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### Taylor 5255180

## Taylor Body Composition Bathroom Scale User Manual

MODEL: 5255180

### Product Overview

The Taylor Body Composition Bathroom Scale is designed to provide comprehensive body analysis, including body weight, body fat, body water, muscle mass, and Body Mass Index (BMI). It utilizes a harmless electrical signal that passes through the body to gather this data. The scale supports up to 10 individual user profiles, allowing for personalized tracking and analysis. Users can select between 'normal' and 'athlete' modes, with 'athlete' mode being suitable for individuals who train consistently three or more times per week. This scale has a maximum capacity of 400 lbs (180 kg / 28.57 stone) and measures in 0.2 lb (0.1 kg) increments.



Figure 1: Front view of the Taylor Body Composition Bathroom Scale, displaying a weight reading.

### Key Features:

- Body Composition Analysis: Measures body fat, body water, muscle mass, and BMI, in addition to weight tracking.
- User Profiles: Supports up to 10 individual user profiles, allowing for personalized data storage and recognition.
- Athlete Mode: A specialized setting for individuals with consistent training routines (3+ times per week).
- High Capacity: Measures up to 400 lbs (180 kg) with 0.2 lb (0.1 kg) increments.
- Clear Display: Features a blue backlit display for easy readability.
- Compact Design: Platform size of 12.2 inches x 11.8 inches.

## Initial Setup

### Battery Installation

The scale requires 3 AAA batteries, which are included. To install or replace batteries:

1. Locate the battery compartment on the underside of the scale.

2. Open the battery compartment cover.
3. Insert the 3 AAA batteries, ensuring correct polarity (+ and -).
4. Close the battery compartment cover securely.



Figure 2: Underside of the scale, indicating the battery compartment.

### Scale Placement

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



Figure 3: Side profile of the scale, demonstrating its low height for stable placement.

### Operating Instructions

## Taking a Weight Measurement

1. Gently tap the center of the scale platform with your foot to activate it. The display will show "0.0".
2. Once "0.0" is displayed, step onto the scale with bare feet, ensuring your feet are positioned on the metal electrodes. Stand still.
3. The scale will display your weight. If a user profile is selected, it will proceed to body composition analysis.



Figure 4: Proper foot placement on the scale for accurate measurement.

## User Profile Setup and Body Composition Analysis

The scale allows for up to 10 user profiles to store personal data and enable body composition analysis. To set up a profile:

1. With the scale off, press the "SET" button. The display will show "P-01" (Profile 1).
2. Use the "UP" or "DOWN" arrows to select a profile number (P-01 to P-10).
3. Press "SET" to confirm the profile number.
4. The display will prompt for gender (male/female). Use arrows to select and "SET" to confirm.

5. Next, enter your height. Use arrows to adjust and "SET" to confirm.
6. Enter your age. Use arrows to adjust and "SET" to confirm.
7. Select "Normal" or "Athlete" mode. Athlete mode is for individuals who engage in intense physical activity or train consistently 3 or more times per week. Use arrows to select and "SET" to confirm.
8. Once all parameters are set, the scale will save the profile and turn off.

To take a body composition measurement after setup:

1. Tap the scale to turn it on.
2. Press the "UP" or "DOWN" arrows to select your user profile number.
3. Once your profile is selected, step onto the scale with bare feet.
4. The scale will first display your weight, then cycle through your body fat percentage, body water percentage, muscle mass percentage, and BMI.



Figure 5: Interacting with the scale's control buttons for profile setup.

## Care and Maintenance

- 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 dry place at room temperature. Avoid extreme temperatures or high humidity.
- Handling:** Handle the scale with care. Do not drop it or jump on it, as this can damage the internal components.
- Batteries:** If the scale will not be used for an extended period, remove the batteries to prevent leakage and damage.

## Troubleshooting Guide

Problem	Possible Cause	Solution
"Lo" or No Display	Low batteries or no batteries installed.	Replace or install 3 AAA batteries, ensuring correct polarity.
Inaccurate Weight Reading	Scale on uneven surface; scale moved; initial calibration needed.	Place scale on a hard, flat surface. Tap to activate, wait for "0.0", then weigh. If moved, re-calibrate by tapping and waiting for "0.0".
"Err" Message	Weight exceeds maximum capacity (400 lbs); unstable reading.	Ensure weight is within capacity. Stand still on the scale. If problem persists, remove batteries for 10 seconds and reinsert.
Body Composition Data Not Displayed	Not using bare feet; user profile not selected or set up correctly.	Ensure bare feet are on the electrodes. Select your user profile before weighing. Verify profile settings (gender, height, age).

