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› Vanity Planet Digital Scale and Body Analyzer User Manual

Vanity Planet VP42349-0000

Vanity Planet Digital Scale and Body Analyzer

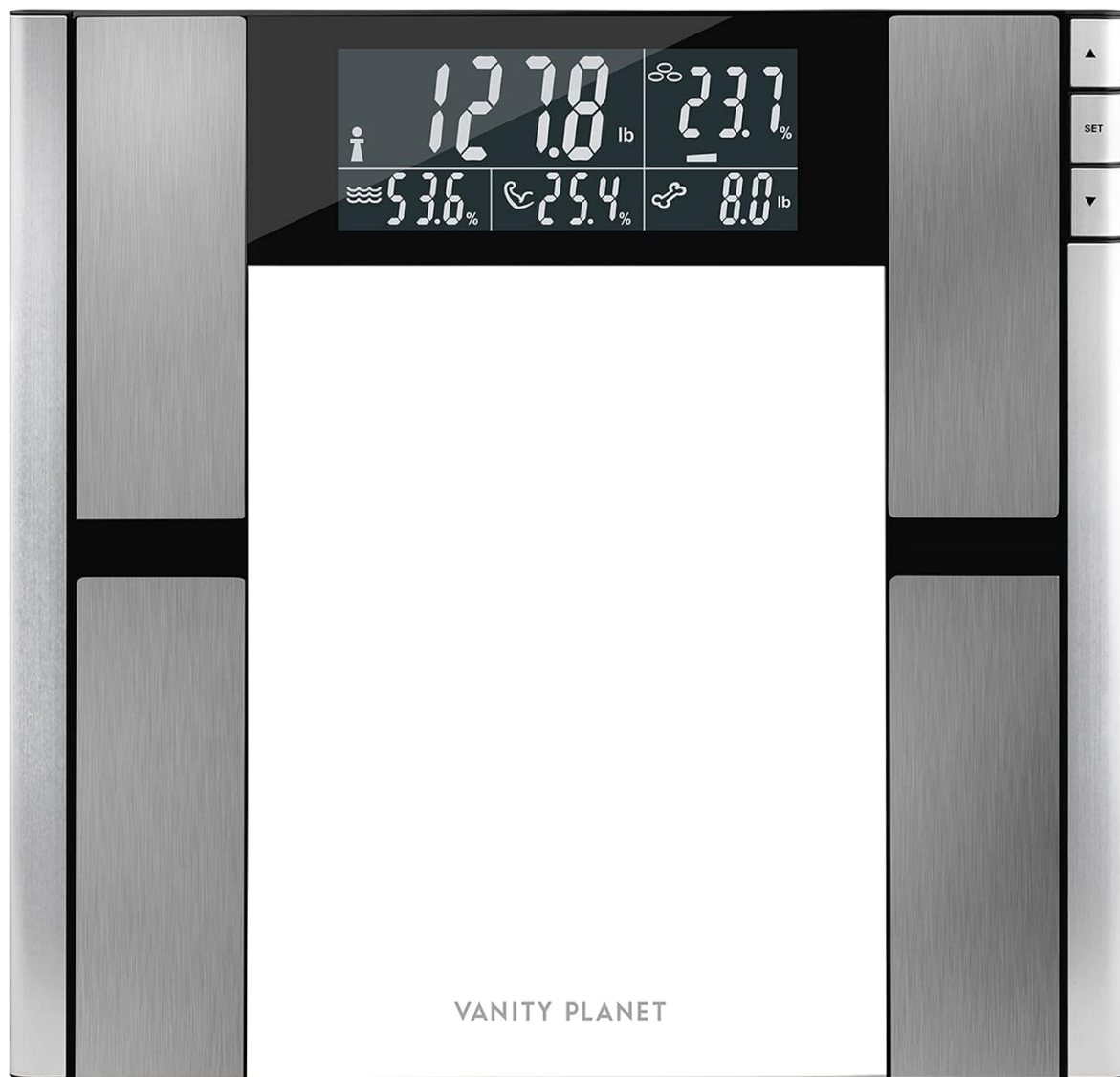
Model: VP42349-0000

Brand: Vanity Planet

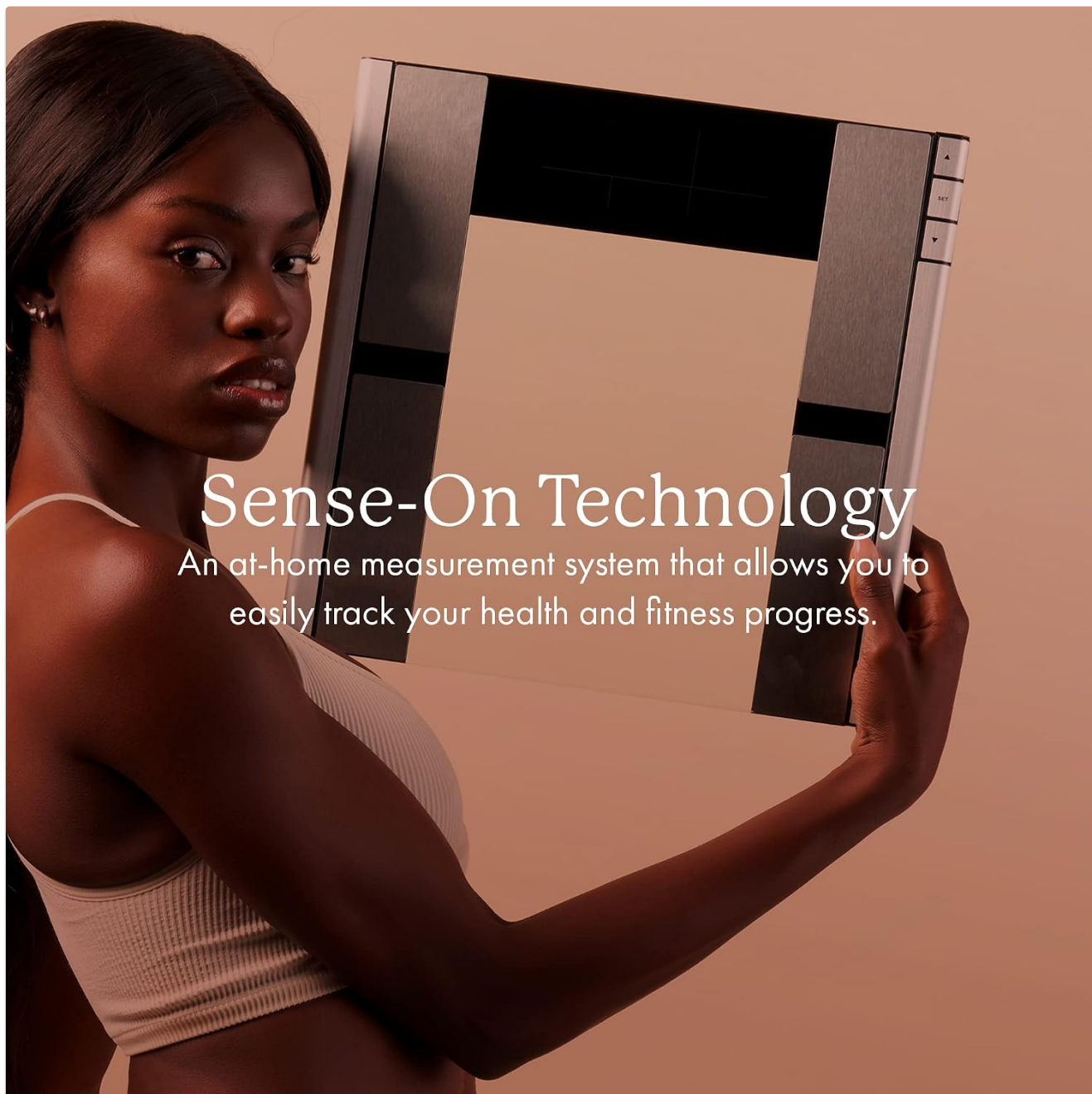
INTRODUCTION AND OVERVIEW

The Vanity Planet Digital Scale and Body Analyzer is an advanced at-home measurement system designed to help you track your health and fitness progress comprehensively. This device not only measures your body weight but also provides a detailed analysis of your body composition, including body fat percentage, muscle mass, bone density, and water weight.

Utilizing Sense-On Technology, the scale automatically activates when stepped on and deactivates when not in use, ensuring convenience and energy efficiency. It is capable of accurately measuring weights up to 397 pounds.



Vanity Planet Digital Scale and Body Analyzer, front view with display showing weight and body composition metrics.



