

### 13. Safety instructions for CR2032 lithium batteries

1. Lithium batteries are lithium manganese cells. If you do not use the monitor over a longer period, you should take out the batteries of the device.
2. Never open the lithium battery, do not put into fire, or expose to shocks because an explosion risk lasts or discharge of poisonous exposure to fumes might possible.
3. Never touch leaked cells with bare hands.
4. When eyes or hands are contaminated, it is essential to rinse with lots of water. You should go to a doctor if skin or eyes are irritated.
5. Dispose cells only completely discharged or protected against polarity reversal wrapped according to your local disposal regulation.
6. Do not expose the cells to direct solar radiation and store away from heat; otherwise, there is risk of overheating.
7. Maintain a storage temperature of < 40°C. Disposal of old electrical and electronic equipment

#### Warranty Registration (Must be completed within 10 days of purchase)

Customer Name: \_\_\_\_\_  
 Street Address: \_\_\_\_\_ City: \_\_\_\_\_  
 State: \_\_\_\_\_ ZIP code: \_\_\_\_\_  
 Telephone: \_\_\_\_\_ E-mail address: \_\_\_\_\_  
 Gender: Male  Female  Age: \_\_\_\_\_  
**Product Information**  
 Date of purchase: \_\_\_\_\_  
 Store where purchased: \_\_\_\_\_  
 Price Paid (excl. Tax): \_\_\_\_\_

This instrument is covered by a 2 year guarantee from the date of purchase, batteries and accessories are not included. The guarantee is valid only on presentation of the guarantee card completed by the dealer confirming date of purchase or the receipt. Opening or altering the instrument invalidates the guarantee. The guarantee does not cover damage, accidents or non-compliance with the instruction manual. Please contact Rossmax service.



OEM\_IB\_WB220\_EN\_SW\_ver1418  
 MW06200000000

# rossmax

## Glass Body Fat Monitor with Scale



Model:  
**WB220**  
**EN**

### Instruction Manual

[www.rossmax.com](http://www.rossmax.com)

Manufacturer: Rossmax Swiss GmbH  
 Tramstrasse 16, CH-9442 Berneck, Switzerland  
[www.rossmax.com](http://www.rossmax.com)

### 8. Body Analysis

#### 1. Turn the monitor on:

- Press button to turn on the monitor.

#### 2. Select personal data number:

- Press or or button to select your personal data number.



#### 3. Set personal data will be successively displayed:

Then "0.0 kg" indicating. The monitor is ready to use and you may now start your body analysis.

#### 4. Step onto measurement platform carefully with bare feet on the stainless steel strips (measuring units) of the monitor and remain stationary.

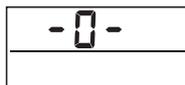
At first, your weight will be indicated on the upper display. Then, while the analysis is taking place, the **000000** indication in the lower half of the display. A few seconds later after completion of the measurement your measured values (body fat in % and BMI) will be shown three times in a row in the base half of the display alternately. After a few seconds the monitor switch-off automatically.



### 9. Weight function (weight measurement only)

#### 1. Turn the monitor on:

- Press button to turn on the monitor.



#### 2. Select "-0-" personal data number:

- Press or or button to select "-0-" personal data number about 5 seconds later "0.0 kg". Now the monitor is ready to use. Before 0.0 kg appears, please don't step on the monitor.

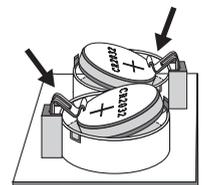


#### 3. Step on the monitor. Remain stationary on the weighing platform and do not hold you tight.

#### 4. After the monitor levelled-off, your weight will be indicated for 6 - 10 seconds steady. Afterwards the monitor switch-off automatically.

### 10. Change battery

Open the battery cover at the bottom side of the monitor and insert the supplied batteries (2 x CR2032). Please ensure the correct polarity of the batteries (+/-).



