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› Tanita BC-601FS FitScan Segmental Body Composition Monitor User Manual

TANITA BC-601FS

Tanita BC-601FS FitScan Segmental Body Composition Monitor

USER MANUAL

Introduction

The Tanita BC-601FS FitScan Segmental Body Composition Monitor is an advanced personal health tool designed to provide comprehensive insights into your body composition. Utilizing Bioelectric Impedance Analysis (BIA) technology with 8 advanced electrodes, this monitor delivers detailed readings for both full-body and segmental analysis.

This manual provides essential information for setting up, operating, maintaining, and troubleshooting your BC-601FS monitor to ensure accurate and consistent performance.



Figure 1: The Tanita BC-601FS FitScan Segmental Body Composition Monitor, showing the main scale unit with four foot electrodes, a retractable handheld display unit with two hand electrodes, and a representation of the compatible computer software interface.

Setup

- 1. Unpacking:** Carefully remove all components from the packaging. Ensure you have the main scale unit, the handheld display unit, and any included accessories.
- 2. Battery Installation:** The BC-601FS requires 4 AA batteries. Locate the battery compartment on the underside of the main scale unit. Insert the batteries, ensuring correct polarity (+/-).
- 3. Placement:** For accurate readings, place the monitor on a hard, flat surface such as hardwood or tiled flooring. Avoid placing it on carpets or uneven surfaces, as this can affect measurement accuracy.
- 4. SD Card Insertion:** If you plan to use the data storage and transfer features, insert a compatible SD card into the designated slot on the monitor.
- 5. Initial User Setup:**
 - Power on the unit.

- Follow the on-screen prompts on the handheld display to set up user profiles. The monitor supports up to 4 user profiles.
- Enter personal data such as age, gender, height, and activity level. This information is crucial for accurate body composition analysis.
- Select "Athlete Mode" if applicable. This mode is designed for individuals who engage in intense physical activity regularly.

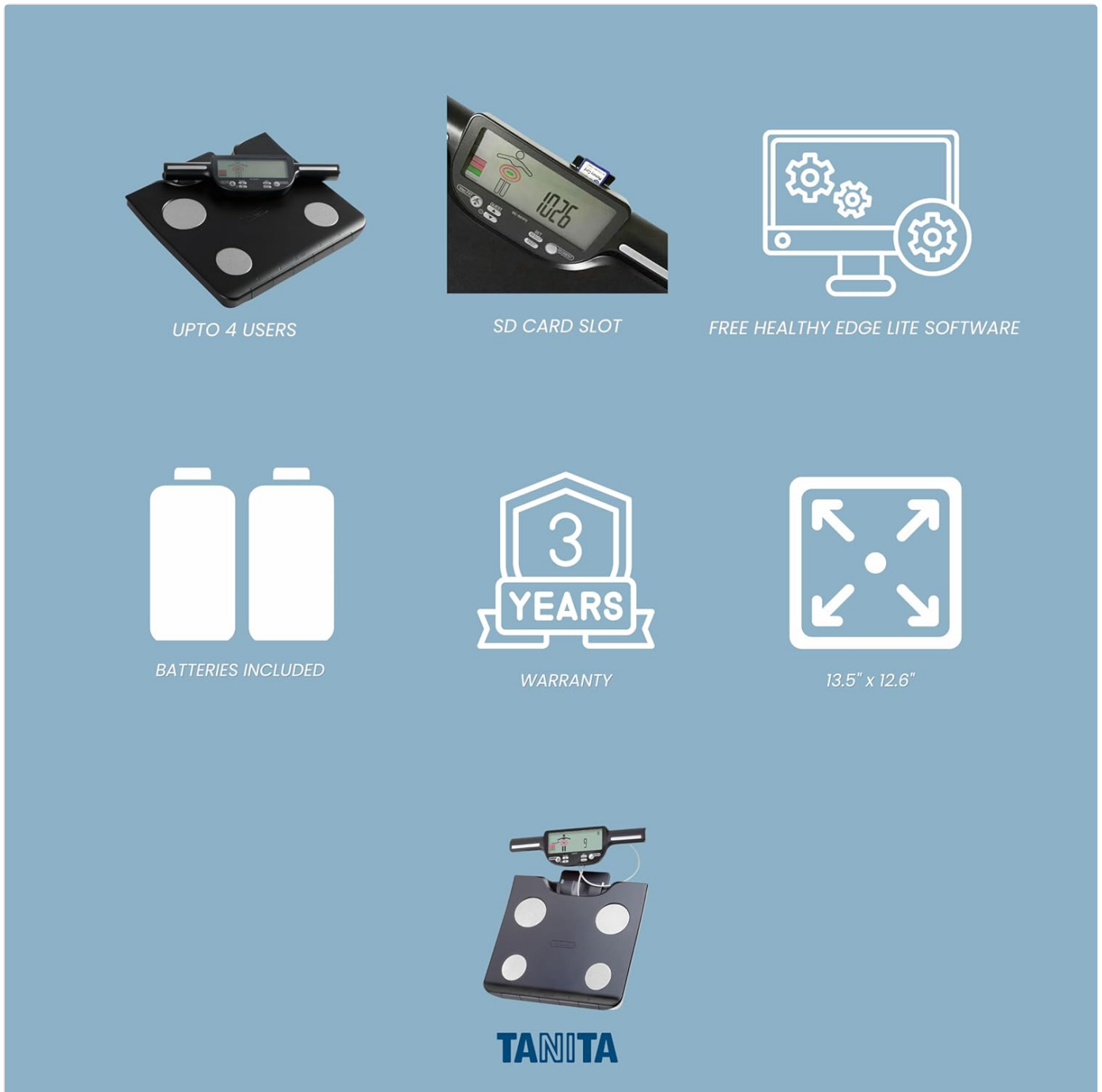


Figure 2: Key features of the Tanita BC-601FS, illustrating support for up to 4 users, an SD card slot for data transfer, compatibility with free Healthy Edge Lite software, a 3-year warranty, product dimensions (13.5" x 12.6"), and the requirement for AA batteries.

