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## Beurer BG 40

# Beurer BG 40 Digital Body Analysis Scale User Manual

Model: BG 40

## 1. INTRODUCTION

Welcome to your new Beurer BG 40 Digital Body Analysis Scale. This device is designed to help you monitor your body weight and analyze various body composition metrics, including body fat, body water, muscle percentage, bone mass, and calorie display (AMR/BMR). Please read this manual carefully to ensure safe and correct use and to maximize the benefits of your scale.

## 2. IMPORTANT SAFETY INFORMATION

### 2.1 Medical Implants Warning

People with electrically operated implants, such as pacemakers or medication pumps, must not use this body fat scale. Individuals with electrically conductive implants, such as bone screws or hip prostheses, may use the scale; however, measurement inaccuracies might occur due to the implant's electrical conductivity.

### 2.2 General Safety

Always place the scale on a firm, flat, and level surface. Avoid using on soft surfaces like carpets, which can affect accuracy. Do not step on the scale with wet feet to prevent slipping. Keep the scale away from water and extreme temperatures. Do not drop the scale or subject it to heavy impacts.

## 3. PRODUCT FEATURES

- Elegantly framed safety glass tread surface (approximately 29 x 28 cm).
- Modern sensor buttons for intuitive operation.
- Brushed stainless steel electrodes for precise body composition analysis.
- Measures body weight, body fat, body water, muscle percentage, and bone mass.
- Provides Basal Metabolic Rate (BMR) and Active Metabolic Rate (AMR) in Kcal.
- Athlete mode with five adjustable activity levels for tailored analysis.
- 10 user memory slots for personalized data tracking and storage.

- Vibration-on technology for automatic activation upon stepping on the scale.
- Automatic switch-off function to conserve battery life.
- Unit conversion: kg / lb / st.
- Large square black display with a 22 mm digit height for clear weight readings.

## 4. SETUP

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### 4.1 Battery Installation

Locate the battery compartment on the underside of the scale. Open the compartment cover. Insert the three 1.5 V AAA batteries, ensuring correct polarity (+/-) as indicated inside the compartment. Close the compartment securely.

### 4.2 Initial Power On and Unit Selection

Place the scale on a hard, flat surface. Step onto the scale briefly to activate it. The display will show