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Triomph TRSC37BLACK

Triomph Body Fat Scale TRSC37BLACK User Manual

Digital Bathroom Scale Body Composition Analyzer

1. Product Overview

The Triomph Body Fat Scale TRSC37BLACK is a digital bathroom scale designed to measure various body composition metrics. It utilizes Bio Impedance Analysis (BIA) technology to provide readings for body weight, body fat, BMI, body water, muscle mass, bone mass, and calorie estimates. The scale supports up to 10 user profiles and features a clear backlit LCD display.



Image: Triomph Body Fat Scale showing its dimensions (10.2 inches / 260mm square, 1.0 inch / 25mm thick) and a maximum capacity of 400 lbs.

2. Setup and Initial Use

2.1 Battery Installation

1. Locate the battery compartment on the underside of the scale.
2. Open the battery compartment cover.
3. Insert 4 AAA batteries, ensuring correct polarity (+/-). Four AAA batteries are included with the scale.

4. Close the battery compartment cover securely.

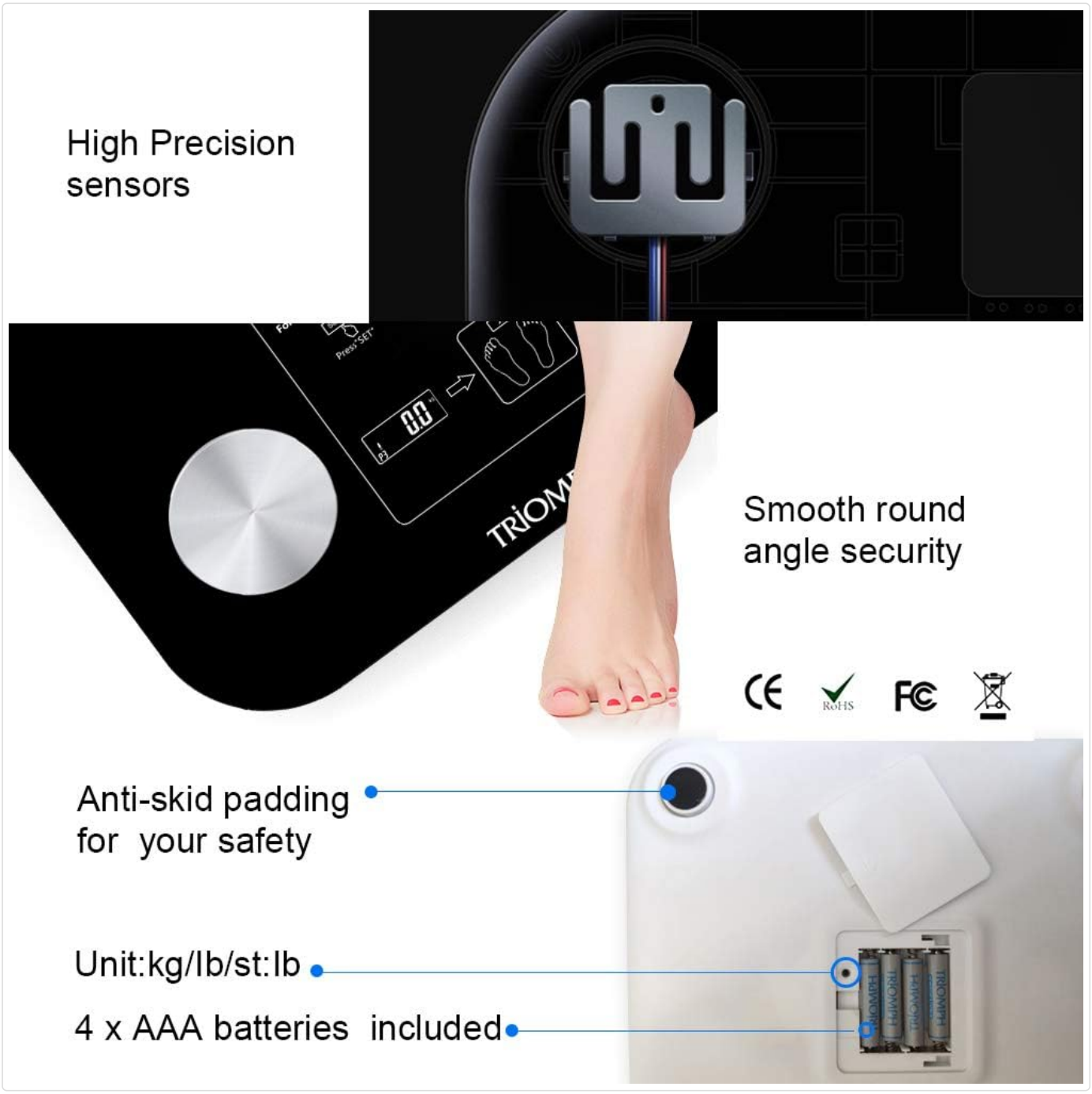


Image: Close-up of the underside of the Triomph scale, highlighting the battery compartment with four AAA batteries inserted, anti-skid padding, and high-precision sensors.

