

Soehnle S63314

Soehnle S63314 Exacta Classic Personal Digital Scale

User Manual

1. INTRODUCTION

Thank you for choosing the Soehnle S63314 Exacta Classic Personal Digital Scale. This scale is designed for precise personal weight measurement, offering a blend of technology and functional design. It features a sturdy, lightweight construction and an energy-saving design for lasting functionality and portability. This manual provides essential information for the safe and effective use of your scale.

How to weigh correctly

3 mistakes that almost everyone makes when weighing themselves and how to do it properly.

The Soehnle brand has been synonymous with accurate and precise measurement for over 150 years. Various factors can influence the weighing results. We therefore ask you to observe the following notes!

Is the scale calibrated correctly?

If the scale is moved or lifted before taking a measurement, there is no correct zero setting. For this reason, the weight of the scale could possibly be included in the measurement and the result distorted by around 1-2kg.

Tip:

Do not move the scale before weighing yourself or wait until the device is switched on and displays "0".

Is the right surface selected?

Uneven surfaces such as e.g. carpets distort the measurement result and cause weighing errors.

Tip:

Place your scale on a surface that is as even and non-slip as possible, for example tiles or parquet wood floor, so as not to influence the result.

Have you measured your weight under the same conditions?

During the day the body weight can fluctuate by one or two kilograms.

Tip:

Make sure you always weigh yourself under the same conditions (at the same time, undressed, on an empty stomach), for example, in the morning after going to the toilet.

SOEHNLE
Passion for Precision

More information at: www.soehnle.de/en/service/faq/

Image 1.1: Front view of the Soehnle S63314 Exacta Classic Personal Digital Scale.

2. SAFETY INFORMATION

- Always place the scale on a firm, flat, and stable surface to ensure accurate readings.
- Do not use the scale on wet or slippery surfaces to prevent accidents.
- Avoid dropping the scale or subjecting it to strong impacts, as this may damage the device.
- Keep the scale away from extreme temperatures and direct sunlight.
- This scale is intended for personal use only and not for commercial or medical purposes requiring certified precision.
- Keep batteries out of reach of children.

3. SETUP

3.1 Battery Installation

1. Locate the battery compartment on the underside of the scale.
2. Open the battery compartment cover.
3. Insert the required batteries (2 pieces, type specified in specifications) according to the polarity indicators (+/-) inside the compartment.
4. Close the battery compartment cover securely.

3.2 Initial Placement and Calibration

- Place the scale on a hard, flat, and non-slip surface, such as tiles or parquet flooring. Avoid carpets or uneven surfaces, as these can distort measurements.
- For the first use or after moving the scale, gently tap the platform with your foot to activate it. Wait until the display shows "0.0" or "0" before stepping on. This ensures proper zero-setting.

3.3 User Memory Setup (for models with this feature)

The Soehnle S63314 scale features a 12-person memory for tracking individual data. Refer to the on-screen prompts or specific instructions provided with your packaging for detailed steps on setting up user profiles, including age, height, and gender, to enable measurements of body fat, muscle mass, kcal, and body water.

So geht Wiegen richtig

3 Fehler beim Wiegen, die fast jeder macht und wie es richtig geht.

Die Marke Soehnle steht seit über 150 Jahren für exaktes und präzises Messen. Verschiedene Faktoren können das Wiegeergebnis beeinflussen. Bitte beachten Sie deshalb die folgenden Hinweise!

Ist die Waage richtig kalibriert?

Wird die Waage vor der Messung verschoben oder angehoben, besteht bei der Messung keine korrekte Nullung. Dadurch könnte möglicherweise das Eigengewicht der Waage mit in die Messung einfließen und das Ergebnis um rund 1-2 kg verzerrt werden.

Tipp:

Bewegen Sie Ihre Waage vor dem Wiegen nicht mehr oder warten Sie nach dem Einschalten des Geräts, bis dieses „0“ anzeigt.

Ist der richtige Untergrund gewählt?

Unebene Untergründe wie z.B. Teppiche verfälschen das Resultat der Messung und führen zu Wiegefehlern.

Tipp:

Stellen Sie Ihre Waage auf einen möglichst ebenen und rutschfesten Untergrund, zum Beispiel Fliesen oder Parkett, um das Ergebnis nicht zu beeinflussen.

Wurde unter den gleichen Bedingungen gewogen?

