

cecotec

SURFACE PRECISION ECOPOWER 10100 FULL HEALTHY WHITE /BLACK
Bathroom scale



Instruction manual

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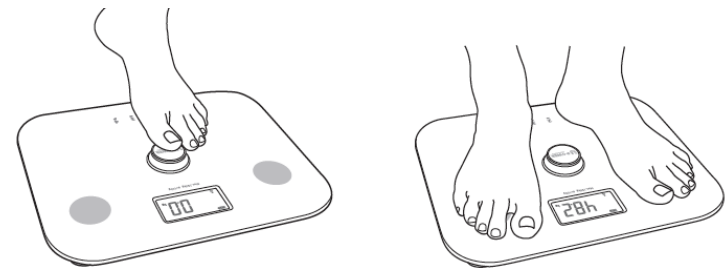
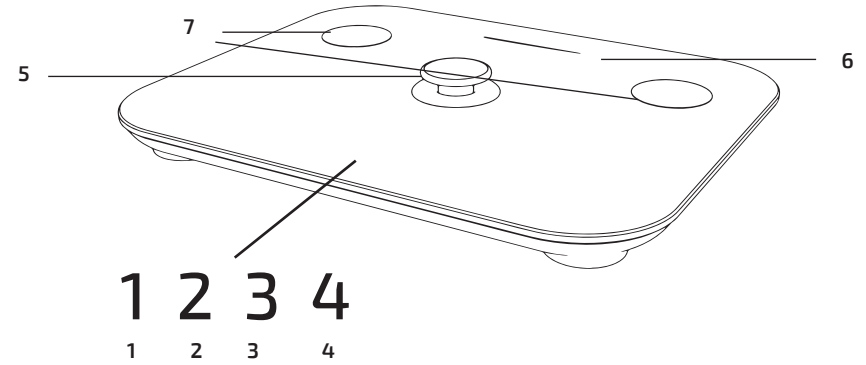


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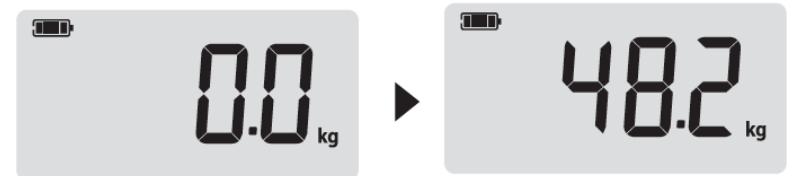


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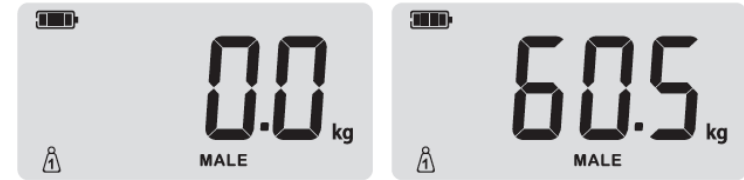


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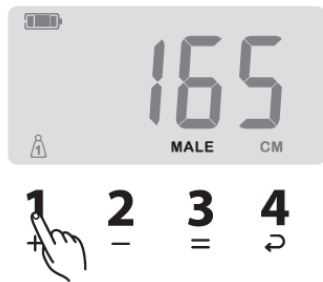


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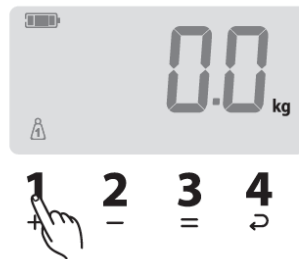


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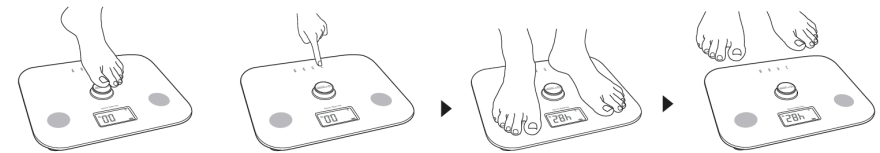


