

ELEKTRA™

CARE



INSTRUCTION MANUAL

ELECTRONIC BODY STAT SCALE



Elektra™ Care Personal Electronic Scale

Your new Elektra™ Care Electronic Body Stat Scale has been designed to accurately measure your weight, and should provide many years of trouble free use if operated and maintained correctly.

Read these instructions before use and keep them safe. If you pass the appliance on, pass on the instructions too. Remove all packaging, but keep it until you are satisfied.

IMPORTANT SAFEGUARDS

1. Do not use this appliance if you have a pacemaker or any other electronic body implant.
2. Do not use the scale on a wet surface.
3. Use the scale only on a hard, dry, flat and level surface.
4. Do not stand on the scale if your feet are wet as you may slip.
5. Do not overload.
6. Fragile! Do not drop the scale, or hit it with any heavy objects.
7. Do not jump on the scale.
8. This product can only be used with static pressure. Avoid breaking the glass by striking, shocking or dropping.
9. Keep away from extreme heat.
10. Do not immerse the scale in water.
11. When not in use do not store anything on top of the scale.
12. If the scale is faulty, do not attempt to repair yourself. Please contact the Service Centre.
13. Remove the batteries if you are not going to use the scale for a long period of time.
14. Children should only use the scale whilst under adult supervision.



**Keep feet bare
and clean**



**Do not pile
sundries**



**Do not
immerse in**



**Do not use or
store in wet
environment**



Do not whack



**Avoid
overloading**

Household use only

This BODY FAT, MUSCLE, HYDRATION AND BONE MONITOR SCALE is not suitable for:

- Children under 10 and adults over 80 years old
- People with symptoms of fever, edema and osteoporosis
- People on dialysis treatment
- People taking cardiovascular medication
- Pregnant women
- Athletes who undertake more than 10 hours of intensive sport activity daily
- People with a heart rate of under 60 beats per minute

FEATURES

- Maximum weighing capacity: 180kg
- Division: 0.1kg / 0.2lb
- Large LCD display
- Auto zero – Auto off
- Low battery power indicator
- Overload indicator
- 6mm tempered glass
- Memory storage for up to 10 people
- Ultra modern glass finish

POWER SUPPLY

- 3 x AAA batteries (included).
- Replace the batteries only when "LO" on the LCD display.
- When using the scale for the first time, open the battery compartment and remove the battery safety strip prior to use.

TECHNICAL DATA

- Maximum capacity: 180kg
- Minimum capacity: 3kg
- Division: 0.1kg
- Weight graduation: +/-1%
- Weight unit: kg / lb / st
- Fat measuring range: 5% - 65%
- Fat percentage graduation: 0.1%
- Hydration measuring range: 20% - 72%
- Hydration percentage graduation: 0.1%
- Muscle measuring range: 20% - 70%
- Muscle percentage graduation: 0.1%
- 10 memory settings
- Age
- Height: 100 – 240cm

DIRECTIONS FOR USE

MEASURING WEIGHT

- 1) Place the scale on a hard, flat surface (avoid carpeted floors).
- 2) To switch on the scale, tap the front centre of the platform with your foot and wait a few seconds until the zero appears on the display.
- 3) When the zero appears the scale is now ready for weighing. Step on the scale.
- 4) Stand still on the scale with your weight evenly distributed, and wait while the scale measures your weight. Your weight will then be displayed.
- 5) You can also switch on the scale by pressing 'SET'



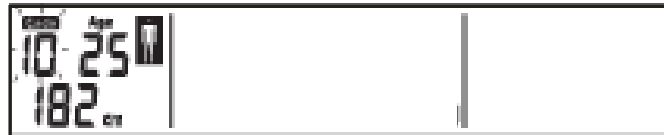
IMPORTANT:


To ensure the most accurate reading:

- (i) Always weigh yourself on the same scale placed on the same floor surface. Please note that uneven floors may affect readings.
- (ii) Weigh yourself without clothing and footwear, before meals and always at the same time of day.

SETTING YOUR PERSONAL DATA

- 1) Press the SET button to switch on the scale. The number under CODE will flash.