Sense-On Technology

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

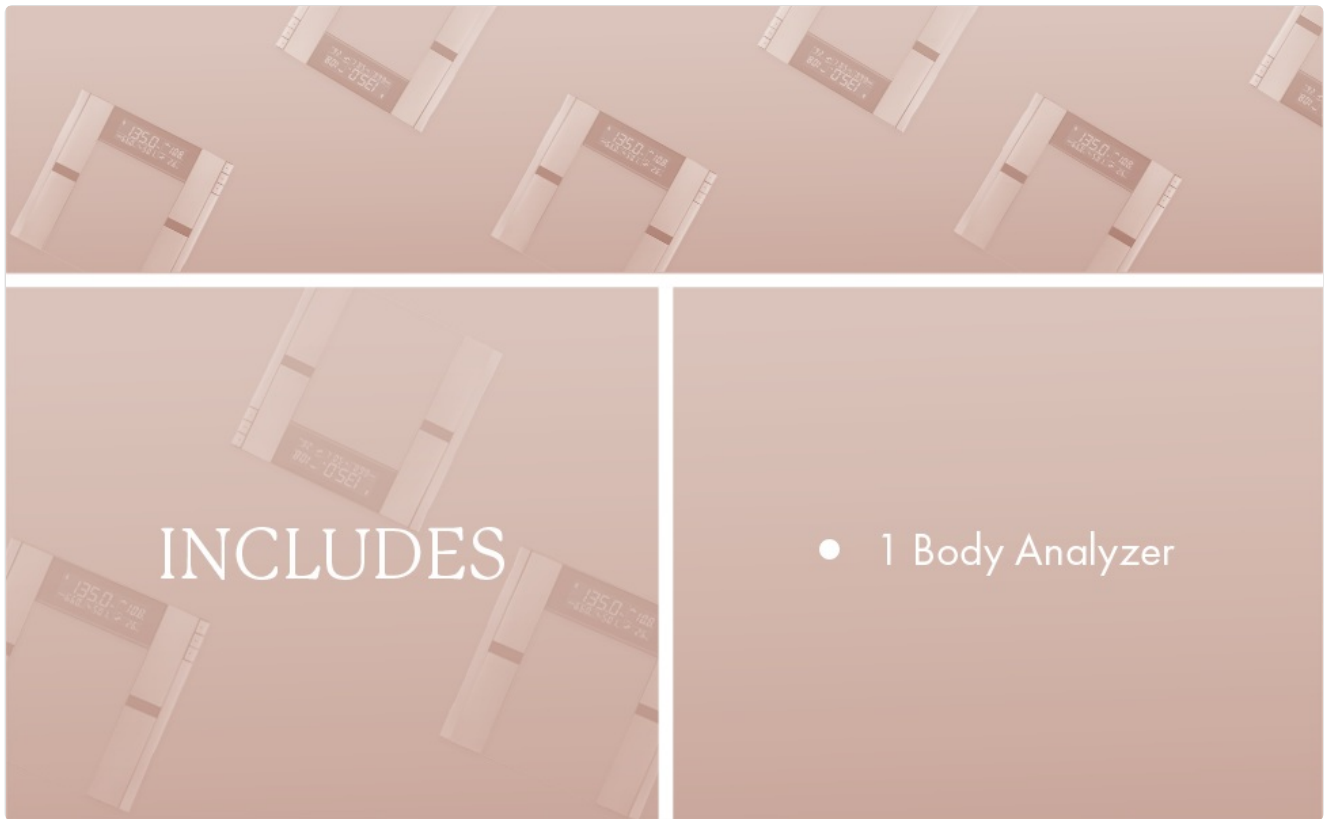
A user holding the Vanity Planet Digital Scale, demonstrating its sleek design and portability.

WHAT'S IN THE BOX

- 1 x Vanity Planet Digital Scale and Body Analyzer

SETUP

1. **Battery Installation:** To activate the Body Analyzer, open the battery compartment on the bottom of the scale. Insert 4 AAA batteries, ensuring correct polarity. Close the compartment securely.
2. **Weight Unit Selection:** On the bottom of the scale, locate the switch to select your preferred weight mode: Kilograms (kg), Stones (st), or Pounds (lb).
3. **Initial Calibration:** Position the scale on a hard, flat, and level surface. Press down firmly on the center of the platform with your foot, then remove it. The display will show "0.0" and then shut down. The device is now calibrated and ready for use. If the scale is moved, it will need to be reinitialized by repeating this step.



Instructions for initial setup and calibration of the scale.

