

Soehnle 63316

Soehnle Exacta Premium Body Analysis Scale Model 63316 User Manual

1. INTRODUCTION

The Soehnle Exacta Premium Body Analysis Scale Model 63316 is designed to provide comprehensive body measurements. This scale not only measures body weight but also calculates body fat and body water percentages. It features user memory for up to 8 individuals and a clear LCD display integrated into a tempered safety glass surface. The maximum weight capacity is 180 kg, with measurements accurate to 0.1 kg.

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.
- Keep the scale out of reach of children.
- Individuals with medical implants, such as pacemakers, should consult their doctor before using body analysis functions.
- Clean the scale with a damp cloth. Do not use abrasive cleaners or immerse the scale in water.
- Do not exceed the maximum weight capacity of 180 kg.

3. SETUP

3.1 Unpacking and Battery Installation

1. Carefully remove the scale from its packaging.
2. Locate the battery compartment on the underside of the scale.
3. Insert the required batteries (typically AAA, check compartment for specifics) ensuring correct polarity (+/-).

4. Close the battery compartment securely.

3.2 Initial Placement

Place the scale on a hard, flat floor surface. Avoid carpets or uneven flooring, as this can affect accuracy.

3.3 Unit Selection

Most scales allow you to switch between kilograms (kg), pounds (lb), and stones (st). Look for a small button on the underside of the scale, usually near the battery compartment, to select your preferred unit of measurement.

3.4 User Profile Setup (for Body Analysis)

To utilize the body fat and water analysis features, you will need to set up a user profile. The scale can store data for up to 8 individuals.

1. Press the 'SET' or 'USER' button (refer to the scale's display for exact button labels).
2. Use the arrow buttons to select a user memory slot (P1-P8).
3. Enter your personal data: gender, height, and age. Confirm each entry with the 'SET' button.
4. Once all data is entered, the scale is ready for body analysis measurements for that user profile.



This image displays the Soehnle Exacta Premium Body Analysis Scale, highlighting its key features: a maximum weight capacity of 180 kg, an extra-large standing surface, and precise measurements for body fat and body water percentage to 0.1%.

4. OPERATING INSTRUCTIONS

4.1 Taking a Weight Measurement

1. Gently tap the scale with your foot to activate it. The display will show '0.0'.
2. Step onto the scale barefoot, standing still with your weight evenly distributed.
3. Your weight will be displayed and then flash, indicating the measurement is complete.
4. The scale will automatically turn off after a few seconds.

4.2 Taking a Body Analysis Measurement

Ensure your user profile is set up as described in Section 3.4.

1. Activate the scale and select your user profile (P1-P8) using the 'USER' or arrow buttons.
2. Once your profile is selected and '0.0' is displayed, step onto the scale barefoot. Ensure your feet are in contact with the metal electrodes on the scale surface.
3. Stand still until your weight is displayed, followed by your body fat percentage and body water percentage. These values will cycle on the display.
4. The scale will automatically turn off after displaying the results.

4.3 Automatic On/Off Function

The Soehnle Exacta Premium scale features an automatic on/off function. It turns on when you step on it and turns off automatically after a period of inactivity to conserve battery life.

5. MAINTENANCE

5.1 Cleaning the Scale

To clean the scale, wipe the surface with a slightly damp cloth. Do not use harsh chemicals, abrasive cleaners, or immerse the scale in water. Ensure the scale is dry before storage or next use.

5.2 Battery Replacement

When the battery indicator appears on the display, or if the scale fails to turn on, replace the batteries. Open the battery compartment on the underside of the scale, remove the old batteries, and insert new ones, observing correct polarity. Dispose of old batteries responsibly.