2.2 Unit Selection

To change the unit of measurement (kilograms, pounds, or stone:pounds), locate the unit switch inside the battery compartment. Toggle the switch to your desired unit (kg, lb, or st:lb).

2.3 Initial Placement

Place the scale on a hard, flat surface. Avoid carpets or uneven flooring, as this can affect measurement accuracy.

2.4 User Profile Setup

The scale can store data for up to 10 users. To set up a user profile:

1. With the scale off, press the 'SET' button.
2. Use the arrow buttons to select a user number (P01-P10). Press 'SET' to confirm.
3. Enter your age, gender, and height using the arrow buttons and 'SET' to confirm each entry.
4. Once all data is entered, the scale will save the profile.



Image: Triomph scale illustrating its capability to store personal data for up to 10 users, with examples like 'Brother', 'Momma', 'Daddy', and 'Sister'.

3. Operating Instructions

3.1 Taking a Measurement

The Triomph scale features smart step-on technology for instant readings.

1. Ensure your feet are clean and dry.
2. Step onto the scale barefoot, placing your feet evenly on the four metal electrodes.
3. The scale will automatically turn on and display your weight.
4. Remain still until the display stabilizes and cycles through your body composition metrics (body fat, BMI, water, muscle, calorie, bone mass).
5. The scale will automatically recognize your user profile based on past readings.



Image: A person standing barefoot on the Triomph body fat scale, demonstrating proper usage for measurement.

3.2 Understanding Body Composition Data

The scale provides comprehensive data to help you track your health and fitness progress.

- **Weight:** Your total body mass.
- **Body Fat:** Percentage of fat in your body.
- **BMI (Body Mass Index):** A measure of body fat based on height and weight.

- **Body Water:** Percentage of water in your body.
- **Muscle Mass:** Percentage of muscle in your body.
- **Bone Mass:** Percentage of bone mineral in your body.
- **Calorie:** Estimated daily caloric needs.



Image: Graphic illustrating the 7 key body composition metrics measured by the Triomph scale: Weight, Muscle Mass, Bone Mass, Calorie, Body Fat, Body Water, and BMI.



Image: The Triomph scale's LCD display showing various body composition analysis readings, including BMI, fat percentage, total body water percentage, muscle percentage, bone percentage, and calorie estimate.

3.3 LCD Display

The scale features a large, cool-blue LED backlit LCD display for easy readability, even in dimly lit areas. The display automatically lights up and scrolls through your measurement results.