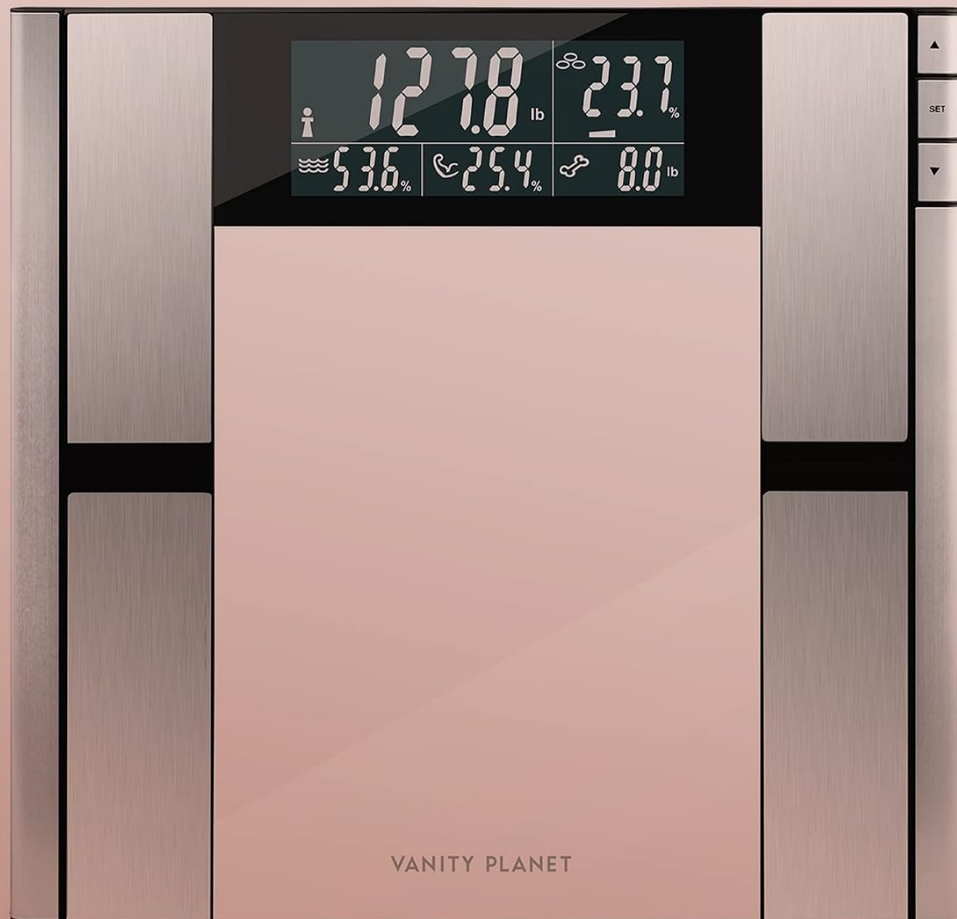
OPERATING INSTRUCTIONS

The Vanity Planet Digital Scale uses Bio Impedance Analysis (BIA) technology to provide comprehensive body composition statistics. This technology passes an undetectable electrical current through your body to measure various metrics.

1. **Taking a Measurement:** Once the scale displays "0.0" after initial calibration or automatic activation, step onto the scale with bare feet. Ensure your bare feet make full contact with all four stainless steel pads on the platform.
2. **For Accurate Readings:** For the most accurate body composition readings, it is recommended to wipe your feet with a damp cloth and leave them slightly moist before stepping onto the scale.
3. **Remain Still:** Stand still on the scale until your measurements are fully displayed on the screen.
4. **Viewing Results:** After stepping off the scale, the measurements will remain displayed for approximately 10 seconds, allowing you to record them.

The scale provides the following body composition statistics:

