



Whynter Intelligent Digital Body Analysis Scale

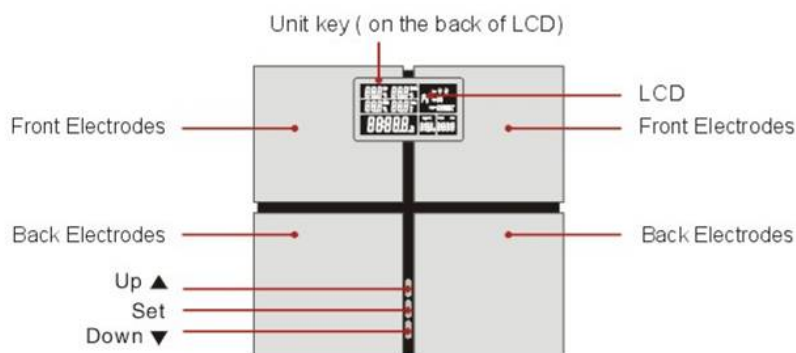
OWNER'S MANUAL

MODEL: BH-2300

Whynter Intelligent Digital Body Analysis Scale

Please read this instruction booklet completely before operating.

1. SCALE DRAFT



2. TECHNICAL SPECIFICATION

- Max weight: 180 KG/396 LB
- Division: 0.1KG/0.2LB
- Weight Unit: KG / LB / ST:LB
- Height unit: cm/ft-in
- Memory person: 9 persons
- Over-load / Low battery indicator
- Body fat range: 4.0%-80.0%
- Body fat / water / muscle division: 0.1%
- Water range: 10.0%-80%
- Muscle range: 13.0%-100.0%
- Body bone range: 0-9.0kg
- Body bone division: 0.1kg
- Age range: 10-80
- Recommended working environment: T 0-50 degree, RH<90%
- Power: 4x1.5V AAA battery (not included)

3. Factors affecting measuring results

To ensure the accuracy of measuring results, we advise having your body measured at night. There will be a little difference on the reading of the measuring results when you weigh yourself at the same time of the day. Measuring at consistent conditions (proper same time of day and same condition) will ensure the best results with this method.

Besides, these measuring results are also affected by following factors: diet style, drinking too much alcohol, heavy exercise, certain prescription drugs and diuretics, illness, or woman's menstrual cycle.

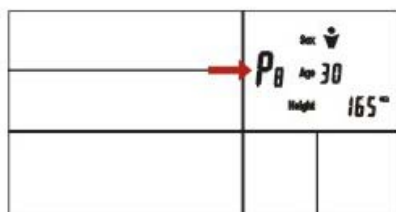
4. BUTTON DEFINITION

- 1). ☐ Press once to add the parameter
- 2). ☐ Press once to confirm the input
- 3). ☐ Press once to decrease the parameter
- 4). Unit key: press to exchange unit between kg, lb, st. The Unit key is on the back of the LCD

5. PERSONAL DATA SETTING

For the first time user, please input your personal data (including sex, age, and height) and measure weight, so the scale can save your serial number and personal data. This scale can save 9 sets of personal data at most. You and your family members can select you favorite number for data saving. Please choose the serial number from P1-P9 and the number of P0 is only used for GUEST MODE which doesn't save any data.

- 1) Press UP DOWN and SET button to switch on. The person memory number "Px" will flash on the display, press UP or DOWN to choose the person memory number and press SET to confirm.



