Saved from manuals.plus.
Open the live page for links to other documents and user manuals.

Taylor 5728F BOW

Taylor Precision Products Bowflex Body Water and Body Fat Scale User Manual

Model: 5728F BOW

Introduction

This manual provides essential information for the safe and effective use of your Taylor Precision Products Bowflex Body Water and Body Fat Scale. Please read all instructions carefully before use and retain this manual for future reference. This scale is designed to measure body weight, estimate body fat percentage, body water percentage, and muscle mass percentage. It features both regular and athlete modes and can store data for up to 4 users.

Safety Information

- Do not use this scale if you have a pacemaker or other internal medical device.
- Consult your physician before beginning any diet or exercise program.
- The scale's surface can be slippery when wet. Ensure the scale and your feet are dry before stepping on.
- Do not drop or jump on the scale.
- This scale is intended for household use only.
- Keep out of reach of children.

Product Overview

The Taylor Precision Products Bowflex Body Water and Body Fat Scale features a sleek black glass platform with stainless steel accents and a dual-line LCD display.



Figure 1: Top view of the Taylor Bowflex Body Water and Body Fat Scale, showing the display and stainless steel electrodes.



Figure 2: Side profile of the scale, illustrating its slim design.



Figure 3: Close-up view of the 1.5-inch dual line LCD display, showing weight and body fat percentage readings.

Setup

Battery Installation

1. Locate the battery compartment on the underside of the scale.
2. Open the battery compartment cover.
3. Insert the required batteries (typically AAA, check compartment for specific type and polarity) ensuring correct polarity (+/-).
4. Close the battery compartment cover securely.

Initial Placement

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

User Profile Setup

The scale allows for up to 4 user profiles. To set up a profile:

1. Press the "SET" button to enter setup mode.
2. Use the "UP" or "DOWN" arrows to select a user number (P1, P2, P3, P4). Press "SET" to confirm.
3. Enter your gender (male/female) using the arrows, then "SET".
4. Enter your height using the arrows, then "SET".
5. Enter your age using the arrows, then "SET".
6. Select "Regular" or "Athlete" mode. Athlete mode is for individuals who engage in intense physical activity for at least 10 hours a week and have a resting heart rate of 60 beats per minute or less. Press "SET" to confirm.
7. The scale will save the profile and return to weighing mode.

Operating Instructions

Taking a Weight Measurement

1. Ensure the scale is on a hard, flat surface.
2. Gently tap the scale with your foot to turn it on. Wait for "0.0" to appear on the display.
3. Step onto the scale with bare feet, ensuring your feet are positioned on the stainless steel electrodes. Stand still.
4. The display will show your weight, then cycle through body fat percentage, body water percentage, and muscle mass percentage.
5. The scale will automatically turn off after a few seconds.

Using User Profiles

Before stepping on the scale, press the "UP" or "DOWN" arrows to select your user profile number (P1-P4). Once your profile is selected, step on the scale as described above. The scale will automatically associate the measurements with your profile.

Changing Measurement Units

The scale can display measurements in pounds (lb) or kilograms (kg). To change units, locate the unit switch on the underside of the scale (usually near the battery compartment) and slide it to your desired unit.

Maintenance

Cleaning

- Clean the scale with a damp cloth and mild detergent. Do not use abrasive cleaners or immerse the scale in water.
- Wipe dry immediately after cleaning.

Storage

Store the scale in a cool, dry place. Avoid extreme temperatures or humidity.

Battery Replacement

If the display shows "Lo" or becomes dim, it's time to replace the batteries. Follow the battery installation steps in the Setup section.

Troubleshooting

Problem	Possible Cause	Solution
Scale does not turn on.	Dead or incorrectly installed batteries.	Check battery polarity or replace batteries.
Inaccurate readings.	Scale on uneven surface; feet not bare/dry; scale not calibrated.	Place on hard, flat surface. Ensure feet are bare and dry. Tap scale to turn on, wait for "0.0" before stepping on.
"Lo" displayed.	Low battery.	Replace batteries.
"Err" displayed.	Weight exceeds maximum capacity (400 lbs / 180 kg).	Ensure weight is within limits.
Body composition readings not appearing.	Feet not making proper contact with electrodes; user profile not set up.	Ensure bare feet are centered on electrodes. Set up a user profile.

Specifications

Model Number: 5728F BOW

Capacity: 400 lbs (180 kg)

Measurements: Body Weight, Body Fat, Body Water, Muscle Mass

User Memory: 4 users (Regular and Athlete modes)

Display: 1.5-inch Dual Line LCD

Power: Batteries (type not specified, typically AAA)

Product Dimensions: 30.48 x 3.81 x 30.48 cm (12 x 1.5 x 12 inches)

Item Weight: 1.81 kg (4 lbs)

Special Features: Instant On, Auto Off, Low Battery Indicator

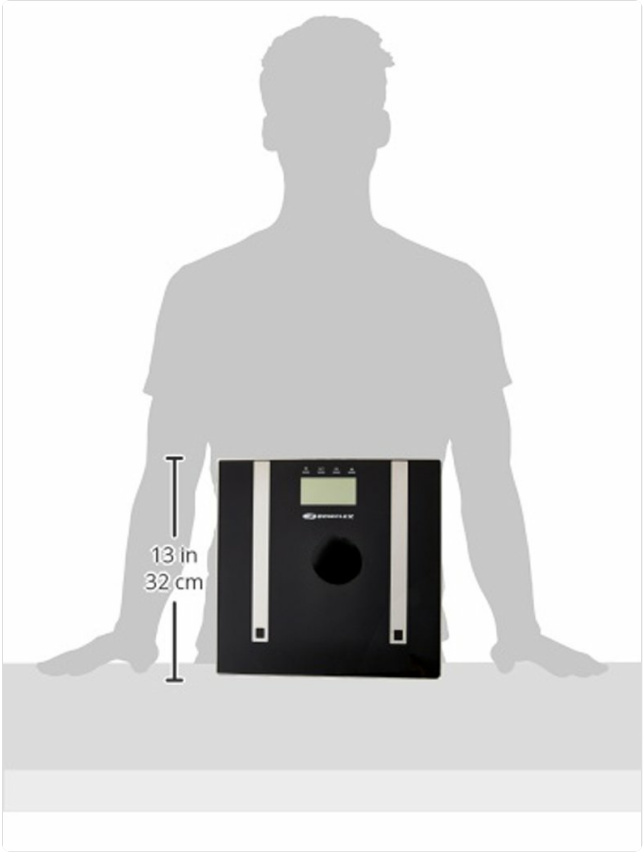


Figure 4: Approximate dimensions of the scale, showing a 13-inch (32 cm) side length.

Warranty Information

Taylor Precision Products offers a limited warranty on this scale. Please refer to the warranty card included with your purchase or visit the official Taylor website for detailed warranty terms and conditions. Retain your proof of purchase for warranty claims.

Customer Support

For technical assistance, troubleshooting not covered in this manual, or warranty inquiries, please contact Taylor Precision Products customer support.

Website: www.taylorusa.com

Phone: Refer to the product packaging or official website for regional contact numbers.

© 2024 Taylor Precision Products. All rights reserved.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

Open the live page

https://manuals.plus/asin/B004WMEA12

More documents and user manuals: **https://manuals.plus/**