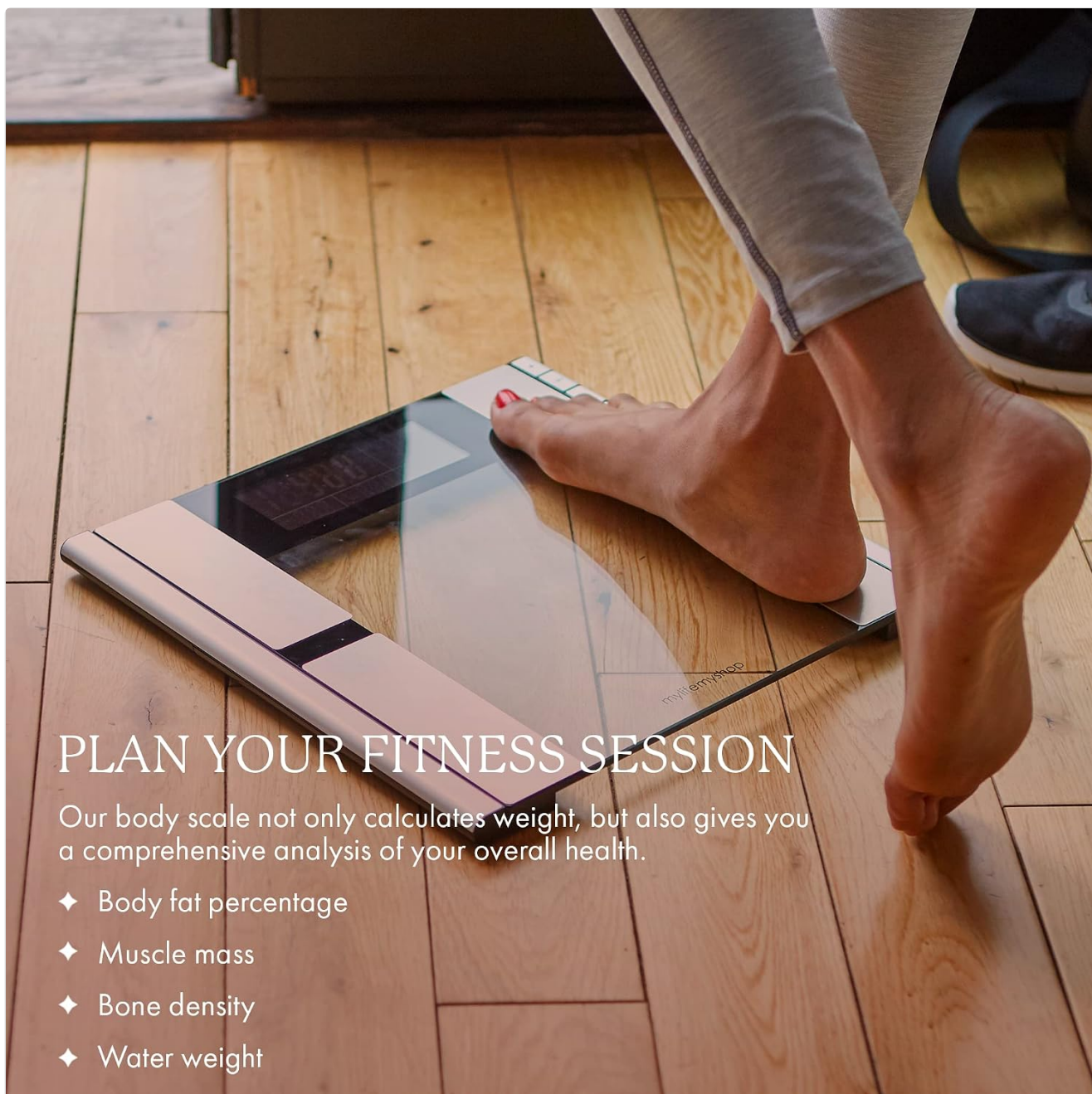
- Body Fat Percentage
- Muscle Mass (helps ensure weight loss is fat loss, not healthy muscle)
- Bone Density
- Water Weight



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's display showing various body composition metrics.



