ELEHOT-Store SY01-yy

ELEHOT-Store SY01-yy Smart Impedance Scale User Manual

Model: SY01-yy | Brand: ELEHOT-Store

INTRODUCTION

This manual provides detailed instructions for the safe and effective use of your ELEHOT-Store SY01-yy Smart Impedance Scale. This electronic scale is designed to measure not only your body weight but also various body composition data, including body fat, muscle mass, and more. Please read this manual thoroughly before first use and keep it for future reference.

SAFETY INFORMATION

- Do not use this device if you have a pacemaker or other internal medical device.
- Do not use this device if you are pregnant.
- Place the scale on a hard, flat surface. Using it on soft surfaces like carpet may affect accuracy.
- Keep the scale dry. Avoid contact with water to prevent damage to electronic components.
- Do not jump on the scale or use it for purposes other than weighing.
- The maximum weight capacity is 150 kg (330 lbs). Do not exceed this limit.
- Keep out of reach of children.
- The scale is for household use only and not for medical diagnosis.

PACKAGE CONTENTS

Please check the package for the following items:

- ELEHOT-Store SY01-yy Smart Impedance Scale
- User Manual (this document)
- Flexible Measuring Tape (may be included)

Note: 2 AAA batteries are required and are not included in the package.

PRODUCT FEATURES

The ELEHOT-Store SY01-yy Smart Impedance Scale offers comprehensive body analysis and user-friendly features:

- **Multi-functional Measurement:** Provides data on body weight, body fat, subcutaneous fat, fat-free weight, visceral fat, protein, calories, muscle mass, bone mass, water percentage, ideal weight, and Body Mass Index (BMI).
- **High Precision Sensors:** Equipped with four high-precision sensors for accurate weight measurement with deviations of only 0.1 kg.
- **Easy to Use:** Features automatic on/off function and an overload indicator.
- **Elegant Design:** Black tempered glass surface with a large, backlit LED display for clear readings even in low light.
- **Multi-user Storage:** Supports up to 10 user profiles, allowing multiple family members to track their progress.

This image illustrates the comprehensive body composition metrics measured by the ELEHOT-Store SY01-yy scale, including fat, muscle, bone, water, and BMI.

SETUP

1. Battery Installation

Locate the battery compartment on the underside of the scale. Insert 2 AAA batteries, ensuring correct polarity (+/-). Close the battery compartment cover securely.

2. Initial Placement

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

The scale is shown on a hard, flat surface, ready for use. Key features like auto on/off and overload indication are highlighted.

3. User Profile Configuration

To enable body composition analysis, you need to set up a user profile. The scale supports up to 10 users.

1. Gently tap the scale to turn it on. The display will show "0.0 kg".
2. Press the "**SET**" button to enter user setup mode.
3. Use the "▼" (down) or "▲" (up) buttons to select a user number (P1-P10). Press "**SET**" to confirm.
4. Select your gender (Male/Female) using the arrow buttons. Press "**SET**" to confirm.
5. Enter your height in centimeters (cm) using the arrow buttons. Press "**SET**" to confirm.
6. Enter your age using the arrow buttons. Press "**SET**" to confirm.
7. The scale will then return to "0.0 kg", indicating the profile is saved and ready for measurement.

This image illustrates the sequence of setting up a user profile on the scale's LED display.

A visual flowchart detailing the steps for user profile setup and initial measurement.

OPERATING INSTRUCTIONS

1. Taking a Measurement

1. Ensure the scale is on a hard, flat surface.

2. Step onto the scale barefoot. Make sure your feet are in contact with the four metal electrodes on the scale's surface.

3. Stand still until your weight is displayed and then the body composition data cycles through.

4. The scale will automatically recognize your user profile if you have set it up previously and your current weight is close to your last recorded weight. If multiple users have similar weights, you may need to manually select your profile using the arrow buttons before stepping on.

