

Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

manuals.plus /

› [TANITA](#) /

› [TANITA BC-731 Compact Innerscan Body Analysis Scale User Manual](#)

TANITA BC731

TANITA BC-731 Compact Innerscan Body Analysis Scale User Manual

Model: BC-731

INTRODUCTION

The TANITA BC-731 Compact Innerscan Body Analysis Scale utilizes Bioelectric Impedance Analysis (BIA) to provide comprehensive body composition measurements. This manual provides instructions for the safe and effective use of your scale, helping you monitor various health parameters.

SETUP

- Battery Installation:** Open the battery compartment on the underside of the scale. Insert the required batteries (typically AAA, not included) ensuring correct polarity. Close the compartment securely.
- Placement:** Place the scale on a **flat, stable, hard surface**. Avoid placing it on carpets or uneven flooring, as this can affect measurement accuracy.



Measure **once a week, at the same time** of day.



Place your scale on a **flat, stable surface**, not on carpet.



Wait a while after exercising before measuring because physical activity can affect your body and cause inconsistency.



Wait 2-3 hours after eating and avoid caffeine/alcohol for accurate weighing results.



Stand **barefoot** on the scale with **as little clothing as possible** and empty pockets without electronic devices.



Stay still during the measurement. Extend your arms for measurements on a segmental TANITA body composition scale with hand electrodes.



Store the body composition scale **in a cool and dry room**, not in the bathroom due to humidity.



Finally, keep your scale **clean and free of dust.**

Image: Measurement tips, highlighting the importance of placing the scale on a flat, stable surface and not on carpet for accurate readings.

- Initial User Profile Setup:** The scale supports up to 4 user profiles. Follow the on-screen prompts to enter personal data such as age, gender, and height for each user. This information is crucial for accurate body composition analysis.

OPERATING INSTRUCTIONS

The TANITA BC-731 features automatic detection. Once your profile is set up, simply step onto the scale to begin a measurement.

1. Taking a Measurement:

- Ensure the scale is on a flat, stable surface.
- Step onto the scale barefoot with as little clothing as possible. Ensure your feet are positioned correctly on the electrodes.
- Stand still during the measurement process. The scale will automatically detect you and display your readings.

2. Measurement Consistency:

- For the most consistent and comparable results, follow these guidelines:
- Measure once a week, at the same time of day.
 - Wait a while after exercising before measuring, as physical activity can temporarily affect body composition readings.

- Wait 2-3 hours after eating and avoid caffeine/alcohol for accurate weighing results.



Measure **once a week, at the same time** of day.



Place your scale on a **flat, stable surface**, not on carpet.



Wait a while after exercising before measuring because physical activity can affect your body and cause inconsistency.



Wait 2-3 hours after eating and avoid caffeine/alcohol for accurate weighing results.



Stand **barefoot** on the scale with **as little clothing as possible** and empty pockets without electronic devices.



Stay still during the measurement. Extend your arms for measurements on a segmental TANITA body composition scale with hand electrodes.



Store the body composition scale **in a cool and dry room**, not in the bathroom due to humidity.



Finally, keep your scale **clean and free of dust.**

Image: Measurement tips for consistent results, advising on timing relative to exercise, meals, and frequency.

