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Salter 9178AR WH3R

Salter Max Body Analyser Bathroom Scale User Manual

Model: 9178AR WH3R

SALTER
SINCE 1760

1. Introduction

The Salter Max Body Analyser Glass Scale is designed to provide comprehensive insights into your body composition, helping you monitor and achieve your health and fitness goals. This advanced scale measures not only body weight but also body fat, body water, Body Mass Index (BMI), Basal Metabolic Rate (BMR), and bone mass. Its user-friendly design and clear display make tracking your metrics straightforward and efficient.



Image: Top view of the Salter Max Body Analyser Scale, showing the display and four circular sensors.

2. What's in the Box

Upon opening the packaging, please ensure all the following items are present:

- 1 x Salter Max Body Analyser Scale
- Batteries (1 Lithium Ion battery required, included)
- Carpet Feet (for use on carpeted surfaces)
- Instruction Manual (this document)

3. Setup Guide

3.1. Battery Installation

1. Locate the battery compartment on the underside of the scale.
2. Open the battery compartment cover.
3. Insert the included Lithium Ion battery, ensuring the correct polarity (+/-) as indicated inside the compartment.
4. Close the battery compartment cover securely.

3.2. Scale Placement

For accurate readings, place the scale on a firm, flat surface. If using on carpet, attach the provided carpet feet to the underside of the scale to ensure stability and accuracy.



Image: The Salter Max Body Analyser Scale positioned on a wooden floor next to a white towel, demonstrating typical placement.

3.3. Unit Selection

The scale allows you to select your preferred unit of measurement (kilograms, stones, or pounds). To change the unit:

- Tap the scale lightly with your foot to turn it on.
- Once the display shows "0.0", locate the unit button on the underside of the scale (or near the display, depending on model variation).
- Press the button repeatedly to cycle through kg, st, and lb until your desired unit is displayed. The scale will remember your selection for future use.

4. Operating Instructions

4.1. Basic Weight Measurement

For a quick weight reading without body analysis:

1. Ensure the scale is on a flat, stable surface.
2. Step directly onto the scale with bare feet. The scale will automatically turn on and display your weight.
3. Remain still until the reading stabilizes.
4. Step off the scale. The reading will hold for a few seconds before the scale automatically turns off.



Image: A person's feet stepping onto the Salter Max Body Analyser Scale for a measurement.

4.2. Setting Up User Profiles (P1-P10)

The scale can store data for up to 10 users. Setting up a profile allows the scale to calculate body analysis metrics accurately.

1. Tap the scale to turn it on. When "0.0" is displayed, press the "SET" button (usually the center button).
2. The display will show "P1" (or the next available profile number). Use the arrow buttons (< and >) to select a user profile (P1-P10). Press "SET" to confirm.
3. **Gender:** Use arrow buttons to select male or female icon. Press "SET".
4. **Height:** Use arrow buttons to adjust height. Press "SET".
5. **Age:** Use arrow buttons to adjust age. Press "SET".
6. **Athlete Mode (Optional):** If you engage in intense physical activity (approx. 12 hours/week), select "Athlete Mode" (indicated by a running figure icon). This adjusts calculations for higher muscle mass. Press "SET".
7. The profile is now saved. The scale will return to "0.0".

4.3. Taking Body Analysis Measurements

To obtain body fat, body water, BMI, BMR, and bone mass readings:

1. Tap the scale to turn it on.
2. Use the arrow buttons (< and >) to select your saved user profile number.
3. Once your profile number is displayed, step onto the scale with bare feet, ensuring your feet are positioned on the metal sensor pads.
4. Remain still. The scale will first display your weight, then cycle through your body analysis metrics.
5. The readings will be displayed sequentially. Make a note of them if desired. The scale will automatically turn off after a few seconds.

Note: Body analysis measurements are taken using Bio-electrical Impedance Analysis (BIA), which sends a small, safe electrical current through your body. This is why bare feet are required.

5. Understanding Your Measurements

The Salter Max Body Analyser Scale provides several key metrics to help you understand your body composition. Refer to the image below for a visual guide to these measurements.