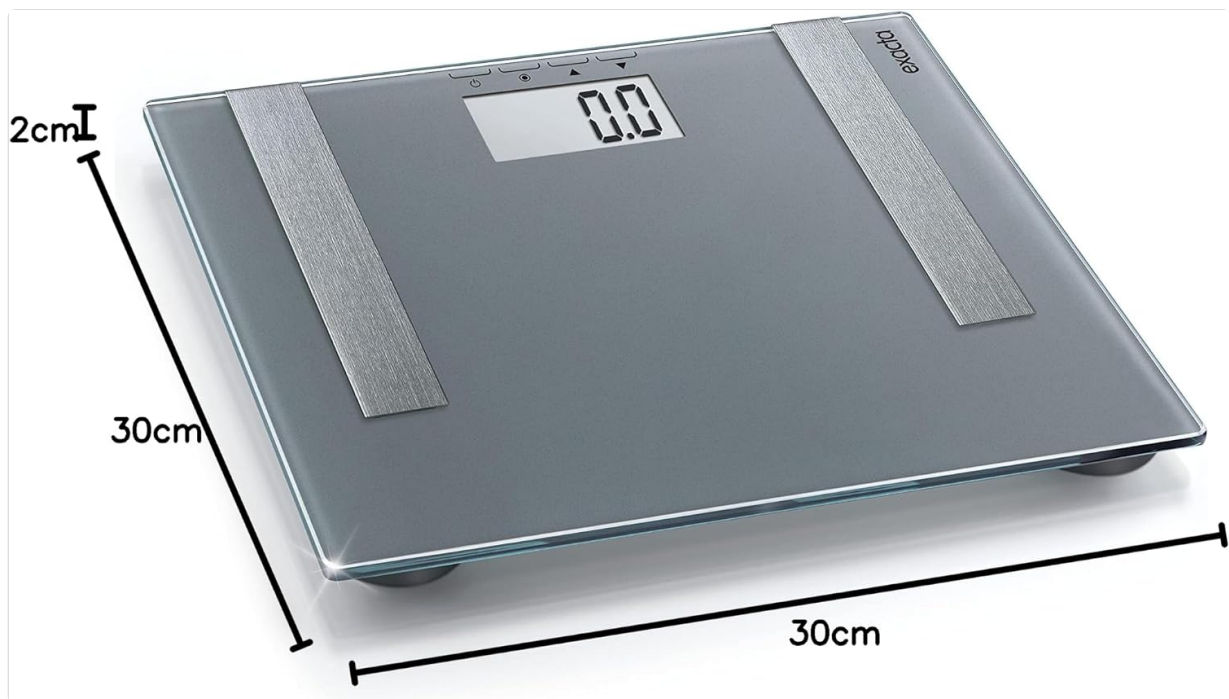
5.3 Storage

Store the scale in a dry place at room temperature. Avoid extreme temperatures or direct sunlight. Do not place heavy objects on the scale when not in use.

6. TROUBLESHOOTING

- **'Err' Message:** This usually indicates an overload. The weight limit of the scale is 180 kg. Step off the scale immediately if this message appears.
- **Inaccurate Readings:** Ensure the scale is on a hard, flat surface. Recalibrate by stepping on and off the scale once, then take a measurement. Check battery level.
- **Scale Not Turning On:** Check if the batteries are correctly inserted and not depleted. Replace batteries if necessary.
- **Body Analysis Not Working:** Ensure you are standing barefoot with feet making good contact with the electrodes. Verify your user profile data (gender, height, age) is correctly entered.

7. SPECIFICATIONS



This image illustrates the physical dimensions of the Soehnle Exacta Premium Body Analysis Scale, measuring approximately 30 cm in length, 30 cm in width, and 2 cm in height.

| Feature | Detail |
|-------------------------|--|
| Brand | Soehnle |
| Model Number | 63316 |
| Color | Grey |
| Special Features | Body Fat Measurement, Body Weight Measurement |
| Display Type | LCD |
| Maximum Weight Capacity | 180 kg |
| Material | Plastic, Tempered Safety Glass |
| Item Weight | 2 kg |
| Manufacturer | Lifeheit |
| Included Components | 1 x Soehnle Exacta Premium Body Analysis Scale, Grey |
| UPC / GTIN | 04006501633163, 04006927003403, 04051709778857 |

8. WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the documentation included with your purchase or contact Soehnle customer service directly. Contact details can typically be found on the manufacturer's official website or on the product packaging.

