerse the scale in water or rinse it under running water.



DO NOT store the scale in an upright position when not in use – this will drain the batteries.



Treat your scale with care – it is a precision instrument. DO NOT drop it or jump on it.

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ADDITIONAL INFORMATION

Your new body fate scale allows you to measure weight, body fat percentage, water percentage, muscle percentage and bone weight simultaneously and easily, simply by stepping on the scale.

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SPECIFICATIONS

- Equipped with a High Precision "Strain-Gauge" Sensor
- Tempered Safety Plate Glass Platform
- Personal data can be pre-set and stored in 10 personal data memories
- Capacity 150kg
- Division 100g/0.2lb
- LCD Display
- Foot tap start or Key press on
- Automatic zero resetting
- Automatic switch off
- Overload indicator
- Low battery indicator



POWER SUPPLY

- Included 2 x Lithium Batteries (CR2032)

Please remove the insulation sheet from the battery contacts before use.

Replace the batteries when the scale shows



WARRANTY

This scale is warranted to be free of defects in workmanship and materials for a period of 1 (one) year from date of purchase. Proof of purchase is required to validate claims, so please retain yours.

Before discarding packaging, please ascertain that this product is what is desired. Opening the packaging is considered acceptance that this product is suitable for use.