

Tefal BM6010V0

TEFAL BodyMaster BM6010V0 Digital Impedance Scale User Manual

Model: BM6010V0

1. INTRODUCTION

Thank you for choosing the TEFAL BodyMaster BM6010V0 Digital Impedance Scale. This scale is designed to help you monitor your weight and body composition, including fat mass, with precision and ease. Please read this manual carefully before first use to ensure proper operation and to get the most out of your device.

2. SAFETY INFORMATION

- Do not use this device if you have a pacemaker or other internal medical device. The bioelectrical impedance analysis (BIA) technology sends a small electrical current through your body, which may interfere with such devices.
- This scale is not intended for use by pregnant women or individuals with certain medical conditions. Consult your doctor if you have concerns.
- Always place the scale on a hard, flat surface for accurate readings. Soft surfaces like carpets can affect accuracy.
- Do not use the scale on wet or slippery surfaces to prevent falls.
- Keep the scale away from water and extreme temperatures.
- This scale is for personal use only and not for commercial or medical purposes.

3. PRODUCT OVERVIEW

The TEFAL BodyMaster BM6010V0 is a digital impedance scale featuring a large glass platform and an easy-to-read LCD display. It measures weight and body fat percentage using bioelectrical impedance analysis.



Image 1: Top view of the TEFAL BodyMaster BM6010V0 digital impedance scale, showing the display and electrode pads.

Key Features:

- **High Capacity:** Measures up to 160 kg (352 lbs).
- **Precision:** 100 g (0.2 lb) graduation for accurate weight tracking.
- **Body Composition Analysis:** Utilizes Bioelectrical Impedance Analysis (BIA) to estimate body fat mass.
- **User Memory:** Stores data for up to 4 users with automatic recognition.
- **Large LCD Display:** 33mm digit height for clear readability.
- **Automatic On/Off:** Convenient power management.

