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› Work It Digital Scale and Body Analyzer - Instruction Manual

Vanity Planet VP42349-0000

Work It Digital Scale and Body Analyzer - Instruction Manual

Model: VP42349-0000 | Brand: Vanity Planet

INTRODUCTION

The Vanity Planet Work It Digital Scale and Body Analyzer is an advanced at-home measurement system designed to help you track your health and fitness progress comprehensively. Utilizing Bio Impedance Analysis (BIA) technology, this device provides detailed insights beyond just weight, including body fat percentage, muscle mass, bone density, and water weight. Its user-friendly design ensures convenience and accuracy for your daily health monitoring.



The Vanity Planet Work It Digital Scale and Body Analyzer displays various health metrics including weight, body fat percentage, muscle mass, and water weight.

SETUP

Unpacking and Initial Placement

Carefully remove the Work It Digital Scale from its packaging. Inspect the device to ensure all components are intact and there is no visible damage. For optimal performance and accurate readings, place the scale on a hard, flat, and level surface. Avoid soft surfaces like carpets or rugs, as these can affect measurement accuracy.

Battery Installation

The Work It Digital Scale requires 4 AAA batteries for operation. Locate the battery compartment on the underside of the scale. Open the compartment cover and insert the batteries, paying close attention to the correct polarity (+/-) as indicated inside the compartment. Securely close the battery compartment cover.



Sense-On Technology

An at-home measurement system that allows you to easily track your health and fitness progress.

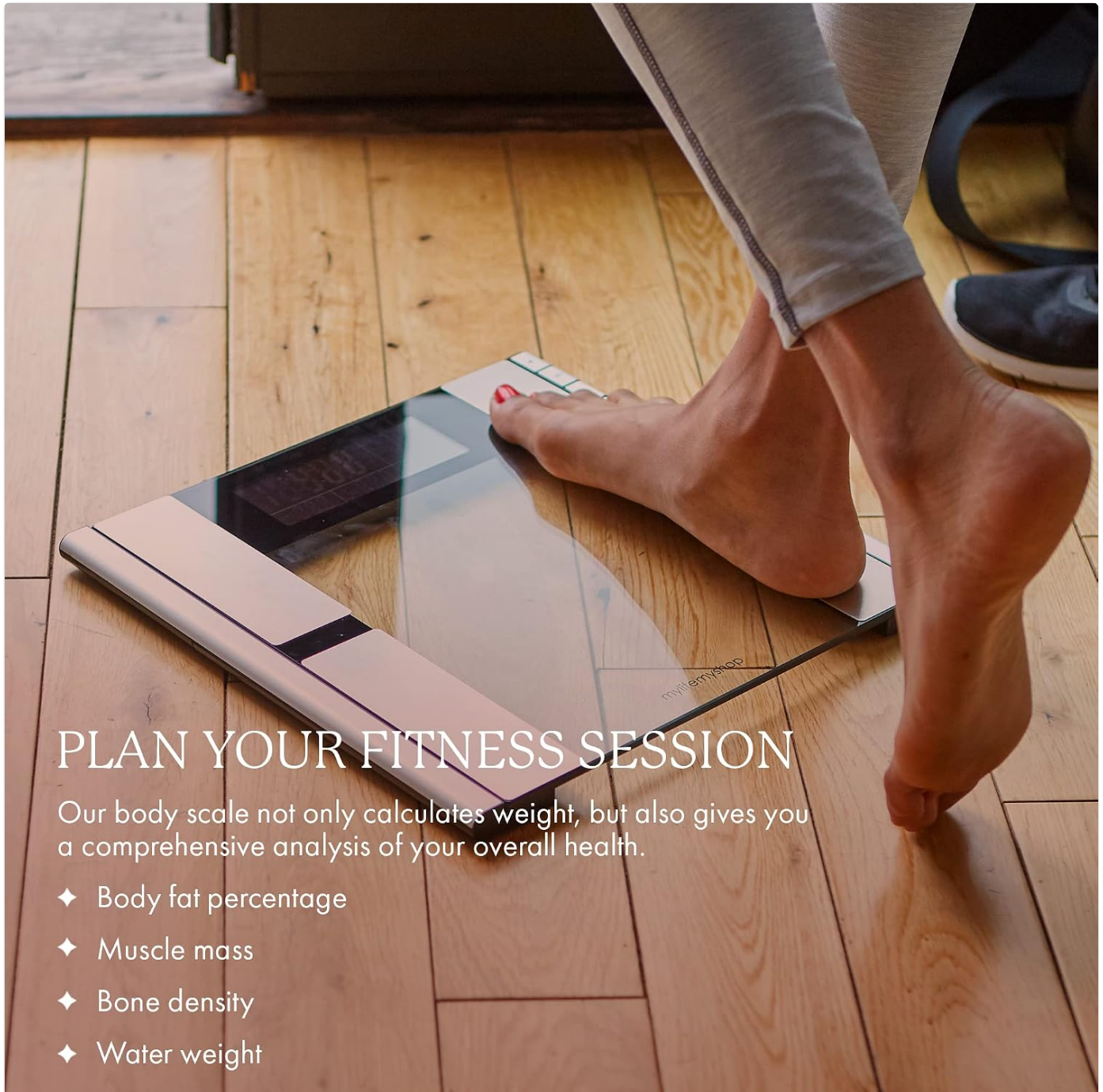
The scale features Sense-On Technology, activating automatically when stepped on.