### 11. Error Messages

"": on the left bottom corner = Batteries are used up - Please replace the batteries with the intended type (2 x CR2032).

- "Err":
1. The weight exceeds the maximum capacity of 180 kg. Please immediately remove the critical load to avoid load cell damage.
  2. Exceed the body fat measurement range 5.0~50.0%
  3. Not bare feet for taking body fat measurement.
  4. Step off the monitor before body fat analysis procedure complete.
  5. Not step onto the electrodes for body fat measuring.
  6. The soles of your feet are not clean, e.g. feet perspiration..etc. to interfere the body fat measurement.

### 12. Technical Data

Capacity x graduation:	max. 180 kg x 100 g
Display resolution:	body fat: 0.1%
Body fat:	5.0~50%
Personal memory location:	4 positions
Age:	10 - 80 years
Body height:	100 - 240 cm
Dimensions:	approx. 300 x 300 x 18 mm
Batteries:	2 x CR2032 (included)

\*Subject to technical modifications

## 1. Introduction

Thank you for your decision to purchase rossmax body fat monitor. Please peruse this instruction manual prior to first start up and keep this user instruction careful so as to have this information on hand whenever it is needed.

## 2. Safety guidelines

The monitor is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge, unless a person responsible for their safety has given them supervision or instruction concerning use of the monitor. Children should be supervised to ensure that they do not play with the monitor.

- Not suitable for persons with electronic implants (heart pacemaker, etc.).
- Place the monitor on a plane and firm surface (tiles, hardwood flooring, etc.) to avoid a wrong measurement on carpeted floor
- Attention - Hazard of slips! Do not stand on the monitor with wet feet or on a slippery surface of the weighing platform.
- Please care that no heavy object may fall on the monitor. The glass surface is breakable.
- Clean the monitor only by using a slightly damp cloth. Do not use solvents or abrasive cleaning agents. Do not submerge the monitor under water.

This monitor is exclusive intended for private use but is not designed for commercial or professional use in hospitals or other medical facilities.

## 3. Useful information

### What is BMI?

Body Mass Index (BMI) is a simple index of weight-for-height that is commonly used to classify underweight, overweight and obesity in adults.

BMI uses the following simple formula to indicate the ratio between weight and height of a person.

$$\text{BMI} = \text{weight(kg)} / \text{height(m)} / \text{height (m)}$$

If the fat level revealed by BMI is higher than the international standard, there is an increased likelihood of common diseases. However, not all types of fat can be revealed by BMI.

BMI	Designation by the WHO
Less than 18.5	Underweight
18.5 or more and less than 25	Normal
25 or more and less than 30	Overweight
30 or more	Obese

The above index refers to the values for obesity judgment proposed by WHO(World Health Organization).

### What is Body Fat Percentage?

The body fat content is shown as the amount of stored fat as a percentage of total body weight. There is no generally accepted set value as this varies significantly according to gender (due to the different build) and age.

Body fat is vital for basic body functions. It's protecting organs, cushioning joints, regulating body temperature, storing vitamins and serves the body as energy storage. As essential for women a minimum body fat proportion between 10% and 13% and for men between 10% and 13% is requested with the exception of competitive athletes.

Body fat is not a clear indicator for health. Too high body weight and a too high body fat proportion are linked to the incidence of many civilization diseases such as diabetes, cardiovascular diseases, etc.

Lack of movement and improper nutrition are often the prime course for these diseases. There is an obvious direct relationship between overweight and lack of movement.