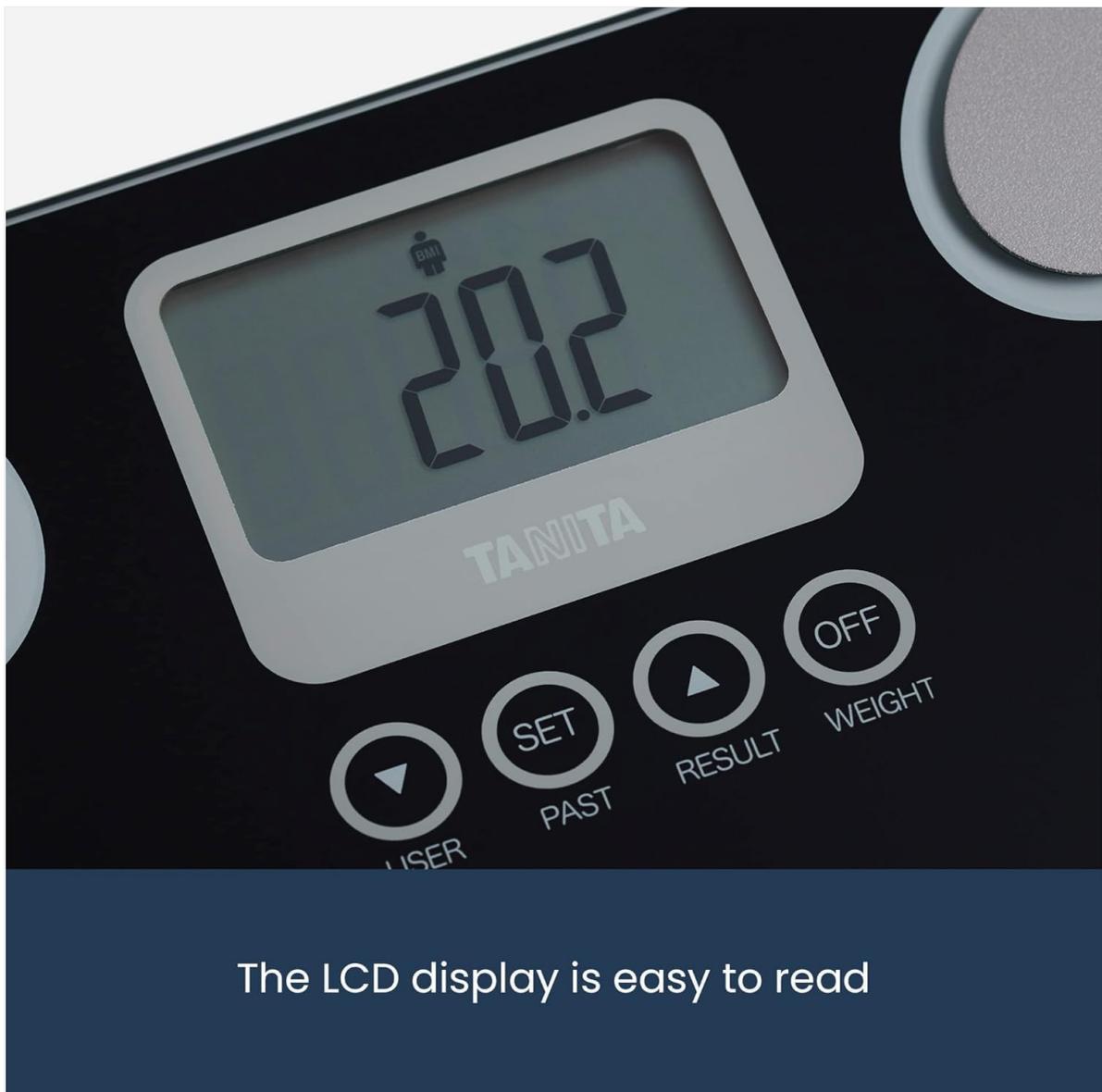
3. **Recalling Previous Measurements:** The scale can store and recall previous measurements for up to 5 users. Use the 'PAST' or 'RESULT' buttons (as indicated on the scale) to view historical data.



Up to 5 users with recall function
to see previous measurement

Image: The TANITA BC-731 scale, showing its display and control buttons, illustrating its capacity for up to 5 users and a recall function for past measurements.

4. **Easy-to-Read LCD Display:** The scale features a clear LCD display for easy viewing of your measurements.



The LCD display is easy to read

Image: A close-up view of the TANITA BC-731's LCD display, emphasizing its readability.

MEASUREMENTS EXPLAINED

The TANITA BC-731 provides 10 key body composition measurements to help you understand your health in detail.