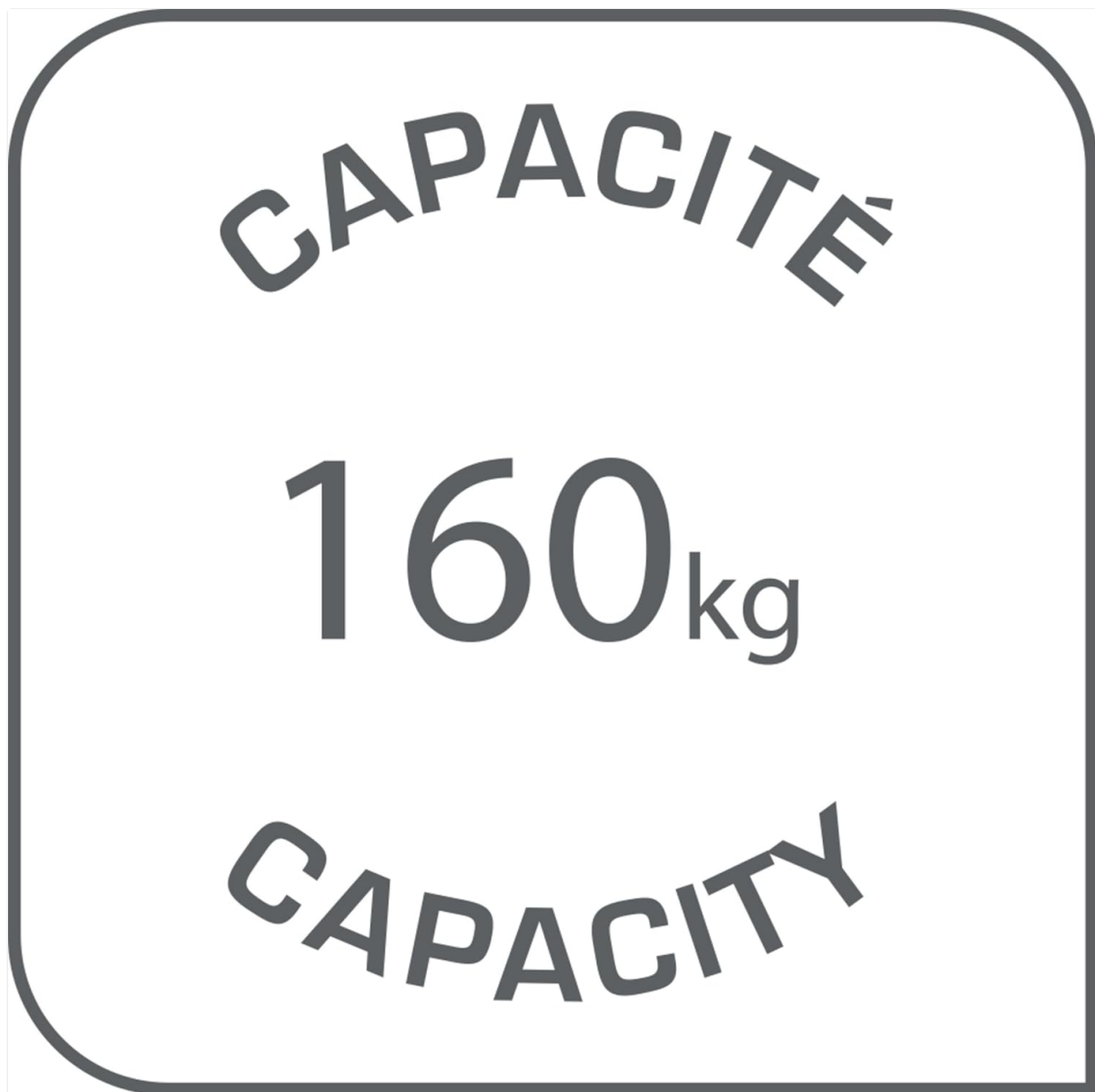


Image 2: Icon indicating the scale's maximum weight capacity of 160 kg.



Image 3: Icon indicating the scale's measurement graduation of 100 grams.



Image 4: Icon showing the scale's capability to store 4 user profiles.

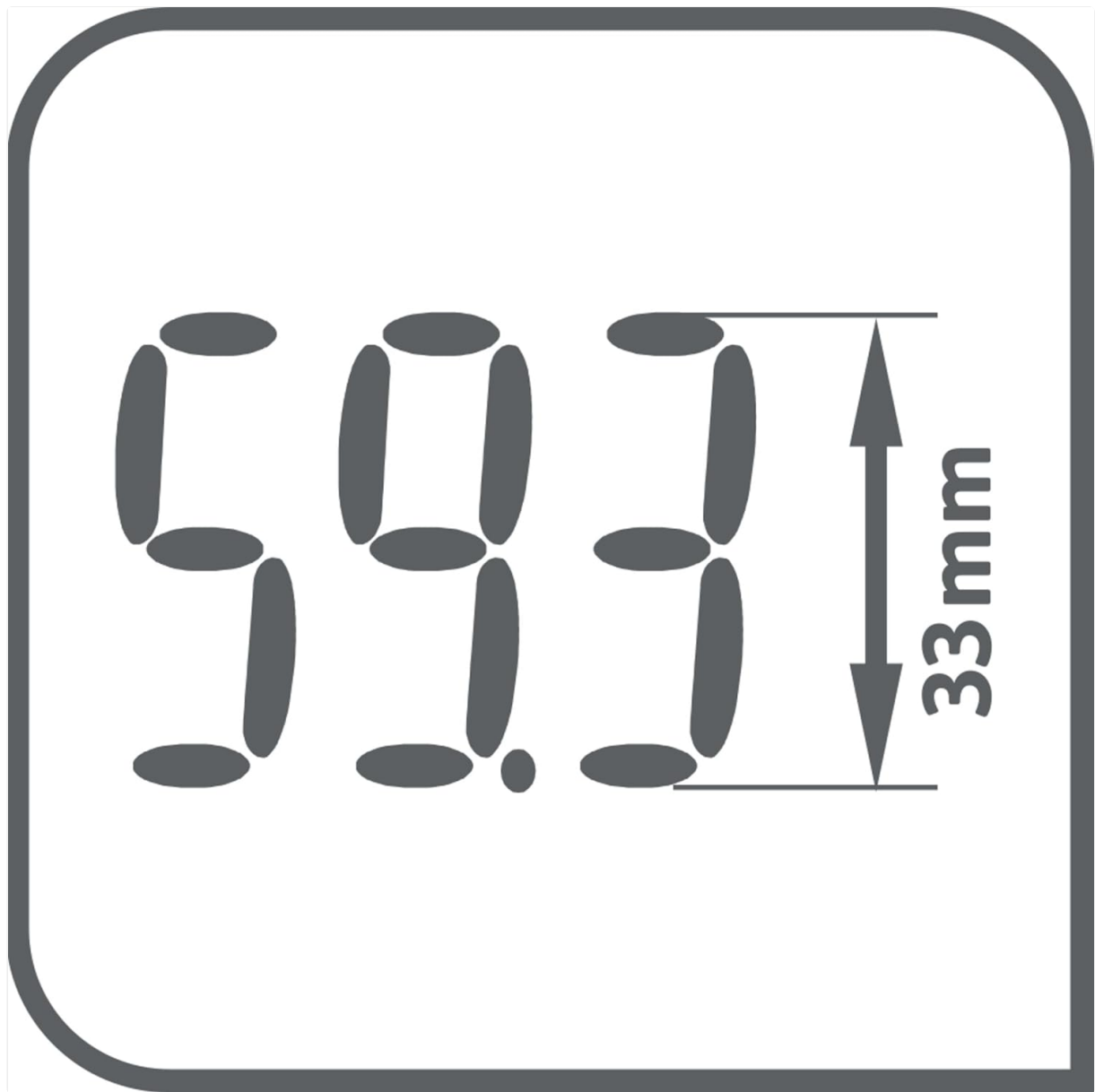


Image 5: Graphic illustrating the 33mm height of the digits on the scale's LCD display for enhanced readability.