- 2) Select from "0~9" by pressing "▲" and "▼", e.g.: 
- 3) Select the gender by pressing "▲" or "▼" to choose "♂" Male or "♀" female when the gender symbol flashes on the screen. Press SET to conform Gender symbol.
- 4) To select age press "▲" or "▼" to reach your target age (10-80) when "age" and the number flash on the screen. Press SET to confirm age.
- 5) To select height press "▲" or "▼" to reach your target height (100-240cm) when the height flashes on the screen. Press SET to confirm.
- 6) Once you have confirmed height, the scale will display 0.0kg, and will be ready for you to perform your measurements.
- 7) Repeat the above steps if you wish to modify an existing user or add a new user.

TAKING YOUR MEASUREMENTS

- 1) Remove your shoes and socks. Make sure your feet are clean.
- 2) Press the SET button to switch on the scale, or tap with your foot.
- 3) Press the up or down buttons to select the memory unit.
- 4) The data from your saved profile will appear on the screen.
- 5) Step on the scale when "0.0" appears on the display. Make sure that your feet are placed over the metal strips and that there is good contact.
- 6) Once the weight has been locked the measuring symbol appears.
- 7) The results will be displayed twice before the scale automatically turns off.



TABLES

FAT%

Age	Female %				Male %			
	Low	Normal	High	Over	Low	Normal	High	Over
15 ~ 39	14~20	21~25	26~31	32~38	11~17	18~23	24~29	30~36
40 ~ 55	15~21	22~26	27~32	33~38	12~18	19~24	25~30	31~37
56~70	16~22	23~27	28~33	34~38	13~19	20~25	26~31	32~38

WATER %

Age	Female %			Male %		
	Low	Normal	High	Low	Normal	High
10 - 15	< 57	57-67	> 67	< 58	58-72	> 72
16 – 30	< 47	47-57	> 57	< 53	53 -67	> 67
31 – 60	< 42	42-52	> 52	< 47	47 – 61	> 61
61 – 80	> 37	37-47	> 47	< 42	42-56	> 56

MUSCLE %

Age	Female%	Male%
15 -70	> 34%	> 40%

BONE %

Age	Female%	Male%
16-50	>8	>10

UNITS OF MEASUREMENT

Your Elektra™ Care scale can display your weight in **kilograms, pounds and stone**. The selector switch can be found on the underside of the scale.

The smallest units of measurement are 0.1kg/0.2lb



AUTOMATIC SWITCH OFF

When you step off the scale it will automatically switch off within 15 seconds.

OVERLOAD INDICATOR

When the scale is overloaded, i.e. over its maximum capacity, the message "**O-Ld**" will appear on the screen.

LOW BATTERY INDICATOR

When the battery needs replacing, the message "**LO**" will appear on the screen.

To change the battery remove the battery cover on the back of the scale and carefully remove the battery from the battery compartment by drawing them sideways out from under the contacts.

Do not bend the contacts back whilst removing the battery as they may break.

Please dispose of batteries in the correct manner.

CARE INSTRUCTIONS

- Clean your scale with a damp cloth but do not allow water to get inside the scale.
- The top of this scale becomes slippery when wet - please take care when weighing yourself.
- Do not use chemical cleaning agents.
- Do not allow your scale to become saturated with water as this can damage the electronics.
- Keep your scale in a cool dry place.
- Keep your scale in the horizontal position when storing it.

AFTER SALES SERVICE

The appliance is not user-serviceable. If it is not working properly check:

1. You have followed the instructions properly.
2. The battery is the correct battery and has charge.
3. The battery is making contact with terminal.

If the appliance still does not work, contact the Service Centre.

TEL: 011 393 1328 FAX: 011 393 1501 EMAIL: technical@sp-africa.com

GUARANTEE

Any defect affecting the functionality of the appliance which becomes apparent within one (1) year of its purchase, will be corrected by free repair or replacement, provided that the appliance has been used and maintained in accordance with the instructions, and has not been altered/modified, abused or misused in anyway, and is accompanied with a Proof of Purchase to validate the age of the appliance.

SPECIFICATION

Model: 3201



**8 Palala Street, Protec Park, Terenure Ext. 42,
Kempton Park, South Africa, 1610**

Tel: 011 393 – 1328

Fax: 011 393 – 1501

info@sp-africa.com

www.sp-africa.com