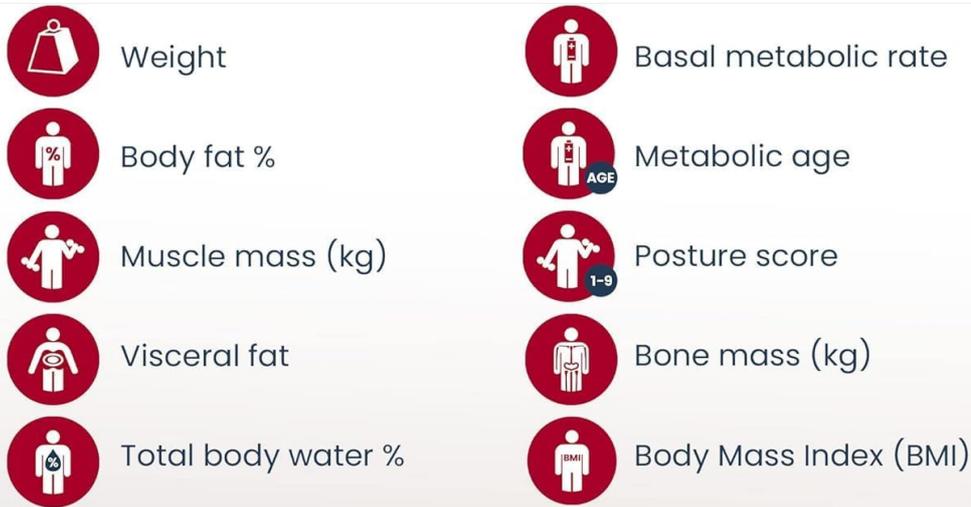


Image: An infographic illustrating the 10 body composition measurements provided by the scale, along with a view of the scale's display.

- **1. Weight:** Your total body weight, measured in 100g increments.
- **2. Body Fat Percentage:** The proportion of fat in your body relative to your total weight, displayed in 0.1% increments. Body fat is essential for bodily functions, but excessive amounts can lead to health issues.
- **3. Visceral Fat:** Fat stored deep within the abdominal cavity, surrounding vital organs. High levels of visceral fat are associated with increased health risks, including cardiovascular diseases and type II diabetes.
- **4. Total Body Water Percentage:** The total amount of fluid in your body. Maintaining adequate hydration is crucial for overall health, organ function, and skin health.
- **5. Muscle Mass:** The total weight of muscle in your body, measured in 100g increments. Muscle mass is a key indicator of metabolic activity, cardiovascular resilience, and joint protection.
- **6. Bone Mineral Mass:** The estimated weight of bone mineral in your body, measured in 100g increments. Regular physical activity, especially strength training, and a calcium-rich diet help maintain bone density.
- **7. Basal Metabolic Rate (BMR):** The minimum number of calories your body needs to function at rest. This value is calculated from your lean body mass and indicates your body's energy expenditure without physical activity.
- **8. Metabolic Age:** A comparative value that indicates the age level associated with your current basal metabolic rate. A lower metabolic age than your actual age suggests a good physical condition and higher metabolic activity.
- **9. Body Mass Index (BMI):** A standard measure that uses your height and weight to estimate if you are

underweight, normal weight, overweight, or obese.

- **10. Physique Rating:** An assessment of your body composition (weight and fat percentage) relative to averages for your height, gender, age, and weight. It provides a dimensionless number (typically 1 to 9) to indicate your body type, aiming for optimal muscle and minimal body fat.

MAINTENANCE

- **Cleaning:** Keep your scale clean and free of dust. Wipe the surface with a soft, damp cloth. Avoid abrasive cleaners or harsh chemicals.
- **Storage:** Store the body composition scale in a cool and dry room. Avoid storing it in humid environments like bathrooms, as excessive moisture can affect electronic components.
- **Battery Replacement:** Replace batteries when the low battery indicator appears on the display to ensure continued accurate operation.

TROUBLESHOOTING

- **Inaccurate Readings:** Ensure the scale is placed on a flat, stable, hard surface. Check that your feet are clean and properly positioned on the electrodes. Avoid moving during measurement. Ensure user profile data (age, gender, height) is correctly entered.
- **Display Errors:** If the scale displays an error message, try replacing the batteries. If the issue persists, consult the full product manual or contact customer support.
- **No Power:** Check battery installation and ensure batteries are not depleted. Replace if necessary.

SPECIFICATIONS

Brand	TANITA
Model	BC-731
Color	Black
Weight Capacity	150 kg
Readout Accuracy	+/- 0.1 kg
Display Type	LCD
Material	Glass
Item Weight	1 Grams
Dimensions (L x W x H)	297mm x 217mm x 25mm



Compact & lightweight

Image: The TANITA BC-731 scale with its compact dimensions labeled: 297mm length, 217mm width, and 25mm height.

WARRANTY AND SUPPORT

- **Warranty:** The TANITA BC-731 scale comes with a 3-year guarantee. To claim warranty or replacement, ensure the product was sold and shipped by Amazon or TANITA directly.
- **Manufacturer:** Tanita
- **Customer Support:** For further assistance, technical support, or warranty claims, please refer to the official TANITA website or contact your retailer.