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Terraillon 14326

Terraillon Weight Watchers Easy Move Personal Scale

MODEL: 14326 USER MANUAL

1. Introduction

Thank you for choosing the Terraillon Weight Watchers Easy Move Personal Scale. This advanced impedance scale is designed to help you monitor your weight and body composition with precision. It provides detailed analysis of your weight, Body Mass Index (BMI), fat mass, muscle mass, water mass, and bone mass. With its user-friendly features, including automatic user recognition and an athlete mode, it's an ideal companion for your health and fitness journey. 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 any other internal medical device.
- Do not use this device if you are pregnant.
- Keep the scale dry. Do not immerse it in water or use it in extremely humid environments.
- Place the scale on a hard, flat surface for accurate readings. Avoid carpets or soft surfaces.
- The scale surface can be slippery when wet. Step on and off carefully.
- This scale is intended for personal use only and not for medical diagnosis or treatment.
- Keep out of reach of children.

3. Package Contents

Please check the box for the following items:

- 1 x Terraillon Easy Move Personal Scale
- 1 x Elastic Sport Band
- 1 x Manual with 17 Exercises
- 1 x AAA Battery (pre-installed or included separately)

4. Product Overview



Image: The Terraillon Weight Watchers Easy Move Personal Scale, gray in color, featuring a large LCD display and four metallic electrodes for body composition analysis. Alongside the scale, an elastic sport band and a small exercise manual are shown, indicating included accessories.

The Terraillon Easy Move scale features a sleek, ultra-flat glass platform. It is equipped with four metallic electrodes on its surface, which are essential for the bio-electrical impedance analysis (BIA) that measures your body composition. The large LCD display provides clear readings of your weight and other metrics.

5. Setup

5.1 Battery Installation

The scale requires 1 AAA battery, which is typically included. If not pre-installed, open the battery compartment on the underside of the scale and insert the battery, ensuring correct polarity (+/-). Close the compartment securely.

5.2 Initial Placement

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

5.3 First Use / Calibration

For the first use or if the scale has been moved, it is recommended to calibrate it. Gently tap the center of the scale with your foot to turn it on, then wait for the display to show "0.0" kg before stepping on. This ensures accurate initial measurement.

6. Operating Instructions

6.1 Taking a Weight Measurement

1. Step onto the scale barefoot, ensuring your feet are positioned on the metallic electrodes.
2. Stand still until your weight is displayed and flashes a few times, then locks.
3. The scale will automatically turn off after a few seconds of inactivity.

6.2 Body Composition Measurement and User Profile Setup

The scale can store data for up to 8 users and automatically recognize them. To set up a user profile:

1. When the scale is off, press the 'SET' button (usually located on the underside or near the display).
2. Use the arrow buttons to select a user number (P1-P8). Press 'SET' to confirm.
3. Enter your personal data: gender, height, age. Use the arrow buttons to adjust values and 'SET' to confirm each entry.
4. Once all data is entered, the scale is ready for your first measurement. Step onto the scale barefoot.
5. The scale will display your weight, then cycle through your body composition metrics (BMI, fat, muscle, water, bone mass).

6.3 Automatic User Recognition

Once your profile is set up, the scale will attempt to recognize you based on your previous weight and body composition data. Simply step onto the scale barefoot, and it should display your user number before showing your measurements.

7. Athlete Mode

The Terraillon Easy Move scale includes an 'Athlete Mode'. This mode is designed for individuals who engage in sustained physical activity (e.g., 2 hours, three times a week or more). Athletes often have different body compositions, and this mode adjusts the calculation algorithm to provide more accurate readings for their specific physiological variations. To activate Athlete Mode, follow the user profile setup steps and select the 'Athlete' option when prompted (if available in your model's menu).

8. Body Composition Analysis Explained

- **BMI (Body Mass Index):** A measure that uses your height and weight to work out if your weight is healthy.
- **Fat Mass:** The total amount of fat in your body.
- **Muscle Mass:** The total amount of muscle in your body.
- **Water Mass:** The total amount of water in your body, crucial for overall health.
- **Bone Mass:** The weight of your bones.

These measurements are calculated using Bio-electrical Impedance Analysis (BIA) technology, which sends a small, safe electrical current through your body. Different tissues (fat, muscle, water) conduct electricity at different rates, allowing the scale to estimate their proportions.

9. 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:** If the display shows "Lo" or becomes dim, replace the AAA battery.

- **Avoid Impact:** Do not drop the scale or subject it to strong shocks, as this may damage the internal components.

10. Troubleshooting

- **No Display / Dim Display:** Check battery polarity or replace the battery.
- **"Lo" on Display:** Battery is low. Replace the AAA battery.
- **"Err" on Display:** Measurement error. Step off the scale, wait for it to turn off, then step on again. Ensure your feet are properly placed on the electrodes and you are standing still.
- **Inaccurate Readings:** Ensure the scale is on a hard, flat surface. Calibrate the scale by tapping it to turn on, waiting for "0.0", then stepping on. Ensure you are barefoot for body composition analysis.
- **User Not Recognized:** Ensure your profile is correctly set up. Try re-entering your profile data if issues persist.

11. Specifications

Brand	Terraillon
Model Number	14326
Product Dimensions	30 x 30 x 2.2 cm
Product Weight	1.5 Kilograms
Maximum Capacity	150 kg
Graduation	100g
Display Type	LCD
Number of User Memories	8
Battery Type	1 x AAA (included)
Special Features	Body Composition Analysis (BMI, Fat, Muscle, Water, Bone Mass), Athlete Mode, Automatic User Recognition

12. Warranty and Support

Terraillon products are manufactured to high-quality standards. For information regarding warranty coverage, please refer to the warranty card included with your product or visit the official Terraillon website. For technical support, troubleshooting assistance, or spare parts, please contact Terraillon customer service through their official channels. Keep your purchase receipt as proof of purchase for warranty claims.