Triomph EMSC91

Triomph Precision Body Fat Scale User Manual

Model: EMSC91

Introduction

The Triomph Precision Body Fat Scale (Model EMSC91) is a sophisticated digital bathroom scale designed to provide comprehensive body composition analysis. Utilizing Bio Impedance Analysis (BIA) technology, it accurately measures not only body weight but also body fat, water, muscle, BMI, bone mass, and calorie percentages. This manual provides detailed instructions for setting up, operating, and maintaining your scale to ensure accurate and consistent readings.



Figure 1: Triomph Precision Body Fat Scale (Model EMSC91)

Key Features

- **High Accuracy:** Measures within 0.2 lb/0.1 kg using Bio Impedance Analysis (BIA) technology.
- **Comprehensive Measurements:** Precisely measures weight, body fat, water, muscle, calorie, and bone mass percentages.
- **Premium Functions:** Features auto-zero, auto-on, and auto-off for convenience.
- **Durable Design:** Constructed with high-quality 6mm impact-resistant tempered glass and 4 latest-version high-precision sensors.
- **Multiple Unit Modes:** Supports 3-unit modes (kg, lb, st:lb).
- **Smart Step-On Technology:** Provides instant, accurate readouts upon usage.
- **Backlit LCD Display:** Features a cool-blue LED backlit LCD for easy readability.
- **Automatic User Recognition:** Automatically recognizes and stores readings for up to 10 users.
- **Safety Features:** Includes anti-skid padding and hand-grinding fillet to prevent foot injury.

- **Battery Indicators:** Provides low battery and weight overload indications.

Setup

1. Unpacking and Battery Installation

Carefully remove the scale from its packaging. Locate the battery compartment on the underside of the scale. Insert 4 x AAA batteries (included) ensuring correct polarity (+/-). Close the battery compartment securely.



Figure 2: Battery compartment and key features including tempered glass and anti-skid padding.

2. Placement

For accurate readings, place the scale on a hard, flat surface. Avoid placing it on carpets, rugs, or uneven flooring, as this can affect measurement precision.

3. Unit Selection

On the underside of the scale, locate the unit switch. You can select your preferred unit of measurement: kilograms (kg), pounds (lb), or stone-pounds (st:lb).

User Profile Setup

The Triomph scale can store profiles for up to 10 users, allowing for personalized tracking of body composition data. To set up a user profile:

1. Press the "SET" button located near the display. The display will show a user number (P1, P2, etc.) and the age setting.
2. Use the "▲" (up) or "▼" (down) arrows to select a user number (P1-P10).
3. Press "SET" again to confirm the user number.
4. The age setting will flash. Use the "▲" or "▼" arrows to adjust the age. Press "SET" to confirm.
5. The gender icon (male/female) will flash. Use the "▲" or "▼" arrows to select your gender. Press "SET" to confirm.
6. The height setting will flash. Use the "▲" or "▼" arrows to adjust your height. Press "SET" to confirm.
7. The scale will save your profile. Repeat for additional users.



Figure 3: The scale supports up to 10 user profiles for personalized tracking.

Operating Instructions

1. Basic Weight Measurement

Simply step onto the scale with bare feet. The scale will automatically turn on and display your weight. Remain still until the reading stabilizes.

2. Body Composition Analysis

For body composition analysis (body fat, water, muscle, BMI, bone mass, calories), ensure your user profile is set up. Step onto the scale with bare feet, making sure your feet are in contact with the metal electrodes on the scale surface. The scale will automatically recognize your profile and cycle through your body composition measurements.



Figure 4: The backlit LCD display shows various body composition metrics.



Figure 5: The scale provides 7 key body composition measurements for comprehensive health tracking.

Understanding Your Readings

- **Body Weight:** Your total mass.
- **Body Fat Percentage:** The proportion of fat in your body.
- **Body Water Percentage:** The proportion of water in your body.
- **Muscle Mass Percentage:** The proportion of muscle in your body.
- **BMI (Body Mass Index):** A measure of body fat based on height and weight.
- **Bone Mass Percentage:** The proportion of bone mineral in your body.
- **Calorie (BMR):** Basal Metabolic Rate, the number of calories your body needs at rest.

Maintenance and Care

- **Cleaning:** Wipe the scale surface with a damp cloth and mild detergent. Do not use abrasive cleaners or immerse the scale in water.
- **Storage:** Store the scale in a cool, dry place. Avoid extreme temperatures or direct sunlight.
- **Battery Replacement:** Replace batteries when the low battery indicator appears on the display.
- **Safety:** The scale features safety toughened glass and hand-grinding fillet to prevent foot injury. Always step on and off carefully.



Figure 6: The scale is designed with safety toughened glass for durability and user protection.



Figure 7: The hand-grinding fillet design helps prevent foot injury during use.

Troubleshooting

- **Inaccurate Readings:** Ensure the scale is on a hard, flat surface. Avoid carpets or uneven flooring. Make sure your feet are clean and dry and in full contact with the electrodes for body composition analysis.
- **"Err1" or "Err" Display:** This typically indicates an error in measurement, often due to improper foot placement or movement during measurement. Re-position your feet and try again.
- **No Display/Scale Not Turning On:** Check battery installation and ensure batteries are not depleted. Replace batteries if necessary.
- **Weight Overload Indication:** If the display shows an overload message, the weight exceeds the scale's maximum capacity (400 lbs / 180 kg).

Specifications

Feature	Detail
Model Number	EMSC91
Product Dimensions	11 x 11 x 0.5 inches
Weight	3.2 Pounds
Maximum Capacity	400 lbs / 180 kg
Accuracy	0.2 lb / 0.1 kg
Power Source	4 x AAA batteries (included)
Display Type	Backlit LCD
User Profiles	Up to 10 users
Certifications	CE/FCC/ROHS
Country of Origin	China



Figure 8: Product dimensions for the Triomph Precision Body Fat Scale.

Warranty and Support

Triomph, a French brand with over 25 years of history, stands by its products with a 1-year guarantee, 30-day money-back service, and lifetime support. For any inquiries or assistance, please contact our local U.S. Customer Service based office.

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