- 2)The gender symbol will flash on the display. Press UP and DOWN to select your gender

and your build:

MALE NORMAL: male, normal build, (exercising a maximum of twice a week for 30 minutes);

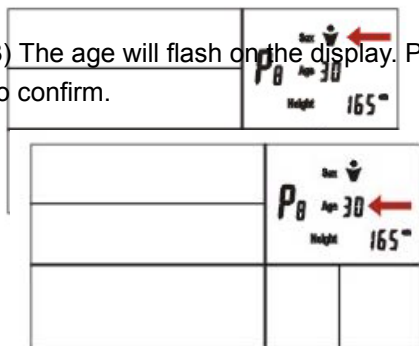
FEMALE NORMAL: female, normal build, (exercising a maximum of twice a week for 30 minutes);

MALE ATHLETIC: male and athletic,

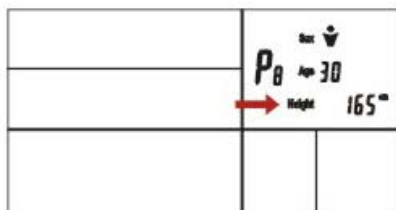
FEMALE ATHLETIC: female and athletic.

Confirm your selection by briefly pressing the SET key.

3) The age will flash on the display. Press UP or DOWN set the right age, then press SET to confirm.



4) Height will flash on the display. Press UP or DOWN to set the right height, then press SET to confirm.



Note: Please don't stand on the scale while setting the personal data.

5) After finishing setting up the personal data, the scale will display 0.0 which indicates the scale is ready for weighing. Stand on the scale when 0.0 display on the scale.

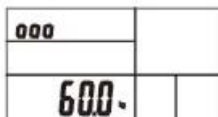
- First the weight display on the scale



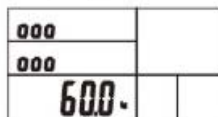
▲ Attention: In order to have accurate reading, please stand on the scale with bare feet and keep your feet clean and dry, get in good touch with the metal surface.

- When 000 is displayed on the scale, it indicates that the scale is analyzing. Please do not move.

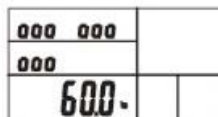
Analyzing



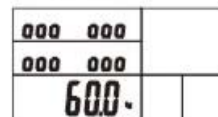
Analyzing



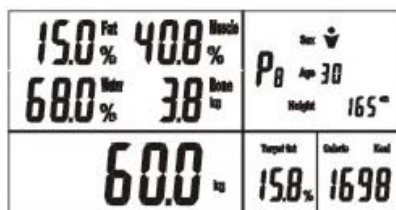
Analyzing



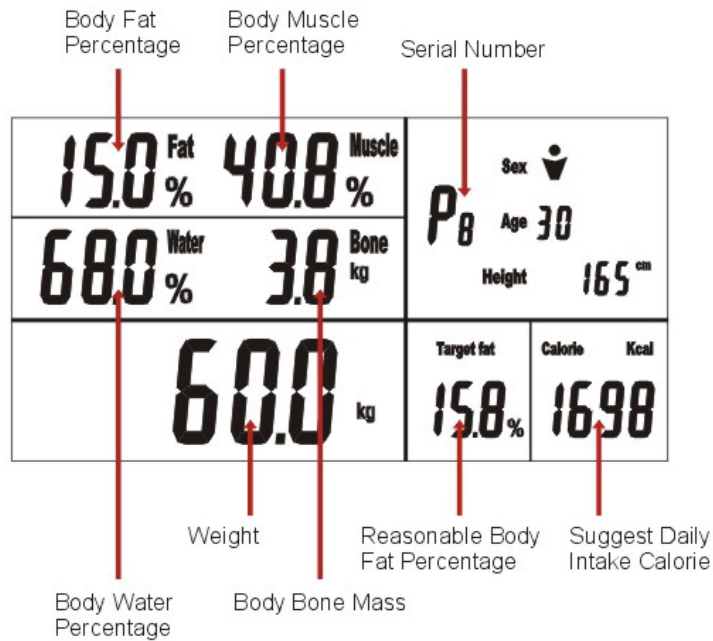
Analyzing



- Once finished, the “weight”, “fat percentage”, “water percentage”, “muscle percentage”, “bone mass” and “target fat percentage”, “suggest daily intake calorie”, personal data will display directly on each segment of the LCD for 20 seconds and record.



