

Soehnle 7850

Soehnle Professional 7850 Fitness Scale User Manual

Model: **7850**

1. INTRODUCTION

This user manual provides comprehensive instructions for the Soehnle Professional 7850 Fitness Scale. This advanced scale is designed to measure body composition, including muscle percentage, fat percentage, water percentage, Body Mass Index (BMI), and daily calorie requirements. It utilizes hand-held impedance measurement, eliminating the need to remove shoes or socks for analysis. The scale features an optimized electronic system with additional adjustment options, a large LCD display for time in standby mode, and simple menu-guided instructions on its glass surface. It also offers automatic printing of analysis data and adjustable clothing weight values.

2. SAFETY INFORMATION

Please read all safety instructions carefully before using the Soehnle Professional 7850 Fitness Scale. Failure to follow these instructions may result in injury or damage to the device.

- Do not use this device for medical diagnosis or treatment. Consult a healthcare professional for medical advice.
- Place the scale on a firm, flat, and stable surface to ensure accurate measurements and prevent tipping.
- Keep the scale dry. Avoid exposure to water or other liquids. Do not use in excessively humid environments.
- Clean the scale with a slightly damp cloth. Do not use abrasive cleaners or immerse the device in water.
- Do not disassemble or attempt to repair the scale yourself. Contact qualified service personnel for repairs.
- Keep out of reach of children.
- Avoid extreme temperatures and direct sunlight.
- Individuals with pacemakers or other implanted medical devices should consult their doctor before

using this scale, as it uses bioelectrical impedance analysis (BIA).

3. PACKAGE CONTENTS

Verify that all items are present in the package:

- Soehnle Professional 7850 Fitness Scale
- Power Adapter (for mains operation)
- User Manual (this document)
- Software for individual company information adjustment (if applicable)

4. PRODUCT OVERVIEW

The Soehnle Professional 7850 Fitness Scale consists of a sturdy weighing platform and an integrated column with a display and hand-held electrodes for body composition analysis.



Figure 1: Full view of the Soehnle Professional 7850 Fitness Scale, showing the weighing platform and the integrated column with display and hand-held unit.

The hand-held unit, located at the top of the column, features electrodes for impedance measurement and control buttons for navigation and settings.



Figure 2: Close-up of the display and hand-held unit of the Soehnle Professional 7850 Fitness Scale, showing the LCD screen and control buttons.

Key components include:

- **Weighing Platform:** The base where you stand for weight measurement.
- **Column:** Supports the display and hand-held unit.
- **Hand-held Unit:** Contains electrodes for body composition analysis and control buttons (e.g., power, menu, navigation).
- **LCD Display:** Shows weight, body composition values, time, and menu prompts.
- **Unit Switch:** Allows selection between different measurement units (e.g., kg/lb).

5. SETUP

1. **Unpacking:** Carefully remove all components from the packaging. Retain packaging for future transport or storage.
2. **Placement:** Position the scale on a hard, flat, and stable surface. Uneven or soft surfaces (like carpets) can affect measurement accuracy.
3. **Power Connection:** Connect the provided power adapter to the scale's power input and then to a suitable electrical outlet. The scale operates via mains power.
4. **Initial Power-On:** The scale may power on automatically or require pressing the power button on the hand-held unit.
5. **Unit Selection:** If prompted, use the control buttons on the hand-held unit to select your preferred measurement units (e.g., kilograms for weight, centimeters for height). Refer to the on-screen menu for guidance.

6. OPERATING INSTRUCTIONS

6.1. User Profile Setup (if applicable)

The scale's optimized electronics allow for additional adjustment options, potentially including user profiles.

If available, follow the on-screen menu instructions to set up individual user profiles, entering data such as age, gender, and height. This information is crucial for accurate body composition analysis.

6.2. Taking a Measurement

1. **Power On:** Ensure the scale is powered on. The display should show the time or be ready for measurement.
2. **Step On:** Step onto the weighing platform barefoot. Stand still with your feet positioned correctly on the designated areas.
3. **Hold Hand-held Unit:** Grasp the hand-held unit firmly with both hands, ensuring your palms are in full contact with the electrodes.
4. **Follow On-Screen Prompts:** The scale will guide you through the measurement process with simple instructions displayed on the glass surface. Remain still until all measurements are complete.
5. **View Results:** Your weight and body composition analysis (muscle, fat, water percentages, BMI, calorie requirement) will be displayed on the LCD screen.

6.3. Printing Analysis Data

The Soehnle Professional 7850 Fitness Scale supports automatic printing of analysis data. If connected to a compatible printer (not included), follow the on-screen menu options to initiate printing after a measurement. Refer to the scale's menu for specific printing instructions and options.

6.4. Adjusting Clothing Weight

The scale allows for seasonal adjustment of clothing weight values. This feature helps to account for variations in clothing weight, ensuring more accurate body composition readings. Access this setting through the scale's menu and adjust as needed.

7. MAINTENANCE

7.1. Cleaning

To maintain the accuracy and appearance of your scale:

- Wipe the surface of the scale with a soft, slightly damp cloth.
- Do not use abrasive cleaning agents, solvents, or harsh chemicals, as these can damage the glass surface and electronic components.
- Ensure no liquid enters the interior of the scale.

7.2. Storage

When not in use for extended periods, store the scale in a clean, dry place away from direct sunlight and extreme temperatures. If possible, use the original packaging for protection.

8. TROUBLESHOOTING

If you encounter issues with your Soehnle Professional 7850 Fitness Scale, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Scale does not power on.	No power connection or faulty adapter.	Ensure the power adapter is securely connected to both the scale and a working electrical outlet. Try a different outlet.
Inaccurate weight readings.	Scale on an uneven or soft surface; scale not calibrated; excessive movement during measurement.	Place the scale on a hard, flat surface. Ensure you stand still during measurement. If issues persist, consult support.
Body composition analysis not working or showing "Error".	Feet or hands not properly placed on electrodes; dry skin; incorrect user profile data.	Ensure bare feet are on the platform electrodes and hands firmly grasp the hand-held unit electrodes. Slightly moisten hands if skin is too dry. Verify user profile settings.
Display shows "Lo" or low battery indicator.	Not applicable, as the scale operates on mains power.	Ensure stable power supply. If the issue persists, contact customer support.

If the problem persists after trying these solutions, please contact Soehnle customer support.

9. SPECIFICATIONS

Technical specifications for the Soehnle Professional 7850 Fitness Scale:

- **Model Number:** 7850
- **Manufacturer:** Soehnle Industrial Solutions GmbH
- **Maximum Load Capacity:** 180 kg
- **Readability:** 100 g
- **Material:** Glass
- **Power Source:** Mains operation (AC adapter)
- **Product Weight:** 5 kg
- **Functions:** Weight, Body Fat, Body Water, Muscle Mass, BMI, Calorie Requirement

10. WARRANTY AND SUPPORT

Soehnle Industrial Solutions GmbH provides a warranty for this product in accordance with local regulations. Please retain your proof of purchase for warranty claims.

For technical support, service, or warranty inquiries, please contact your local Soehnle distributor or visit the official Soehnle website for contact information.

Online Resources: www.soehnle-professional.com