5. The display will show your weight, followed by other body composition metrics.

This animation demonstrates the correct way to step onto the scale for a measurement, ensuring bare feet contact the electrodes.

The scale displays body data directly on its screen, eliminating the need for a smartphone connection for basic readings.

2. Understanding Body Data Readings

The scale cycles through various metrics on its LED display after measuring your weight. These include:

- **Weight:** Your current body weight.
- **BMI (Body Mass Index):** A measure of body fat based on height and weight.
- **Body Fat Percentage:** The proportion of fat to total body weight.
- **Water Percentage:** The proportion of water to total body weight.
- **Muscle Mass:** The total weight of muscle in your body.
- **Bone Mass:** The total weight of bone in your body.
- **Visceral Fat:** Fat stored around the organs in the abdomen.
- **Subcutaneous Fat:** Fat stored directly under the skin.
- **Fat-Free Mass:** Total body weight minus body fat.
- **Protein:** An estimate of protein content.
- **Calories:** An estimate of daily caloric needs.
- **Ideal Weight:** A calculated target weight based on your profile.

The clear LED display shows detailed body data, including age, height, gender, and various body composition metrics.

This infographic visually represents the range of body metrics the scale can measure, aiding in comprehensive health tracking.

3. Multi-User Function

The scale can store up to 10 individual user profiles (P1-P10). Once a profile is set up, the scale will attempt to identify the user based on their weight. If the scale cannot determine the user or if multiple users have similar weights, you can manually select your profile:

- Before stepping on, gently tap the scale to activate it.
- Press the "▼" or "▲" buttons to cycle through the user profiles (P1-P10).

- Once your user number is displayed, step onto the scale barefoot to take your measurement.

This animation highlights the scale's ability to store and recognize up to 10 different user profiles.

MAINTENANCE

Cleaning

- Wipe the scale surface with a soft, damp cloth.
- Do not use abrasive cleaners or immerse the scale in water.
- Ensure the scale is completely dry before storage or next use.

Storage

- Store the scale in a cool, dry place.
- Avoid storing it vertically or placing heavy objects on it.
- If not used for an extended period, remove the batteries to prevent leakage.

This animation emphasizes the durable tempered glass surface, which is easy to clean.

TROUBLESHOOTING

Problem	Possible Cause	Solution
"Lo" displayed	Low battery.	Replace the 2 AAA batteries.
"ERR" displayed	Overload or unstable measurement.	Ensure weight is below 150 kg. Step off and re-weigh on a stable surface.
Inaccurate readings	Scale on soft/uneven surface, not standing still, or not barefoot for body composition.	Place on a hard, flat surface. Stand still. Ensure bare feet contact electrodes for body composition analysis.
No display/Scale won't turn on	Batteries incorrectly installed or dead.	Check battery polarity or replace batteries. Gently tap the scale to activate.
Body composition data not displayed	Not barefoot, user profile not set up, or incorrect user selected.	Ensure bare feet contact electrodes. Set up a user profile (age, gender, height). Select the correct user profile.

SPECIFICATIONS

Feature	Detail
Model Number	SY01-yy
Brand	ELEHOT-Store

Feature	Detail
Manufacturer	Shenzhen Qulemei Technology Co.,Ltd
Dimensions (L x W x H)	29 x 26 x 2.3 cm (11.4 x 10.2 x 0.9 inches)
Weight	1.01 Kilograms (2.23 lbs)
Material	Tempered Glass
Maximum Weight Capacity	150 Kilograms (330 lbs)
Reading Precision	100 Grams (0.1 kg)
Display Type	LED
Batteries Required	2 x AAA (not included)
Number of Units	1 unit

This diagram illustrates the four high-precision sensors integrated into the scale for accurate weight measurement.

This animation provides a visual representation of the internal sensor mechanism.

WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the retailer's policy or contact ELEHOT-Store customer service through their official channels. Please retain your proof of purchase for any warranty claims.
You can visit the ELEHOT-Store brand page for more information: ELEHOT-Store on Amazon