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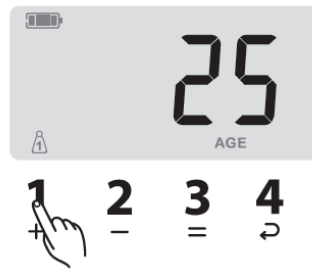


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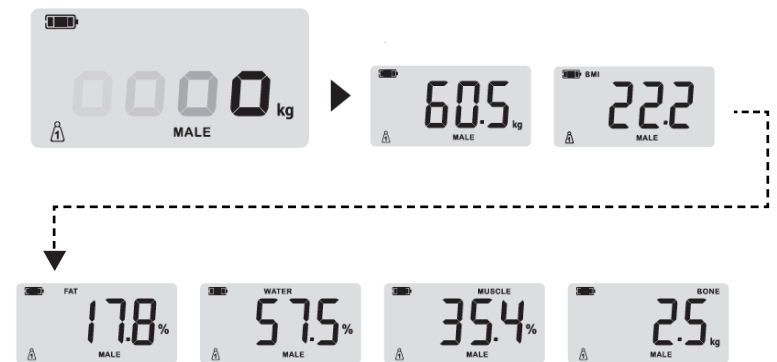


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Fig./Img./Abb./Afb./ Rys./Obr.13

1. SAFETY INSTRUCTIONS

Read these instructions thoroughly before using the appliance. Keep this instruction manual for future reference or new users.

This device is designed for personal use only and is not suitable for commercial or industrial use.

Do not leave children and animals unsupervised with the device and keep the packaging material away from them in order to prevent suffocation.

Do not operate this appliance if there are any visible signs of damage. Always check for damage before each use and in case of malfunction, contact the Technical Support Service of Cecotec.

Keep the device away from electromagnetic fields (mobile telephones, remote controls, etc.). Measurement accuracy could be affected.

Keep the device away from heat sources.

Do not use the device outdoors.

Do not expose the device to extreme temperatures, moisture, wet conditions or direct sunlight.

Keep water and other liquids away from the device.

Wide temperature variations could cause condensation. In this case, allow the device to go back to room temperature before use.

Do not drop the device or jump on its measuring surface.

Do not stand on the scale with wet feet and make sure the measuring surface and the surface underneath is dry.

Do not stand on the edge of the scale.

Do not use caustic or abrasive cleaning materials to clean the device, this could damage the surface.

This scale is intended to be used for determining body weight,

analysing water, body fat, muscle and bone mass proportion in the body and calculating Body Mass Index (BMI).

The calculated results are simple reference values. Do not use these results as the basis for any form of medical treatment or diet and contact a professional for any doubt.

Body analysis function is not suitable for:

People under the age of 10 or over the age of 80.

People with a pacemaker or any other medical implant with electronic components.

People with fever, oedema or osteoporosis symptoms.

People undergoing dialysis treatment.

People who are taking cardio-vascular medication.

Pregnant women.

Athletic or muscular body type (body builders).

The device withstands a maximum body weight of 180 kg.

2. PARTS AND COMPONENTS

1. Press 1 to increase or switch gender.
2. Press 2 to decrease or switch gender.
3. Press 3 to confirm.
4. Press 4 to go back to the previous step. Hold down 4 to adjust settings.
5. EcoPower push button
6. Display
7. Electrodes

3. BEFORE USE

Take the device out of its package and remove all packaging material.

Check carefully if there is any damage. If there is, immediately notify the Technical Support Service of Cecotec.

4. OPERATION

Place the device on a solid, dry and flat surface (avoid carpets). Uneven floors will result in inaccurate measurement results.

There are 2 modes of using the scale:

Mode 1: Only weighing

Fig. 1.

Gently and quickly stamp twice on the push button, this will automatically generate battery. Wait until "0.0" is displayed.

Fig. 2. Do not step on the scale until "0.0" is displayed.

Fig. 8. The scale will calculate your weight.

