

Microlife WS 80

EN

- ① ON/SET Button
- ② User Button
- ③ Down Button
- ④ Up Button
- ⑤ Battery Compartment
- ⑥ KG / LB / ST Switch

Display

- ⑦ Low Battery Indication
- ⑧ Zero Setting
- ⑨ Weight Reading
- ⑩ User Indication
- ⑪ Gender
- ⑫ Age
- ⑬ Height
- ⑭ Body Fat Reading
- ⑮ Body Water Reading
- ⑯ Muscle Mass Reading
- ⑰ Bone Mass Reading
- ⑱ Body Mass Index (BMI) Reading
- ⑲ Basal Metabolic Rate (BMR) Reading
- ⑳ Error

 Read the instructions carefully before using this device.

Dear Customer,

This diagnostic scale allows you to evaluate your body composition. The knowledge of your body composition allows you to combine a correct nutrition and physical activity as essential conditions to improve the quality of life, promote health, and prevent pathologies. Detailed user information about our products and about our services can be found at www.microlife.com. Stay healthy – Microlife AG!

1. Important Facts about Body Composition

It is important to know the body composition of an individual in order to be able to estimate his/her health condition. It is not enough to know one's weight but it is necessary to define its quality, which means dividing the human body in its two major component masses:

- Lean body mass: bones, muscles, viscera, water, organs, blood
- Fat body mass: adipose cells

Body Fat

The total body fat mass is calculated by totalling the essential fat (or primary fat) and the spare fat (or storage fat). The essential fat is necessary for the metabolism and some spare fat, which is theoretically surplus, is necessary for those who carry out physical activities. For men a body fat percentage between 17-25 % is considered as normal and for women between 22-31 %. The body fat % increases with the person's age.

Body Water

Body water % is an important indication of the overall "well being" of a human being as water is the single most important component of body weight. Research shows that 57 % body water is optimum, but normally there is no problem if the reading is 10 % higher or lower. The body water % is greater in childhood and decreases with age. Women, usually having more adipose tissue than men, have a water ratio of about 55-58 % while men have about 60-62 %. Normally below 40 % would be seen as too low, and above 70 % as too high. Body weight variations that take place in a few hours are completely normal and are due to water retention, since the extra-cellular water is the only component subject to such rapid variations.

Muscle Mass

Muscle mass is important in determining a healthy body composition. A person with a higher % of muscle mass finds it easier to move, but needs more energy to do it. Exercise is very important in maintaining a healthy body and the muscle mass % is a useful indicator to control it. The normal muscle mass % on the body weight lies between 38-54 % for men and between 28-39 % for women depending on age and physical activity level.

Bone Mass

Bone mass increases rapidly in childhood and reaches its maximum between 30-40 years. It decreases slightly afterwards with increasing age. Healthy nutrition, regular exercise including some level of muscle building can help to reduce bone degeneration. However, it is often difficult to significantly influence bone mass. Factors like age, gender, weight, and height have a small influence on the bone mass. Average adult bone mass is 15 % for male and 12 % for female. There are no recognized guidelines or recommendations relating to bone mass.

Body Mass Index (BMI)

The BMI is a simple index of weight-for-height that is commonly used to classify underweight, overweight and obesity in adults. It is calculated by dividing the body weight in kg by the square of the height in m of a person. The WHO BMI Classification is as follows:

- Normal: 18.50-24.99 kg/m²
- Underweight: under 18.50 kg/m²
- Overweight: over 24.99 kg/m²
- Obese: over 29.99 kg/m²

Basal Metabolic Rate (BMR)

The BMR in kcal is the amount of energy required by the body when in a state of complete rest to maintain its basic functions. About 70 % of a human's total energy expenditure is due to the basal life processes within the organs of the body. About 20 % of one's energy expenditure comes from physical activity and another 10 % from the digestion of food.

An estimation can be acquired through an equation using age, sex, height, and weight. There are no recognized guidelines or recommendations relating to BMR.

2. Suggestions for Use

- Place the scale on a flat, hard surface. Soft, inaccurate flooring (e.g. rugs, carpets, linoleum) can cause the scale to give uneven readings of your weight.
- Step onto the scale with your feet parallel and weight equally distributed.
- Stand still while the scale measures your weight.
- It is important to weigh yourself with dry, bare feet, correctly positioned on the electrodes. Moreover, for the scale to work properly, avoid your legs touching.
- The scale is safe to use as a simple scale by everyone. The following people should not perform a diagnostic measurement:
 - pregnant women
 - people on cardiovascular medication
 - those fitted with a pace-maker or other forms of electronic, medical equipment
 - those with a temperature
 - children under the age of 10
 - those in dialysis, with oedemas on their legs, people with dimorphism or suffering from osteoporosis
- Always weigh yourself on the same scale each day at the same time, preferably undressed and before breakfast. To get the best results from your scale, weigh yourself twice, and if the two weights are different from each other, your weight is between the two readings. Wait for about 15 minutes after getting up, so that the water can distribute itself around your body.
- The surface of the scale can be slippery, if wet.
- If an error occurs during the analysis of your body composition, the scale will turn off automatically.
- The precision of the measurement results can be altered in the following cases:
 - a high alcohol / drug / caffeine level
 - after an intense sports activity
 - during an illness or pregnancy
 - after heavy meals or in presence of dehydration
 - your personal data (height, age, sex) have not been input correctly
 - if you have wet or dirty feet

NOTE: The body composition measured by this scale is to be considered only as approximate information. For more information, consult your physician or dietitian.