4. SETUP

4.1 Battery Installation

1. Locate the battery compartment on the underside of the scale.
2. Open the battery compartment cover.
3. Insert the 4 AAA batteries (included) according to the polarity indicators (+/-) inside the compartment.
4. Close the battery compartment cover securely.

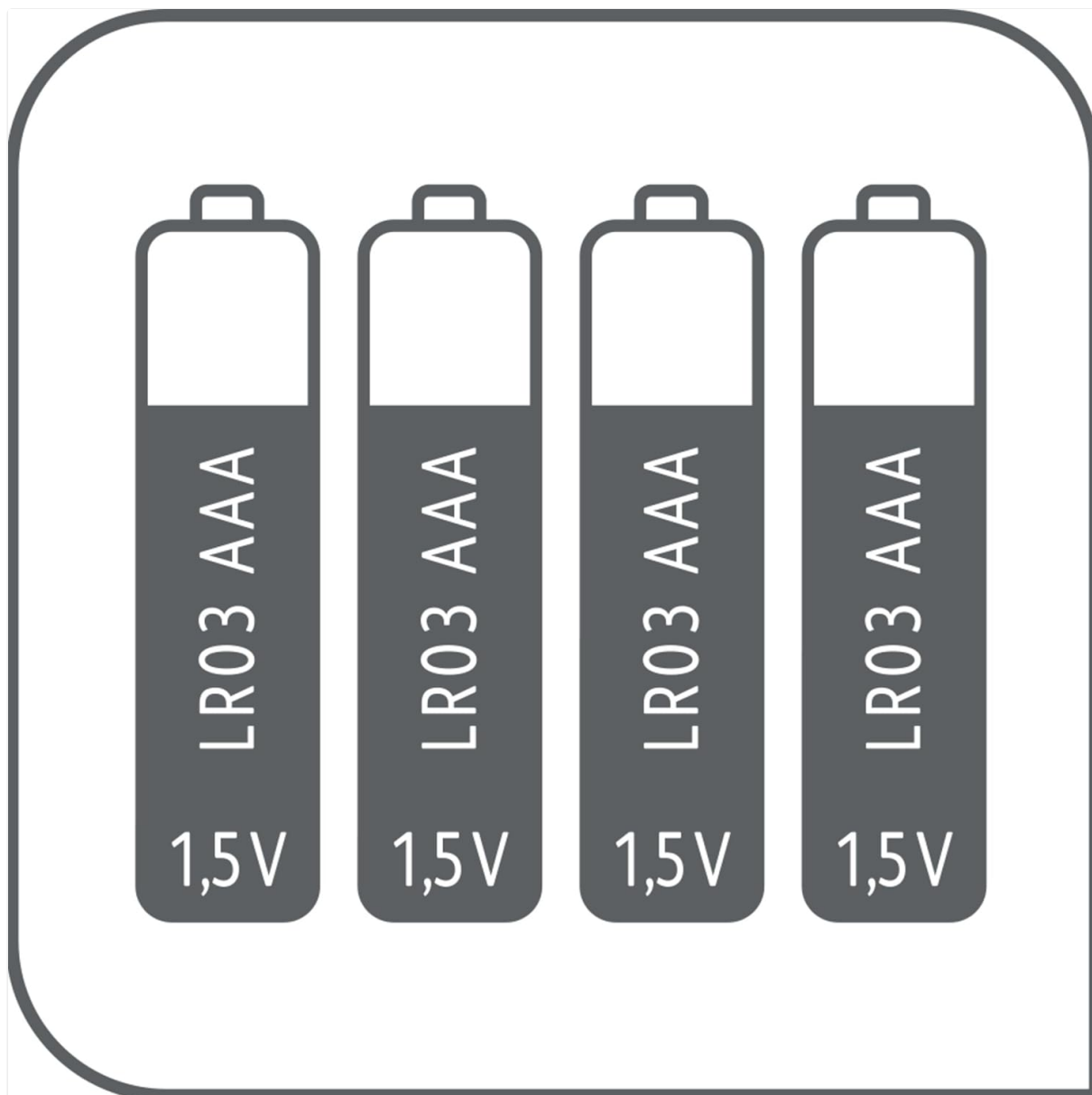


Image 6: Diagram showing the 4 AAA 1.5V batteries required for the scale.