Mode 2: Weighing and analysis

Step 1

Fig. 3.

Users selection

Gently and quickly stamp twice on the EcoPower push button to turn it on. Then, press and hold key 1, 2, 3 or 4 to set and input your related personal data into the memory before using it for the first time.

Step 2

Fig. 4.

Gender selection

"MALE" will blink by default. Use buttons 1 and 2 to select female. Then, press 3 to confirm.

Step 3

Fig. 5.

Units setting

Press 1 or 2 to change the unit. Then, press 3 to confirm.

Step 4

Fig. 6.

Height setting

The height digits will blink. Press 1 or 2 to set the desired height. Then, press 3 to confirm.

Step 5

Fig. 7.

The age digits will blink. Press 1 or 2 to set the desired age. Then, press 3 to confirm.

Note: Hold down one of the buttons if you want to adjust one of the parameters.

Step 6

Fig. 9.

Weighing and measuring

When "0..." is displayed from left side to right side, the scale is analysing.

Do not step off the scale until your weight is steadily displayed on the screen.

Fig. 10.

Note:

When "0.0" appears, stand with clean, dry bare feet on the scale. Your feet must stand evenly on the electrodes. Do not stand outside of the electrodes.

When using the scale for the second time, start by pressing 1, 2, 3 or 4 for a few seconds in order to start measuring directly.

The "UNIT" button cannot be used to change the measuring units. To do this, please, follow step 3.

Errors

Fig. 11.

"Err" will indicate overload, when more than 180 kg are placed on the scale.

Fig. 12.

When a battery icon appears on the display, the scale will turn automatically off after a few seconds due to low battery. Simply stamp on the EcoPower push button again to generate more power.

Fig. 13.

"Err2" will be displayed when an error occurs during the body analysis.

Reference tables

Female body fat percentage

Age	Underfat (-)	Healthy (0)	Overfat (+)	Obese (++)
10-20	≤19.5 %	19.6-33.5 %	33.6-38.5 %	≥38.6 %
21-30	≤20.0 %	20.1-34.0 %	34.1-39.0 %	≥39.1 %

31-40	≤20.5 %	20.6-34.5 %	34.6-39.5 %	≥39.6 %
41-50	≤21.0 %	21.1-35.0 %	35.1-40.0 %	≥40.1 %
51-60	≤21.5 %	21.6-35.5 %	35.6-40.5 %	≥40.6 %
61-70	≤22.0 %	22.1-36.0 %	36.1-41.0 %	≥41.1 %
71-80	≤22.5 %	22.6-36.5 %	36.6-41.5 %	≥41.6 %

Male body fat percentage

Age	Underfat (-)	Healthy (0)	Overfat (+)	Obese (++)
10-20	≤9.5 %	9.6-20.5 %	20.6-25.5 %	≥25.6 %
21-30	≤10.0 %	10.1-21.0 %	21.1-26.0 %	≥26.1 %
31-40	≤10.5 %	10.6-21.5 %	21.6-26.5 %	≥26.6 %
41-50	≤11.0 %	11.1-22.0 %	22.1-27.0 %	≥27.1 %
51-60	≤12.0 %	12.1-23.0 %	23.1-28.0 %	≥28.1 %
61-70	≤13.0 %	13.1-24.0 %	24.1-29.0 %	≥29.1 %
71-80	≤14.0 %	14.1-25.0 %	25.1-30.0 %	≥30.1 %

Female body water (hydration) percentage (%)

Age	Low (-)	Normal (0)	Overhigh (+)	High (++)
10-20	≤56.0 %	56.1-62.0 %	62.1-68.0 %	≥68.1 %
21-30	≤54.0 %	54.1-60.0 %	60.1-66.0 %	≥66.1 %
31-40	≤51.0 %	51.1-57.0 %	57.1-63.0 %	≥63.1 %
41-50	≤48.0 %	48.1-54.0 %	54.1-60.0 %	≥60.1 %
51-60	≤45.0 %	45.1-51.0 %	51.1-57.0 %	≥57.1 %
61-70	≤42.0 %	42.1-48.0 %	48.1-54.0 %	≥54.1 %
71-80	≤38.0 %	38.1-44.0 %	44.1-50.0 %	≥50.1 %