NOTE: Only people between 10-100 years and those who are between 100-200 cm tall may use the body composition measurement function of this scale.

3. Using the Device for the First Time

How to insert batteries

This scale operates with two replaceable lithium batteries. When the batteries are empty the display shows "LO" (7) or the battery symbol. Insert two new batteries in the battery compartment (5) with the positive pole upwards.

KG / LB / ST Switch

Located at the bottom of the scale, this switch (6) allows you to choose the unit of measurement for weighing: kg, lb or st. Select your desired unit of measurement, always when the scale is turned on and "0.0" is displayed (otherwise the unit of measure cannot be changed).

Use as simple scale

1. In order to get accurate measurements, place the scale on a firm level floor.
2. Step onto the scale and wait without moving; after a few seconds, the display screen will show your weight (9). Do not lean on anything while being weighed as this could alter the reading.
3. Step off the scale, the display screen will continue to show your weight for a few seconds then it will turn off automatically.
4. If the "ERR" (20) symbol is displayed, it means that an error has taken place during the measurement. Start the entire procedure again from the very beginning.

4. Entering Personal Data

This scale can memorise the data of 10 different persons.

1. Turn the scale on by pressing the ON/SET button.
2. "P 01" (10) will flash on the display screen, indicating the "01" person: if you wish to change the memory location (memories from 01-10), press the "▼" (3) or "▲" (4) symbols. Once you have selected the memory location, press ON/SET (1) to confirm.
3. Press the "▼" (3) or "▲" (4) symbols to define your gender (1). Press ON/SET (1) to confirm.
4. Use the "▼" (3) or "▲" (4) symbols to enter your age (from 10-100) (12). Press ON/SET (1) to confirm.
5. Enter your height (from 100-200 cm) (13) using the "▼" (3) or "▲" (4) symbols to increase or decrease the value. Press USER (2) to confirm.
6. The display will show the saved data in sequence in order for you to verify that they are correct. Then the scale is ready for measurement.

To change the data entered, recall the relevant memory location and repeat the whole procedure.

To enter another person's data, select a free memory location and repeat the whole procedure described above.

NOTE: The scale will turn off automatically if no button is pressed within 10 seconds.

5. Calculation of Body Composition

1. Turn the scale on by pressing the ON/SET button.

2. "P 01" (10) will flash on the display to indicate the "01" person: if you wish to change the memory location (memories from 01-10), press the "▼" (3) or "▲" (4) symbols. Select your memory location and press USER (2) to confirm. The data entered as well as the last measured values will be viewed on the display and then "0.0" (8) will appear. To immediately start the measurement without viewing your previously measured data, press USER (2) again and "0.0" (8) will be displayed right away.
3. Step on the scale making sure you place your bare feet over the two electrodes. The display will show the following data in sequence:
 - your weight (8) flashing 3 times
 - your body fat percentage (14)
 - your body water percentage (15)
 - your muscle mass in kg (16)
 - your bone mass percentage (17)
 - your BMI in kg/m² (18)
 - your BMR in kcal (19)
4. The scale will turn off automatically after 5 seconds.

NOTE: Five half digits will appear on the display to indicate the start of the diagnostic measurement. You can step off the scale, after they have disappeared and your body fat percentage has been displayed.

NOTE: Start the entire procedure again from the very beginning. If the "ERR" (20) symbol is displayed.

Compare the results obtained with the parameters listed in the section "Important Facts about Body Composition": if your results fall outside the normal values, we suggest you consult your physician.

6. Important Safety Instructions

- This device may only be used for the purposes described in these instructions. The manufacturer cannot be held liable for damage caused by incorrect application.
- This device comprises sensitive components and must be treated with caution. Observe the storage and operating conditions described in the "Technical Specifications" section.
- Protect it from:
 - water, moisture, and extreme temperatures
 - impact and dropping
 - contamination and dust
 - direct sunlight, heat, and cold
- Do not use this device if you think it is damaged or notice anything unusual.
- Never open this device.
- If the device is not going to be used for a prolonged period the batteries should be removed.
- Read the additional safety information provided within the individual sections of this instruction manual.