OPERATING INSTRUCTIONS

Taking a Measurement

1. Ensure the scale is placed on a hard, flat, and level surface.
2. Gently tap the center of the platform with your foot to activate the scale. The display will briefly show "0.0" and then shut down.
3. Once "0.0" is displayed, step onto the scale with bare feet. It is crucial that your bare feet make full contact with all four stainless steel pads on the platform.
4. For the most accurate body composition readings, it is recommended to lightly moisten your feet with a damp cloth before stepping on the scale.
5. Stand still on the scale until your measurements are displayed on the LCD screen. The scale uses Bio Impedance Analysis (BIA) technology to calculate various body composition statistics.

6. After stepping off the scale, your measurements will remain displayed for approximately 10 seconds before the device automatically turns off.



PLAN YOUR FITNESS SESSION

Our body scale not only calculates weight, but also gives you a comprehensive analysis of your overall health.

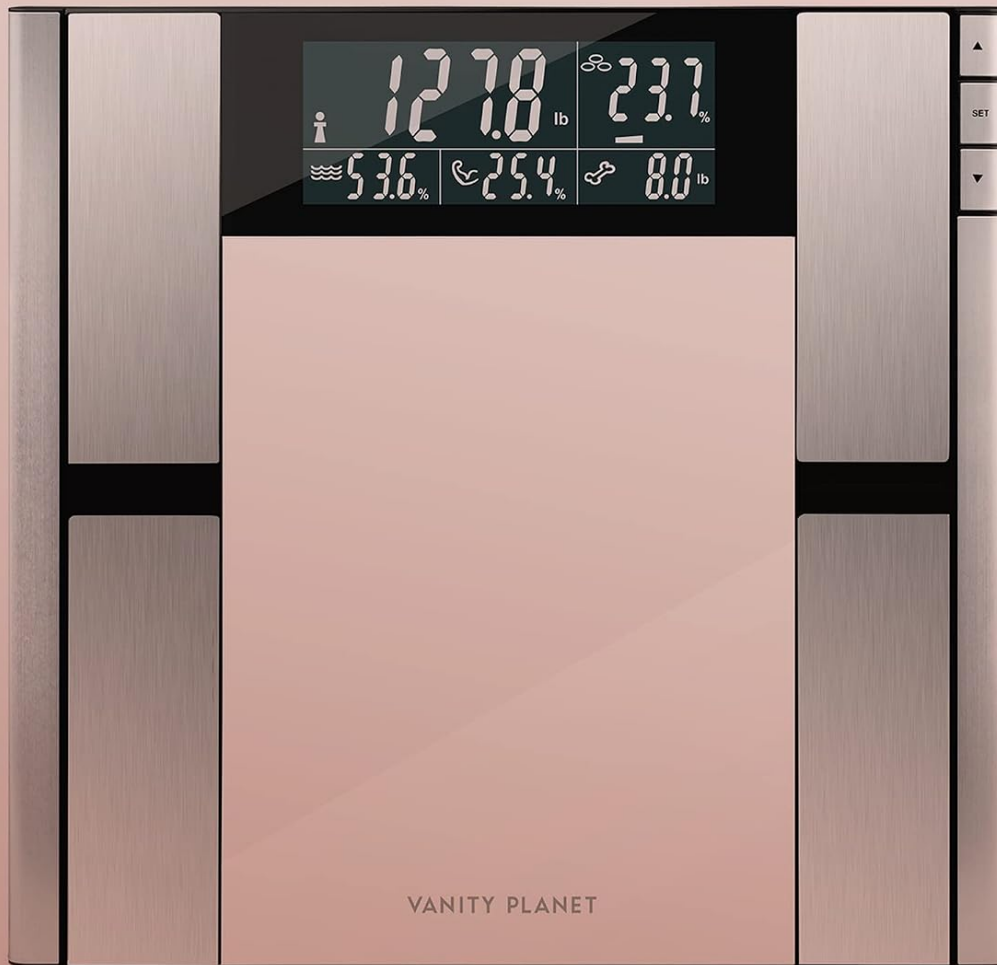
- ◆ Body fat percentage
- ◆ Muscle mass
- ◆ Bone density
- ◆ Water weight