## Product Specifications

Feature	Detail
Brand	Taylor
Model Number	5255180
Color	Black
Weight Limit	400 Pounds (180 kg / 28.57 stone)
Readout Accuracy	0.2 Pounds (0.1 kg)
Display Type	Blue Backlit LCD
Measurement Type	Pounds, Kilograms, Stone (selectable)
Material	Stainless Steel
Product Dimensions	14.1 x 14.4 x 2 inches
Item Weight	1 pound (approx. 16 ounces)
Batteries	3 AAA batteries (included)
Manufacturer	Lifetime Brands Inc.

Feature	Detail
UPC	077784035849

## Warranty and Customer Support

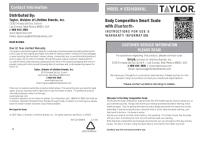
Taylor Precision Products are manufactured by Lifetime Brands Inc. and are designed for accuracy and durability. While specific warranty details may vary, Taylor products typically come with a limited warranty covering defects in materials and workmanship under normal use.

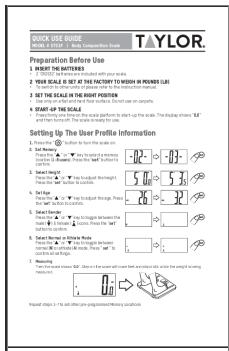
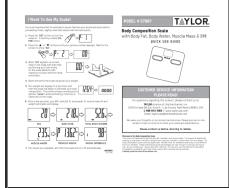
For detailed warranty information, product support, or to inquire about replacement parts, please visit the official Taylor website or contact their customer service department. Keep your purchase receipt as proof of purchase for any warranty claims.

You can find more information and contact details by visiting the [Taylor Store on Amazon](#) or searching for "Taylor Precision Products" online.

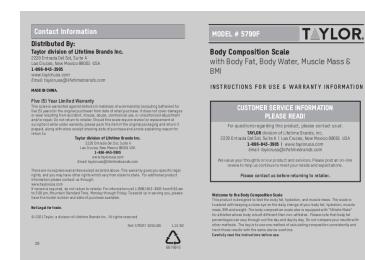
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## Related Documents - 5255180

	<p><a href="#">Taylor 5721F Body Composition Scale: User Manual and Specifications</a></p> <p>Comprehensive guide for the Taylor 5721F Body Composition Scale, covering setup, usage, features, maintenance, troubleshooting, and product specifications. Learn how to measure body fat, body water, and BMI.</p>
	<p><a href="#">Taylor Model # 5771F Body Composition Scale Quick Use Guide</a></p> <p>This guide provides step-by-step instructions for using the Taylor Model # 5771F Body Composition Scale to measure body fat, body water, and muscle mass. Learn how to set up, enter personal data, and obtain accurate readings.</p>
	<p><a href="#">Taylor Body Fat Analyzer and Scale 5743 Instruction Manual</a></p> <p>Comprehensive user manual for the Taylor Body Fat Analyzer and Scale (Model 5743). Learn how to use Bioelectrical Impedance Analysis (BIA) technology, set up your scale, take readings, understand results, and find troubleshooting tips and warranty information.</p>
	<p><a href="#">Taylor 5324506KHL Body Composition Smart Scale with Bluetooth® - User Manual &amp; Warranty</a></p> <p>Comprehensive guide for the Taylor 5324506KHL Body Composition Smart Scale. Learn how to set up, use, and troubleshoot your scale, connect with the AFit Health app, and understand its features and warranty.</p>

	<p><b>Taylor 5721F Body Composition Scale Quick Use Guide</b></p> <p>A quick guide for setting up and using the Taylor 5721F Body Composition Scale, including user profile setup and measurement instructions.</p>
	<p><b>Taylor 5790F Body Composition Scale Quick Use Guide</b></p> <p>Concise guide to operating the Taylor 5790F Body Composition Scale, covering setup, personal data entry, and understanding results for body fat, body water, muscle mass, and BMI. Includes customer service information.</p>

## Documents - Taylor – 5255180



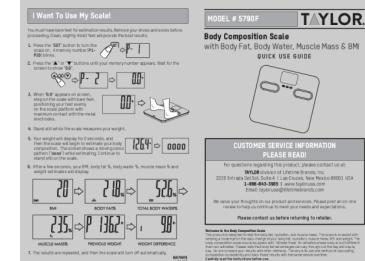
### [pdf] User Manual Warranty

Product ManualBody Composition Scale with Body Water Fat and Muscle MassProduct Manual

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### [Taylor 5790F Body Composition Scale Quick Use Guide](#)

Concise guide to operating the Taylor 5790F Body Composition Scale, covering setup, personal data entry, and understanding results for body fat, body water, muscle mass, and BMI. Includes customer service information.

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