6. DISPLAY



7. INTELLIGENT IDENTIFY FUNCTION

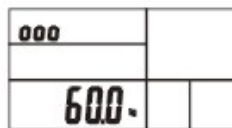
1) When utilizing the scale a subsequent time, there is no need to re-input your personal data, as the intelligent scale will identify the relative data automatically and implement measuring.

- ☐ Stand on the scale, weight will display on the scale.

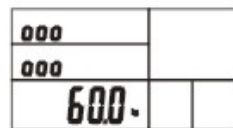


- ☐ The scale analyses data, please do not move.

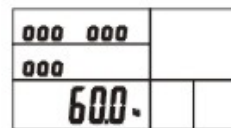
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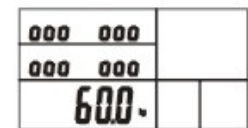
Analyzing



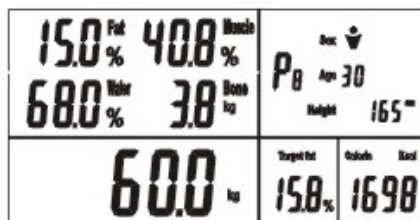
Analyzing



Analyzing



- ☐ Once finished, the measuring results will display on the scale.



2) If the scale finds more than one set similar personal data during the measuring, the serial numbers of the similar data will flash on the display, and you can press the key of UP DOWN and SET to choose the right person memory number.

When the scale display as below, please press keys of UP DOWN and SET to choose your right person memory number and data. Because the scale finds two sets of similar personal data (P1、P2) and can not distinguish the right one.

P1	P2	
60.0	kg	

3) If the scale can not find any similar personal data and there are free memory spaces during measuring, the scale will turn to personal data setting state automatically. Please turn to STEP 5 set the sex, age and height.

4) If the scale can not find relative personal data and there is no free memory space for a new person, the scale will turn to Guest mode (P0) for you to set the personal data as STEP 5 before weighing.

5) When Err% is displayed on the scale, there is something wrong with personal data or wrong procedure has occurred. Please operate per the manual and check your personal data.

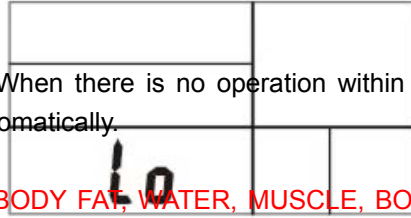
Err%	Sex	
	P0	Age 30
	Height	165"
60.0	kg	

6) When 0-Ld is shown on the display, it indicates that the maximum weight is exceeded (more than 180kgs/396lbs).

0-Ld		

7) When "Lo" is shown on the display, it indicates that the battery is low, please change the battery.

8) When there is no operation within approximately 10 seconds, the scale will turn off automatically.



8. BODY FAT, WATER, MUSCLE, BONE AND DAILY INTAKE CALORIE REFERENCE CHART

Body fat percentage (%): 4~80%

Age	Female				Male			
	Underfat(-)	Healthy(0)	Overfat(+)	Obese(++)	Underfat(-)	Healthy(0)	Overfat(+)	Obese
10-39	<21	21-33	33-39	>39	< 8	8-19	19-25	>25
40-59	<23	23-35	35-40	>40	<11	11-22	22-28	>28
60-80	<24	24-36	36-42	>42	<13	13-25	25-30	>30

Body Water (Hydration) percentage (%): 10%~80%

Age	Female			Male		
	Low(-)	Normal(0)	High(+)	Low(-)	Normal(0)	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	>62
61-80	<37	37-47	>47	<42	42-56	>56

Muscle percentage: 13%~100%

Muscle	Female	Male
	>34%	>40%

Bone mass (kg): 0~9kg

	Female			Male		
weight	<45kg	45–60kg	>60kg	<60kg	60–75kg	>75kg
Bone mass	>1.8kg	>2.2kg	>2.5kg	>2.5kg	>2.9kg	>3.2kg