4.2 Initial Placement

Place the scale on a firm, flat, and stable surface. Avoid placing it on carpets, rugs, or uneven floors, as this can affect measurement accuracy.

4.3 User Profile Setup (for Body Composition Analysis)

To utilize the body composition analysis features and automatic user recognition, you need to set up user profiles. The scale supports up to 4 user memories.

1. Press the 'SET' button (or similar button, refer to the scale's interface for exact labeling) to enter setup mode.
2. Use the '+' and '-' buttons to select a user number (P1, P2, P3, P4). Press 'SET' to confirm.
3. Set your gender (male/female). Press 'SET' to confirm.
4. Enter your age. Press 'SET' to confirm.
5. Enter your height. Press 'SET' to confirm.
6. The scale will save your profile. Repeat for other users if necessary.

5. OPERATING INSTRUCTIONS

5.1 Taking a Weight Measurement

1. Gently tap the center of the scale with your foot to turn it on. The display will show '0.0 kg' (or '0.0 lb' depending on unit setting).
2. Once '0.0 kg' is displayed, step onto the scale barefoot, placing your feet evenly on the electrode pads. Stand still.
3. Your weight will be displayed and flash a few times before settling.
4. The scale will automatically turn off after a few seconds.



Image 7: A person's bare feet positioned correctly on the scale's electrode pads for a measurement.

5.2 Taking a Body Composition Measurement

For body composition analysis, ensure your user profile is set up (Section 4.3) and you step on the scale barefoot.

1. Step onto the scale barefoot. The scale will first display your weight.
2. The scale will then automatically recognize you based on your weight and stored profile. Your user number (e.g., P1) will flash.
3. After recognition, the scale will perform the BIA analysis. Keep standing still.
4. The display will cycle through your measurements, typically showing weight, then body fat mass (in kg).



Image 8: The scale's display showing 'FAT MASS IN kg', indicating a body composition measurement result.

5.3 Changing Measurement Units

The unit switch (kg/lb/st) is usually located on the underside of the scale, near the battery compartment. Use this switch to select your preferred unit of measurement.

6. UNDERSTANDING YOUR MEASUREMENTS

The TEFAL BodyMaster BM6010V0 uses Bioelectrical Impedance Analysis (BIA) to estimate your body composition. A small, safe electrical current is sent through your body. The resistance encountered, combined with your profile data (gender, age, height), allows the scale to calculate your lean mass. Your fat mass is then derived by subtracting your lean mass from your total body weight.

Factors such as hydration levels, recent food intake, and physical activity can influence BIA readings. For consistent results, measure yourself at the same time of day, under similar conditions (e.g., in the morning before breakfast and exercise).

7. MAINTENANCE AND CARE

- Clean the scale's surface with a damp cloth and mild detergent. Do not use abrasive cleaners or immerse the scale in water.

- Avoid dropping the scale or subjecting it to strong impacts, as this can damage the glass platform and internal components.
- If the scale will not be used for an extended period, remove the batteries to prevent leakage.
- Store the scale in a cool, dry place.

8. TROUBLESHOOTING

- **'Lo' or 'Err' on Display:** Indicates low battery. Replace all 4 AAA batteries.
- **Inaccurate Readings:**
 - Ensure the scale is on a hard, flat surface.
 - Step on the scale barefoot and stand still.
 - Ensure your feet are clean and dry, making good contact with the electrodes.
 - Recalibrate by stepping on and off the scale quickly, then waiting for '0.0 kg' before taking a measurement.
- **No Display:** Check if batteries are correctly installed and not depleted.
- **Body Composition Not Displayed:** Ensure your user profile is set up correctly (gender, age, height) and you are stepping on the scale barefoot. The scale needs to recognize your profile to perform BIA.
- **'MAX' on Display:** Indicates the maximum weight capacity (160 kg) has been exceeded.

9. SPECIFICATIONS

Model Number	BM6010V0
Brand	Tefal
Maximum Weight Capacity	160 Kilograms
Graduation	100 Grams
Display Type	Digital LCD (33mm digit height)
Special Features	Bioelectrical Impedance Analysis, Automatic User Recognition (4 memories)
Power Source	4 x AAA 1.5V Batteries (included)
Material	Glass
Product Dimensions (L x W x H)	31 x 33 x 2.8 cm
Product Weight	2 Kilograms (4.41 pounds)

10. WARRANTY AND SUPPORT

The TEFAL BodyMaster BM6010V0 Digital Impedance Scale comes with a **2-year guarantee** from the date of purchase. This warranty covers manufacturing defects under normal use conditions.



Image 9: Icon indicating a 2-year product guarantee.

For warranty claims, technical support, or inquiries regarding spare parts, please contact Tefal customer service.

Information on spare parts availability may vary by region.

Please retain your proof of purchase for warranty validation.