### Recommended Body Fat Ranges

Gender	Age	Underfat	Normal	Overfat	Obese
Female	20-39	< 21.0	21.0 - 32.9	33.0 - 38.9	≥39.0
	40-59	< 23.0	23.0 - 33.9	34.0 - 39.9	≥40.0
	60-79	< 24.0	24.0 - 35.9	36.0 - 41.9	≥42.0
Male	20-39	< 8.0	8.0 - 19.9	20.0 - 24.9	≥25.0
	40-59	< 11.0	11.0 - 21.9	22.0 - 27.9	≥28.0
	60-79	< 13.0	13.0 - 24.9	25.0 - 29.9	≥30.0

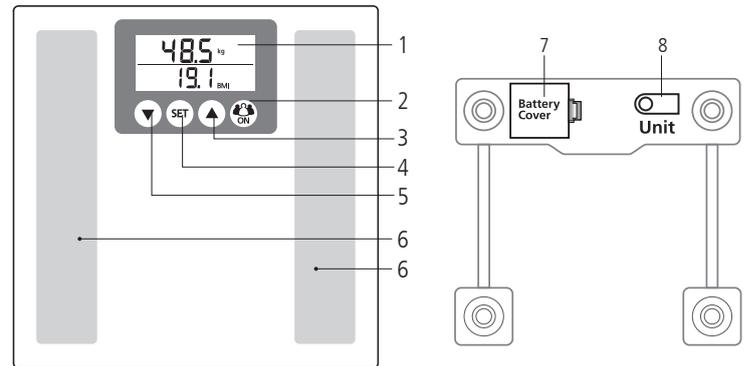
Based on Gallagher et al., American Journal of Clinical Nutrition, Vol. 72, Sept. 2000

### Body Fat Fluctuations in a Day

Hydration levels in the body may affect body fat readings. Readings are usually highest in the early waking hours, since the body tends to be dehydrated after a long night's sleep. For the most accurate reading, a person should take a body fat percentage readings at a consistent time of day under consistent conditions.

Besides this basic cycle of fluctuations in the daily body fat readings, variations may be caused by hydration changes in the body due to eating, drinking, menstruation, illness, exercising, and bathing. Daily body fat readings are unique to each person, and depend upon one's lifestyle, job and activities.

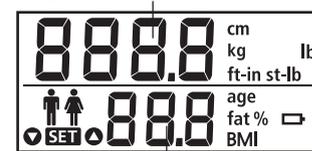
## 4. Name/Function of each parts



1. Display LCD
2. Weight Mode / On Button
3. Up button
4. SET button
5. Down Button
6. Electrodes
7. Battery Cover
8. Unit Switch button

## 5. LCD display

Weight measurement result

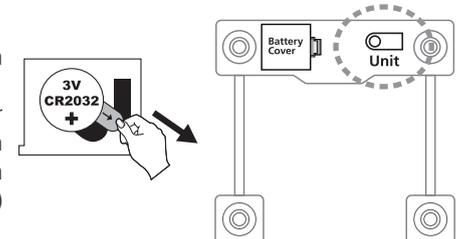


Body fat / BMI measurement result

	Gender indicator
age	Age indicator
fat %	Body fat percentage
BMI	BMI(Body Mass Index) indicator
	Low battery indicator
	Setting indicator

## 6. Preparation before use

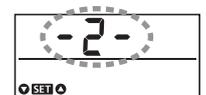
- Remove the isolate sheet
- When monitor is ON, switch the weight unit  
Using unit switch button for country specific settings with the option to switch from "kg" (kilogram) to "lb" (pound) or to "st-lb" (stone: pound).



## 7. Setting Personal Data

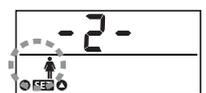
### 1. Select a personal data number:

- Press button
- Press button to select a personal data number (no.1~4)
- Press button to confirm



### 2. Set the gender:

- Press button to change gender
- Press button to confirm



### 3. Set the height:

- Press button to change height(default for male is 170 cm, for female is 160 cm)
- Press button to confirm



### 4. Set the age:

- Press button to change the age(default is 30)
- Press button to confirm



### 5. Take a measurement

The monitor indicates once again your personal data setting. That settles the completion of input and the monitor returns to the indication " 0.0 kg".



The monitor is ready to use and you may now start your body analysis. Before 0.0 kg appears, please don't step on the monitor. Without further activity the monitor will automatically power-off. Your personal data is stored.