Operating Instructions





The Tanita BC-601FS provides 19 detailed body composition measurements. Follow these steps to take a measurement:

1. **Power On:** Step onto the scale barefoot. The unit will automatically power on.
2. **Hold Handheld Unit:** Grasp the handheld display unit firmly with both hands, ensuring your thumbs are on the electrodes. Keep your arms extended straight out in front of you, parallel to the floor.

3. **Measurement Process:** Remain still until the measurement process is complete. The display will show various readings as they are calculated.
4. **View Readings:** The LCD display in the handheld unit allows for convenient real-time viewing of your results.
5. **Understanding Measurements:** The monitor provides 9 full-body metrics and 10 segmental readings.
 - **Full-Body Metrics:** Weight, Body Fat Percentage, Body Mass Index (BMI), Muscle Mass, Bone Mass, Visceral Fat Rating, Basal Metabolic Rate (BMR), Metabolic Age, Daily Caloric Intake.
 - **Segmental Readings:** Body Fat Percentage and Muscle Mass for each arm (right and left), each leg (right and left), and the trunk area. These readings are crucial for evaluating body symmetry and tracking targeted progress.
6. **Data Transfer (SD Card):** To transfer your measurement data, remove the SD card from the monitor and insert it into a compatible card reader connected to your computer. Use the Tanita Healthy Edge software (or Healthy Edge Lite) to view, analyze, and track your progress over time.
7. **Guest Mode:** For users who do not wish to save their data or are not registered profiles, select "Guest Mode" before taking a measurement.

TANITA BC-601FS FITSCAN Segmental Body Composition Scale



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|--|---|--|
|  Weight |  Body Fat Mass |  Body Fat Percentage |
|  Muscle Mass |  Muscle Quality |  Muscle Score |
|  Visceral Fat Rating |  Total Body Water Percentage |  Basal Metabolic Rate |
|  Daily Caloric Intake |  Metabolic Age |  Physique Rating |
|  Bone Mass |  Body Mass Index | |



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Figure 3: An illustration of the Tanita BC-601FS scale highlighting the 19 detailed body composition measurements it provides, including Weight, Body Fat Mass, Body Fat Percentage, Muscle Mass, Muscle Quality, Muscle Score, Visceral Fat, Total Body Water Percentage, Basal Metabolic Rate, Daily Caloric Intake, Metabolic Age, Bone Mass, Body Mass Index, and Physique Rating.

Maintenance

- **Cleaning:** Wipe the surface of the scale and handheld unit with a soft, damp cloth. Do not use abrasive cleaners or immerse the unit in water.
- **Battery Replacement:** When the battery indicator appears on the display, replace all 4 AA batteries with new ones to ensure continued accurate operation.
- **Storage:** Store the monitor in a cool, dry place, away from direct sunlight and extreme temperatures. Ensure the handheld unit is properly retracted into its designated slot on the scale platform.

Troubleshooting

- **Inaccurate Weight/Readings:**
 - Ensure the scale is placed on a hard, flat surface. Carpeted or uneven floors can cause significant inaccuracies.
 - Ensure your feet are clean and dry, and properly positioned on the electrodes.
 - Ensure your hands are clean and dry, and properly gripping the handheld electrodes.
 - Take multiple measurements. While weight should be consistent, body fat percentage and other metrics can vary slightly based on hydration levels and measurement technique.
- **Display Not Working:** Check battery installation and replace batteries if necessary.
- **SD Card Data Transfer Issues:**
 - Ensure the SD card is properly inserted.
 - Verify that your computer's SD card reader is functioning correctly.
 - Ensure you are using the correct Tanita Healthy Edge software version. Note that the software may not be compatible with all operating systems (e.g., Mac compatibility has been noted as an issue by some users).
- **"Error" Message:** Refer to the detailed error codes in the full product manual (often available on the SD card or manufacturer's website) for specific solutions.

Specifications

Feature	Detail
Model Number	BC-601FS
Weight Capacity	330 Pounds (150 kg)
Display Type	LCD (in handheld unit)
Power Source	4 AA Batteries (required)
Product Dimensions	13.5 x 12.6 x 2.1 inches
Weight	5.1 Pounds
Special Feature	Segmental Analysis (8 electrodes)
User Memory	4 User Profiles + Guest Mode

Data Storage	SD Card Slot (6 months history per user)
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Warranty Information

The Tanita BC-601FS FitScan Segmental Body Composition Monitor typically comes with a **3-year warranty** from the date of purchase. This warranty covers defects in materials and workmanship under normal use.

For specific terms, conditions, and to register your product, please refer to the warranty card included with your purchase or visit the official Tanita website. Keep your proof of purchase for warranty claims.

Support

For technical assistance, product inquiries, or warranty service, please contact Tanita customer support.

- **Manufacturer:** TANITA Corporation Of America
- **Website:** For the most up-to-date support information, FAQs, and contact methods, please visit the official [TANITA Store on Amazon](#) or the main Tanita corporate website.

Please note that support options and contact details may vary by region. Always refer to the official Tanita resources for the most accurate information.