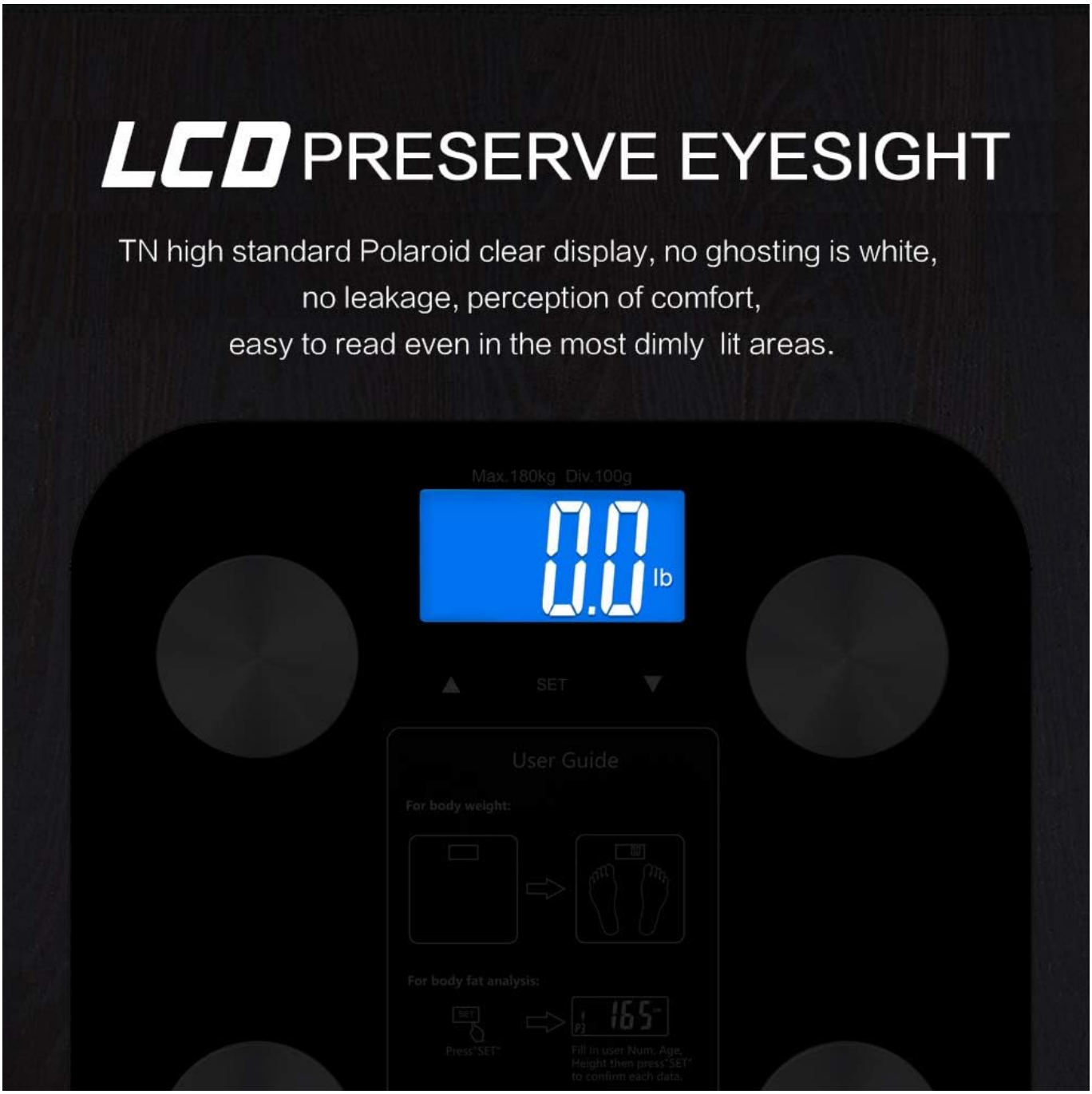


Image: Close-up of the Triomph scale's LCD display, highlighting its clear, backlit design for easy reading.

3.4 Automatic Functions

- **Auto-zero:** The scale automatically resets to zero before each use.
- **Auto-on:** Simply step on the scale to activate it.
- **Auto-off:** The scale will turn off automatically after a period of inactivity to conserve battery life.

4. Maintenance

4.1 Cleaning

The scale's surface is made of durable 6mm tempered glass. To clean, wipe with a damp cloth and mild detergent. Avoid abrasive cleaners or harsh chemicals. Ensure the scale is dry before storage or next use.

4.2 Storage

Store the scale in a cool, dry place. Avoid extreme temperatures or high humidity.

4.3 Battery Replacement

The scale will display a 'Lo' indicator when the batteries are low. Replace all 4 AAA batteries promptly to ensure accurate readings and continued operation.

5. Troubleshooting

- **No Display / Scale Not Turning On:** Check if the batteries are correctly installed and not depleted. Replace batteries if necessary.
- **Inaccurate Readings:** Ensure the scale is placed on a hard, flat, and level surface. Avoid carpets. Make sure your feet are clean and dry and positioned correctly on the electrodes. Recalibrate by stepping off and then back on the scale.
- **'Err' or Overload Indication:** This indicates the maximum weight capacity (400 lbs / 180 kg) has been exceeded. Step off the scale immediately.
- **User Recognition Issues:** Ensure your user profile is correctly set up with your age, gender, and height. If multiple users have similar weights, the scale might prompt you to select your profile using the arrow buttons.
- **Unit Change Difficulty:** The unit switch is located inside the battery compartment. Ensure the battery cover is removed to access it.

6. Specifications

Model Number	TRSC37BLACK
Product Dimensions	11 x 11 x 0.5 inches (280 x 280 x 26 mm)
Weight Capacity	6.6 lbs - 400 lbs (3 kg - 180 kg)
Measurement Units	kg, lb, st:lb
Power Source	4 x AAA Batteries (included)
Material	6mm Tempered Glass, ABS Plastic
Sensors	4 High-Precision Sensors
Special Features	Backlit LCD Display, Body Fat, BMI, Body Water, Muscle Mass, Bone Mass, Calorie, 10 User Profiles, Auto-zero, Auto-on, Auto-off, Anti-skid Padding
Certifications	FDA, CE, FCC, ROHS

7. Warranty and Support

Triomph provides a **1-year guarantee** for this product, along with a **30-day money-back service**. Free lifetime support is also available. For any questions, issues, or warranty claims, please contact Triomph customer service. Triomph maintains a local U.S. Customer Service office for assistance.

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