Während des Tages kann das Körpergewicht um 1-2 kg schwanken.

Tipp:

Achten Sie darauf, sich immer unter den gleichen Bedingungen (zur gleichen Zeit, unbekleidet, mit nüchternem Magen) zu wiegen, zum Beispiel am Morgen nach dem Gang zur Toilette.

Mehr Informationen unter: www.soehnle.de/service/haeufige-fragen-faq

Image 1.2: Angled view of the Soehnle S63314 Exacta Classic Personal Digital Scale, showing the display.

4. OPERATING INSTRUCTIONS

4.1 How to Weigh Correctly

Achieving accurate weight measurements requires attention to a few key factors. The Soehnle brand emphasizes precise measurement, and observing the following notes will help ensure reliable results:

Is the scale calibrated correctly?

If the scale is moved or lifted before taking a measurement, the zero setting may be incorrect. This can lead to the scale's own weight being included in the measurement, distorting the result by approximately 1-2 kg.

Tip:

Do not move the scale immediately before weighing yourself. Wait until the device is switched on and displays "0" before stepping on.

Is the right surface selected?

Uneven surfaces, such as carpets, can distort the measurement result and cause weighing errors.

Tip:

Place your scale on a surface that is as even and non-slip as possible, for example, tiles or a parquet wood floor, to avoid influencing the result.

Have you measured your weight under the same conditions?

Body weight can fluctuate by one or two kilograms throughout the day.

Tip:

Always weigh yourself under the same conditions: at the same time of day, undressed, on an empty stomach (e.g., in the morning after going to the toilet).

4.2 Display Indicators

- **Digital Display:** Your scale features a clear digital display for easy reading of measurements.
- **Battery Level Indicator:** An icon will appear on the display to indicate when the batteries are low and need replacement.
- **Overload Indicator:** If the weight on the scale exceeds its maximum capacity (180 kg), an "Err" or "OL" message will be displayed. Remove weight immediately to prevent damage.

4.3 Special Features

- **Auto Shut Off:** The scale will automatically turn off after a period of inactivity to conserve battery life.
- **Advanced Measurements:** This model is capable of measuring weight, body fat, muscle mass, kcal (calorie estimation), and body water. Ensure user profiles are correctly set up for these functions.

5. MAINTENANCE

- **Cleaning:** Clean the scale's glass surface with a damp cloth and a mild cleaning agent. Do not use abrasive cleaners or immerse the scale in water.
- **Storage:** Store the scale in a dry place at room temperature. Avoid storing it vertically or in areas with high humidity.
- **Battery Replacement:** Replace batteries promptly when the low battery indicator appears to ensure consistent performance.

6. TROUBLESHOOTING

- **No Display/Scale Not Turning On:** Check if batteries are correctly installed and have sufficient charge. Replace if necessary.
- **Inaccurate Readings:**
 - Ensure the scale is on a hard, flat, and stable surface.
 - Perform a zero-setting by tapping the scale and waiting for "0" before weighing.
 - Ensure you are weighing under consistent conditions (see Section 4.1).
- **"Err" or "OL" Message:** The scale is overloaded. Remove weight immediately. The maximum capacity is 180 kg.
- **Body Composition Readings Not Appearing:** Ensure your user profile is correctly set up and selected. Make sure your feet are clean and making good contact with the electrodes (if applicable to your model for body composition analysis).

7. SPECIFICATIONS

Feature	Specification
Brand	Soehnle

Model	S63314 Exacta Classic
Type	Personal Digital Scale
Material	Glass
Color	Silver
Weight Limit	180 Kilograms
Readout Accuracy	±100g
Display Type	Digital
Special Features	Auto Shut Off, Battery Level Indicator, Overload Indicator
Measurements	Weight, Body Fat, Muscle Mass, Kcal, Body Water
User Memory	12 persons
Batteries Required	Yes
Item Weight	2 Kilograms

8. WARRANTY AND SUPPORT

8.1 Warranty Information

For detailed warranty information, please refer to the warranty card included with your product packaging or visit the official Soehnle website. Keep your proof of purchase for any warranty claims.

8.2 Customer Support

If you have any questions, require technical assistance, or need to report an issue with your Soehnle S63314 scale, please contact Soehnle customer support. Contact details can typically be found on the official Soehnle website or in your product documentation.