Daily intake Calorie Reference Chart (kcal /day)

Age	Female			Male		
	Standard Weight (kg)	Metabolism Standard value (kcal/kg/day)	Daily consume calorie (kcal/day)	Standard Weight (kg)	Metabolism Standard value (kcal/kg/day)	Daily consume calorie (kcal/day)
15-17	59.8	27	1610	51.4	25.3	1300
18-29	64.7	24	1550	51.2	23.6	1210
30-49	67	22.3	1500	54.2	21.7	1170
50-69	62.5	21.5	1350	53.8	20.7	1110
>70	56.7	21.5	1220	48.7	20.7	1010

9. ATTENTION

Attention for safety

- The scale MUST NOT be used for a person with a pacemaker inside or with any other medical transplanting. The impedance passed through our body will cause disturbance of the normal working of medical equipment.
- This scale is for general use only. We do not advise using the scale for medical purposes.
- Do not use it on wet or slippery floors. Do not stand on the edge of scale to avoid tipping.

- Please seek assistance when using the scale if you are handicapped or pregnant.

Attention for operation

- Please take off your socks and keep your bare feet clean and dry.
- Advice to use the scale without any clothing, your clothing will influence the accuracy of the reading.
- Over diet or water loss will have negative effect on the reading.
- Heavy exercise will have negative effect on the reading.
- Unstable or incorrect reading may result from a bad connection with the electrode surface, please clean the dirt on the scale and step on the scale as instructed.
- Keep stable when weighing, any shaking will lead to inaccurate readings.
- The scale could not be applied to following groups:
 - People with age below 10 years or above 80 years old.
 - Athletic or muscular body type (body builder).
 - Pregnant woman.

10. MAINTENANCE

- Please place the scale on a clean and level surface.
- Please do not use the scale in extreme damp and extreme high or low temperature environment.
- Please do not jump or stamp on the scale and avoid dropping it, as the scale is highly precise electronic instrument.
- To prevent scratches on stainless steel panel, it is advised not to wear any footwear while measuring.
- When cleaning the scale, please use only normal cloth and no chemical should be added to protect against any damage to the scale.
- This product is only designed for home use and should not be used commercially for any reason at all. The <Body Fat / Muscle / Bone / Calorie Chart> is for reference purpose only.
- Please remove battery from the scale if it is not used for a long time.

180 DAYS LIMITED WARRANTY

This WHYNTER scale is warranted, to the original owner within the 48 continental states, for 180 days from the date of purchase against defects in material and workmanship under normal use and service. Should your WHYNTER scale prove defective within 180 days from the date of purchase, return the defective part or unit, freight prepaid (within one month of purchase; after one month to one year, customer will be responsible for freight cost to Whynter's service department), along with an explanation of the problem/issue. Please carefully package the scale in its original packaging material to avoid damage in transit. Please retain original box and packaging material. Under this warranty, Whynter will repair or replace any parts found defective. This warranty is not transferable. After the expiration of the warranty, the cost of labor and parts will be the responsibility of the original owner of the unit.

THIS WARRANTY DOES NOT COVER:

- Acts of God, such as fire, flood, hurricanes, earthquakes and tornadoes.
- Damage, accidental or other wise, to the scale while in the possession of a consumer not caused by a defect in material or workmanship;
- Damage caused by consumer misuse, tampering, or failure to follow the care and special handling provisions in the instructions.
- Damage to the finish of the case, or other appearance parts caused by wear.
 - 1) Surface
 - 2) Damage caused by repairs or alterations of the scale by anyone other than authorized by the manufacturer.
 - 3) Freight and Insurance cost for the warranty service.

To obtain service or information, contact

Whynter Innovations Group via Email at service@whynter.com

or call 866-WHYNTER.