Step onto the scale with bare feet to allow the Bio Impedance Analysis (BIA) technology to accurately measure body composition.

Understanding Your Readings

The Work It Digital Scale provides a comprehensive analysis of your overall health, displaying the following key metrics:

- **Weight:** Your total body weight, measured up to 397 pounds (180 kg).
- **Body Fat Percentage:** The proportion of fat mass relative to your total body weight.
- **Muscle Mass:** The total weight of muscle in your body. This metric is important for tracking true weight loss, ensuring it's fat loss and not healthy muscle.
- **Bone Density:** An estimated measure of your bone mineral content.
- **Water Weight:** The percentage of water content in your body.



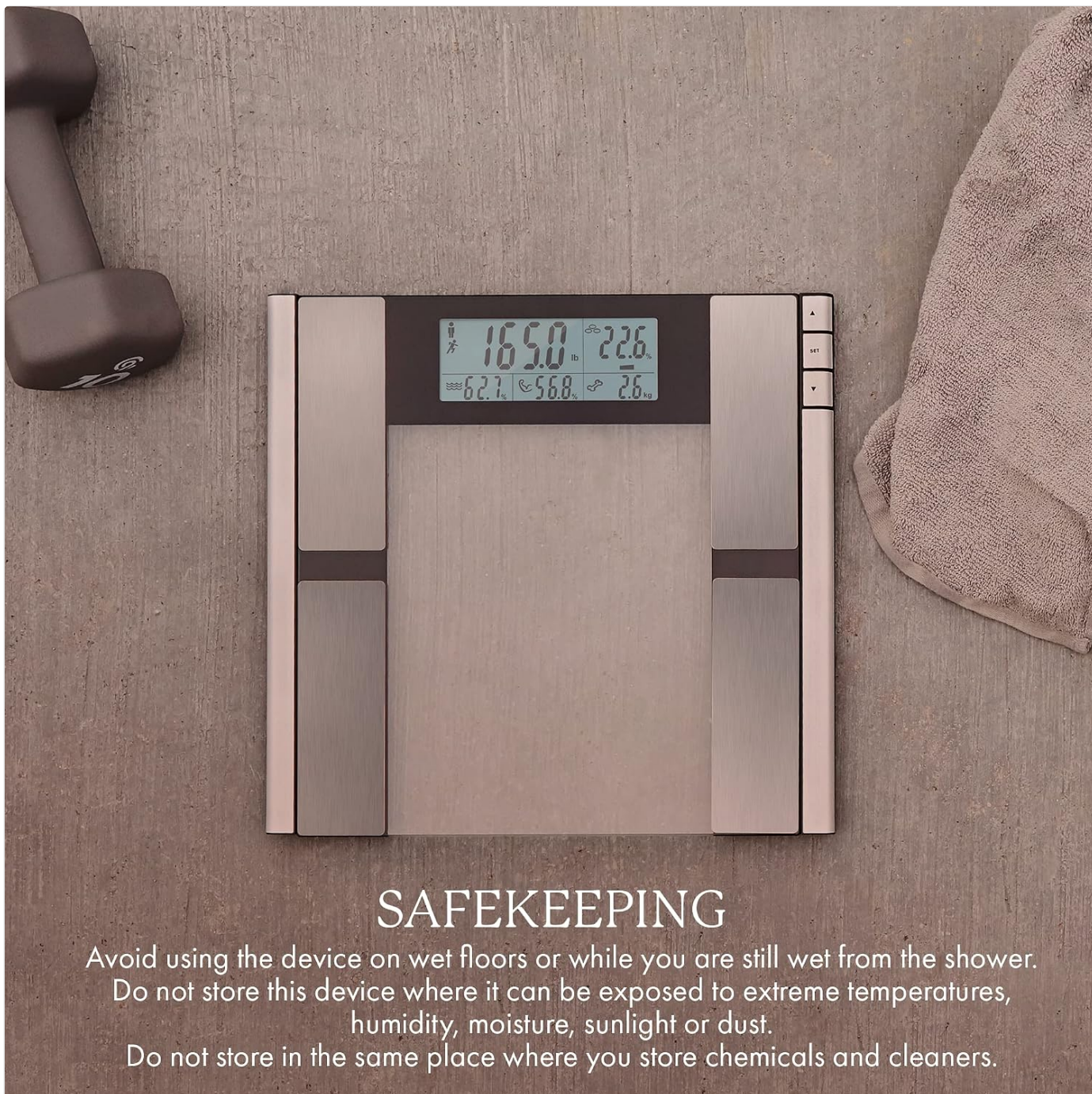
PRECISE READING

Stainless-steel pads on the platform use BIA (Bio Impedance Analysis) technology, which passes an undetectable electrical current through the body to measure your vital body composition statistics.

The scale provides precise readings for various body composition statistics.

MAINTENANCE AND SAFEKEEPING

- **Cleaning:** To clean the scale, gently wipe the surface with a soft, damp cloth. Do not use abrasive cleaners, chemical solvents, or immerse the scale in water.
- **Storage:** Store the device in a dry environment, away from extreme temperatures, high humidity, direct moisture, prolonged sunlight exposure, and excessive dust. Do not store the scale in areas where chemicals or cleaning agents are kept, as these can cause damage.
- **Safety Precautions:**
 - Avoid using the device on wet floors or while your body is still wet from showering to prevent slipping and potential damage to the scale's electronic components.
 - The Bio Impedance Analysis (BIA) feature passes an undetectable electrical current through the body. Pregnant women should consult with their physician before using the body analysis features of this scale.



SAFEKEEPING

Avoid using the device on wet floors or while you are still wet from the shower.
 Do not store this device where it can be exposed to extreme temperatures, humidity, moisture, sunlight or dust.
 Do not store in the same place where you store chemicals and cleaners.