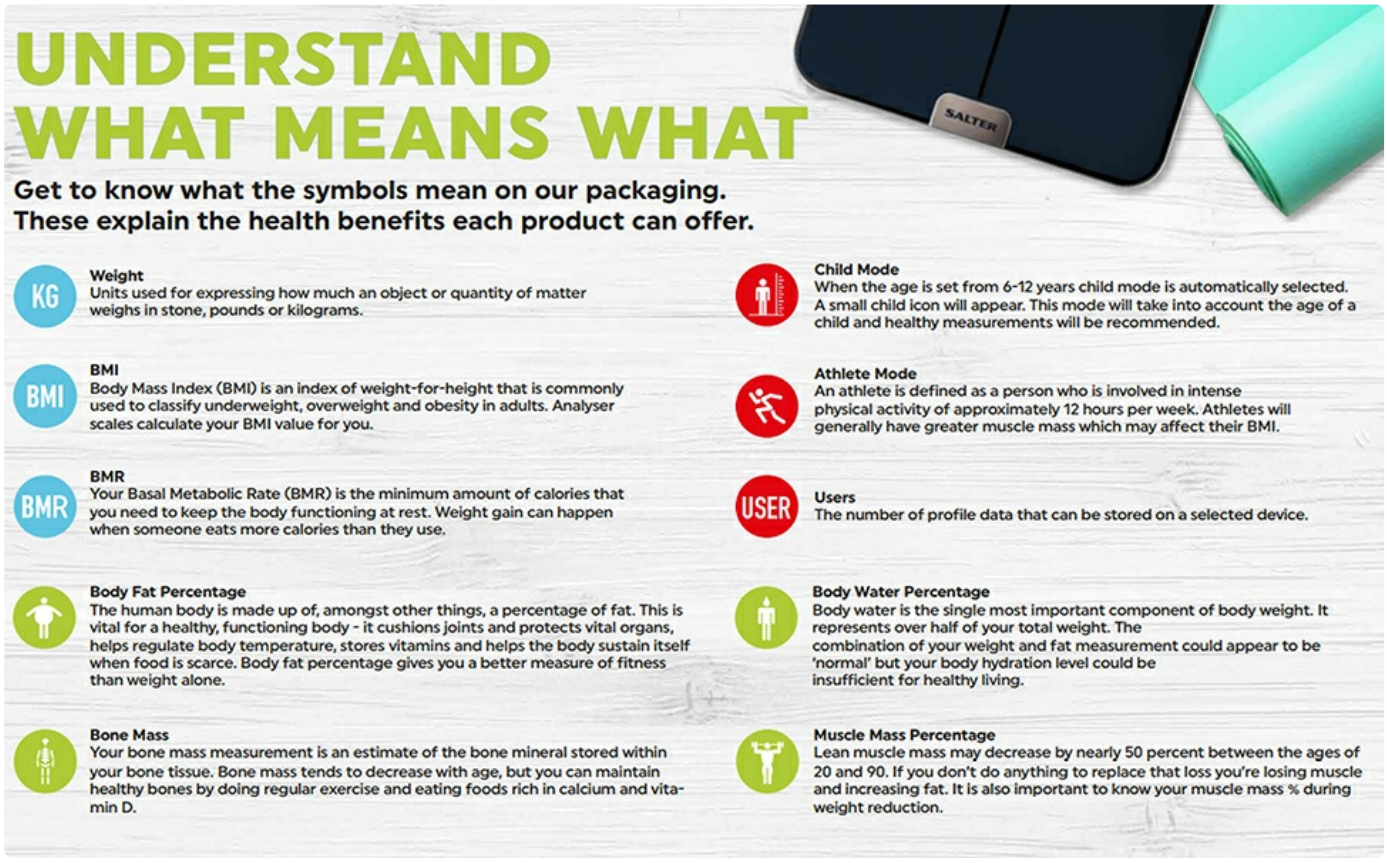


Image: A detailed diagram illustrating the meaning of various body composition measurements provided by the scale, including Weight, BMI, BMR, Body Fat, Body Water, Bone Mass, Muscle Mass, Child Mode, Athlete Mode, and User profiles.

Weight (KG/ST/LB): Your total body mass.

Body Mass Index (BMI): A measure of body fat based on your height and weight. It's a general indicator of whether your weight is healthy for your height.

Basal Metabolic Rate (BMR): The minimum amount of calories your body needs to function at rest.

Body Fat Percentage: The proportion of fat in your body. This is a more meaningful indicator of health than BMI alone.

Body Water Percentage: The amount of water in your body, crucial for many bodily functions.

Bone Mass: An estimate of the bone mineral content in your body.

Muscle Mass Percentage: The percentage of your body that is composed of muscle.

Child Mode: Automatically activated for users aged 6-12 years, adjusting calculations.

Athlete Mode: For individuals with higher muscle mass due to intense physical activity, providing more accurate readings.

6. 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 dry place, away from extreme temperatures and direct sunlight.
- **Battery Replacement:** If the display shows a low battery indicator or becomes dim, replace the battery as described in Section 3.1.
- **Avoid Impact:** The scale is made of toughened glass; however, dropping it or subjecting it to heavy impact can cause damage.

7. Troubleshooting

Problem	Possible Cause	Solution
Scale does not turn on.	Batteries are dead or incorrectly installed.	Check battery polarity. Replace batteries if necessary.
Inaccurate weight readings.	Scale is on an uneven surface; carpet feet not used on carpet; scale moved between readings.	Ensure scale is on a hard, flat surface. Use carpet feet on carpet. Avoid moving the scale between measurements.
Body analysis (fat, water, etc.) not displayed or shows "Err".	Feet not bare or not properly positioned on sensors; user profile not set up; faulty sensor.	Ensure bare feet are in full contact with all four metal sensor pads. Verify user profile is correctly set up. If problem persists, contact customer support.
Display shows "Lo".	Low battery.	Replace the battery.
Display shows "O-Ld".	Overload.	The maximum weight capacity of the scale is 250 kg. Remove weight immediately to prevent damage.

8. Specifications

Model Number: 9178AR WH3R

Brand: Salter

Maximum Capacity: 250 kg (39.5 stone / 550 lb)

Display Type: LCD

Product Dimensions: 31.9 x 31.9 x 2.5 cm

Product Weight: 2.23 kg

Power Source: 1 x Lithium Ion battery (included)

Special Features: Body Fat, Body Water, BMI, BMR, Bone Mass, Muscle Mass, 10 User Memory, Athlete Mode, Step-on Activation, Carpet Feet Included.

Country of Origin: China

9. Warranty and Support

Salter products are manufactured to high quality standards. For information regarding warranty coverage, product registration, or technical support, please refer to the official Salter website or contact their customer service department. Keep your purchase receipt as proof of purchase.

For further assistance, visit the official Salter website:www.salter.com

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