Ensure that children do not use this device unsupervised; some parts are small enough to be swallowed. Be aware of the risk of strangulation in case this device is supplied with cables or tubes.

Device care

Clean the device only with a soft, dry cloth.

Disposal

 Batteries and electronic devices must be disposed of in accordance with the locally applicable regulations, not with domestic waste.

7. Guarantee

This device is covered by a 2 year guarantee from the date of purchase. The guarantee is valid only on presentation of the guarantee card completed by the dealer (see back) confirming date of purchase or the receipt.

- The guarantee covers the device. Batteries and packaging are not included.
- Opening or altering the device invalidates the guarantee.
- The guarantee does not cover damage caused by improper handling, discharged batteries, accidents or non-compliance with the operating instructions.

Please contact your local Microlife Service (see foreword).

8. Technical Specifications

- Capacity: 180 kg / 397 lb / 28 st 5 lb
- Resolution: 0.1 kg / 0.2 lb
- 10-person memory
- Two 3V lithium battery, CR 2032
- Precision and repeatability with a tolerance range within:
 - ± 1 % + 0.1 kg / 0.2 lb

Technical alterations reserved.

Microlife WS 80

EN

- ① Кнопка ON/SET (включить / установить)
- ② Кнопка USER (пользователь)
- ③ Кнопка Down (вниз)
- ④ Кнопка Up (вверх)
- ⑤ Отсек для батареи
- ⑥ Переключатель кг / фунты / стоны

Дисплей

- ⑦ Индикация разряда батареи
- ⑧ Установка нуля
- ⑨ Считывание показаний веса
- ⑩ Определение пользователя
- ⑪ Пол
- ⑫ Возраст
- ⑬ Рост
- ⑭ Показание доли жира в весе тела
- ⑮ Показание доли воды в весе тела
- ⑯ Показание доли мышечной массы в теле
- ⑰ Показание доли костной массы в теле
- ⑱ Масса тела
- ⑲ Интенсивность обмена веществ
- ⑳ Ошибки

 Перед использованием прибора внимательно прочтите данное руководство.

Уважаемый покупатель,

Эти диагностические весы позволяют оценить структуру Вашего тела. Информация о структуре тела поможет выбрать наиболее подходящее питание и физические нагрузки для улучшения самочувствия, укрепления здоровья и предупреждения болезней. Более подробную информацию о нашей продукции Вы можете найти на сайте www.microlife.com. Будьте здоровы – Microlife AG!

1. Важные факты о структуре тела

Чтобы иметь возможность оценить состояния своего здоровья, важно знать, что состав тела индивидуален. В действительности, недостаточно знать вес человека, необходимо определить его качество, что означает разделение массы человеческого тела на два больших компонента:

- тела масса тела: кости, мышцы, органы, вода, кровь
- жировая масса тела: жировые клетки

Показание доли жира

Общая жировая масса тела рассчитывается путем сложения эссенциальной (висцеральной) жировой ткани и подкожной жировой клетчатки. Эссенциальная (висцеральная) жировая ткань и небольшое количество подкожной жировой клетчатки необходимы для поддержания обменных процессов организма для всех людей. Некоторое количество избыточной подкожной жировой клетчатки необходимо для людей, поддерживающих активные физические нагрузки. Для мужчин нормой является 17-26 % жировой ткани, для женщин 22-31 %, с возрастом количество жира в организме увеличивается.

Показание доли воды

Процент воды в теле человека определяет его хорошее самочувствие, так как вода является важнейшей составляющей массы тела. Исследования показали, что 57 % воды от массы тела является оптимальным количеством для человека, но, правило, если процент воды выше или ниже на 10 %, то на самочувствие это не влияет.

В юном возрасте количество воды в теле больше, чем в преклонном. Процент воды в теле по отношению к жировой массе у женщин колеблется от 55-58 %, а у мужчин от 60-62 %. Пониженным процентом содержания воды в отношении к жировой массе будет меньше 40 %, повышенным больше 70 %.

Изменение процента воды в течение дня может быть вызвано задержкой венозной жидкости в организме.

При изменении введенных данных вызовите значение: "0.0" (8), что бы пропустить значение введенных данных и последних измерений нажмите (2).

3. Сядьте с весом, на экране дисплея в течение нескольких секунд сохраняется индикация вашего веса, затем они автоматически выключаются.

4. Если отображается знак "ERR" (20), это означает, что во время измерения произошла ошибка. Начните всю процедуру сначала.

2. Ввод личных данных

1. Включите прибор нажатием кнопки ON/Off.

2. На дисплее мигает "P 01" (10), что означает: "1-й пользователь". Если вы хотите сменить пользователя, воспользуйтесь кнопками "▼" (3) или "▲" (4). Память рассчитана на 10 пользователей.

3. Нажмите кнопку ON/Off (1). Нажмите кнопку ON/Off (1).