Male body water (hydration) percentage (%)

Age	Low (-)	Normal (0)	Overhigh (+)	High (++)
10-20	≤58.0 %	58.1-65.0 %	65.1-72.0 %	≥72.1 %
21-30	≤56.0 %	56.1-63.0 %	63.1-70.0 %	≥70.1 %
31-40	≤54.0 %	54.1-61.0 %	61.1-68.0 %	≥68.1 %
41-50	≤51.0 %	51.1-58.0 %	58.1-65.0 %	≥65.1 %
51-60	≤48.0 %	48.1-55.0 %	55.1-62.0 %	≥62.1 %

61-70	≤45.0 %	45.1-52.0 %	52.1-59.0 %	≥59.1 %
71-80	≤42.0 %	42.1-49.0 %	49.1-56.0 %	≥56.1 %

Muscle percentage

Female	Male
>30 %	>35 %

Female bone mass (kg)

Weight	<45 kg	45-60 kg	>60 kg
Bone mass	1.8 kg	2.2 kg	2.5 kg

Male bone mass (kg)

Weight	<60 kg	60-75 kg	>75 kg
Bone mass	2.5 kg	2.9 kg	3.2 kg

BMI (Body Mass Index) = Weight (Kg) / (Height) (m) %

Body	Underfat	Standard	Overfat	Obese
BMI	<16.5	16.5-25	25-30	>30

5. CLEANING AND MAINTENANCE

Do not use abrasive or chemical cleaning agents to clean the device.

Use a soft, clean cloth to clean the device's surface.

6. TECHNICAL SPECIFICATIONS

04252 Surface Precision EcoPower 10100 Full Healthy White

04253 Surface Precision EcoPower 10100 Full Healthy Black

Max. Weight: 180kgs/396.8lbs

Min. Effective: 8kg/17.6lb

Units: KG/LB

Body fat/Muscle/Water division: 0.1%

Body bone division: 0.1kg

BMI: 0.1

Age range for body fat: 10-80 years

Height range: 100-220cm/3ft-3in-7ft-3in

Body bone range: 0-15kg

Muscle range: 13.0-100.0%

Fat range: 5-50%

Water range: 35-75%

Height unit: cm/ft

Memory: 4 persons

Over-load / Low power indication

Auto zero resetting / Auto power o

Power: Automatic power generation control

Battery-free technology

7. DISPOSAL OF OLD ELECTRICAL APPLIANCES



The European directive 2012/19/EU on Waste Electrical and Electronic Equipment (WEEE), specifies that old household electrical appliances must not be disposed of with the normal unsorted municipal waste. Old appliances must be collected separately, in order to optimize the recovery and recycling of the materials they contain, and reduce the impact on human health and the environment.

The crossed out "wheeled bin" symbol on the product reminds you of your obligation to dispose of the appliance correctly. Consumers must contact their local authorities or retailer for information concerning the correct disposal of old appliances and/or their batteries.

8. TECHNICAL SUPPORT AND WARRANTY

This product is under warranty for 2 years from the date of purchase, as long as the proof of purchase is submitted, the product is in perfect physical condition, and it has been given proper use, as explained in this instruction manual.

The warranty will not cover the following situations:

The product has been used for purposes other than those intended for it, misused, beaten, exposed to moisture, immersed in liquid or corrosive substances, as well as any other fault attributable to the customer.

The product has been disassembled, modified, or repaired by persons, not authorised by the official Technical Support Service of Cecotec.

Faults deriving from the normal wear and tear of its parts, due to use.

The warranty service covers every manufacturing defects of your appliance for 2 years,

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based on current legislation, except consumable parts. In the event of misuse, the warranty will not apply.

If at any moment you detect any problem with your product or have any doubt, do not hesitate to contact Cecotec Technical Support Service at +34 963 210 728.

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