Proper safekeeping involves avoiding wet environments and extreme conditions.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Scale does not turn on or display is blank.	Batteries are dead, incorrectly installed, or missing.	Check battery polarity and ensure they are properly seated. Replace with new AAA batteries if necessary.
Inaccurate weight readings or fluctuating numbers.	Scale is on an uneven or soft surface (e.g., carpet); scale was moved during measurement; calibration issue.	Place the scale on a hard, flat, and level surface. Ensure you stand still during measurement. If issues persist, gently tap the scale to activate, wait for "0.0" then step off, and try again.

Problem	Possible Cause	Solution
Body composition readings (fat, muscle, bone, water) are not displayed, or only weight is shown.	User is wearing socks or shoes; feet are too dry; feet are not making full contact with all four stainless steel pads.	Step on the scale with bare feet. Lightly moisten your feet with a damp cloth if they are very dry. Ensure both feet are fully on the scale and making complete contact with all four metal pads.
"Err" message displayed.	Weight exceeds the maximum capacity (397 lbs / 180 kg); internal error.	Ensure the user's weight is within the scale's capacity. Step off the scale, wait for it to turn off, and then try again. If the error persists, contact customer support.

SPECIFICATIONS

- **Model Number:** VP42349-0000
- **Brand:** Vanity Planet
- **Capacity:** Up to 397 pounds (180 kg)
- **Power Source:** 4 x AAA batteries (required)
- **Display Type:** LCD
- **Measurements:** Weight, Body Fat Percentage, Muscle Mass, Bone Density, Water Weight
- **Technology:** Bio Impedance Analysis (BIA), Sense-On Technology
- **Product Dimensions:** 37.34 x 36.83 x 5.59 cm (14.7 x 14.5 x 2.2 inches)
- **Product Weight:** 2.38 kg (5.25 lbs)
- **Color:** Silver

WARRANTY AND SUPPORT

For detailed warranty information, terms, and conditions, please refer to the documentation included with your purchase or visit the official Vanity Planet website. It is recommended to retain your purchase receipt as proof of purchase for any warranty claims.

For technical support, troubleshooting assistance beyond this manual, or inquiries regarding your Work It Digital Scale and Body Analyzer, please contact Vanity Planet customer service directly through their official channels.

Manufacturer: Vanity Planet

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