PLAN YOUR FITNESS SESSION

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

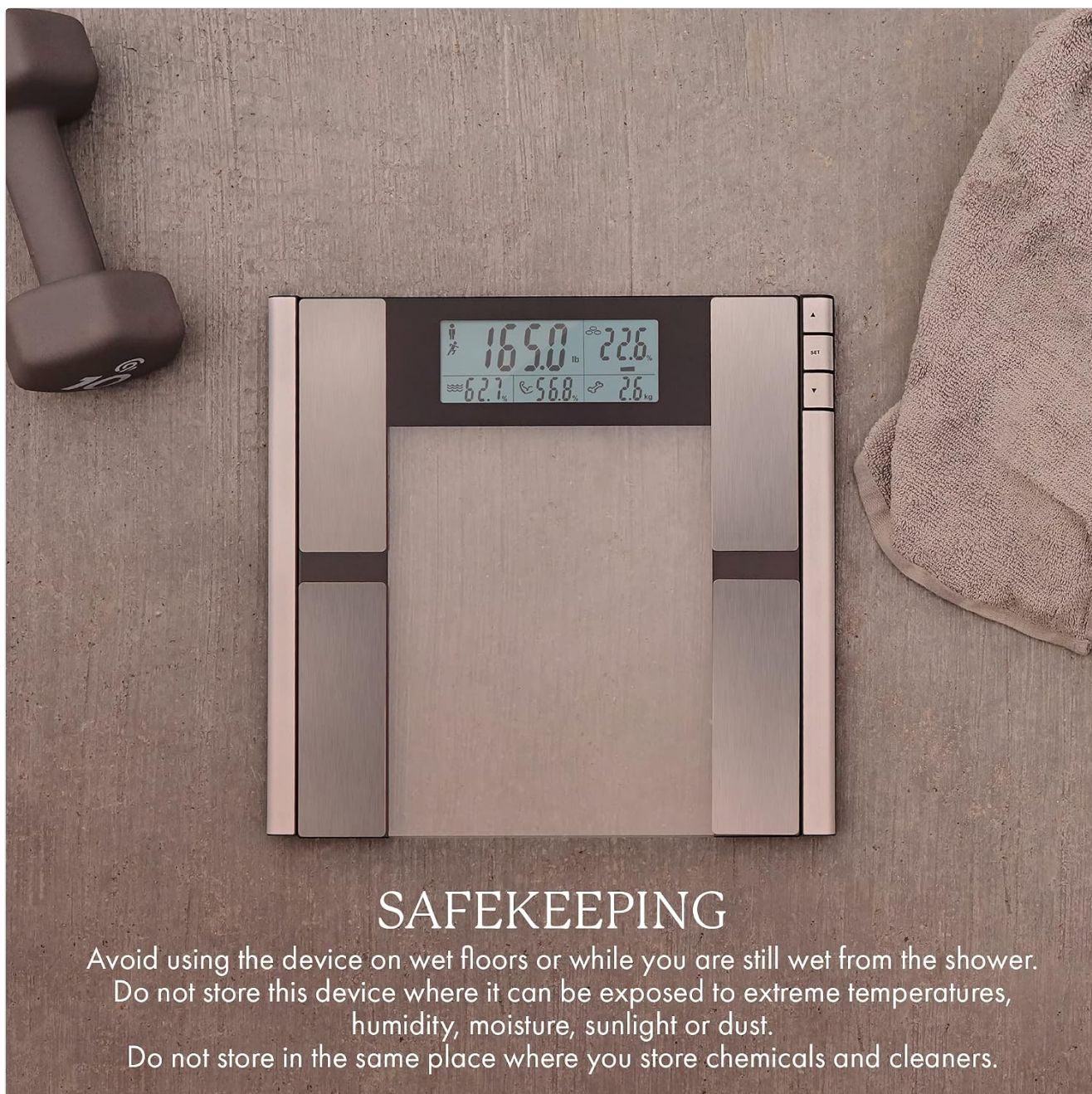
- ◆ Body fat percentage
- ◆ Muscle mass
- ◆ Bone density
- ◆ Water weight

Proper foot placement on the scale for accurate body composition analysis.

MAINTENANCE

To ensure the longevity and accuracy of your Vanity Planet Digital Scale, please follow these maintenance guidelines:

- Clean the scale surface with a soft, damp cloth. Avoid abrasive cleaners or harsh chemicals.
- Ensure the scale is always placed on a dry surface.
- Do not immerse the device in water or any other liquid.
- Store the device in a cool, dry place, away from direct sunlight, extreme temperatures, high humidity, and dust.
- Do not store the scale in the same area as chemicals or cleaning agents, as these may damage the device.



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.

The scale in a suitable environment, highlighting proper storage and usage conditions.

TROUBLESHOOTING

- **Inaccurate Readings:** Ensure the scale is placed on a completely flat and level surface. Uneven surfaces can significantly affect accuracy. Re-calibrate the scale by pressing down on it and allowing it to return to "0.0" if it has been moved.
- **No Display/Power Issues:** Check that the 4 AAA batteries are correctly installed and are not depleted. Replace batteries if necessary.
- **Body Composition Readings Not Appearing:** Ensure your bare feet are making full and firm contact with all four stainless steel pads on the scale's platform. Slightly moistening your feet can improve conductivity for BIA measurements.
- **Multiple User Profiles:** This scale has a maximum capacity for 8 user profiles. If you need to track data for multiple individuals beyond this limit, you will need to manually input height and gender information for each measurement session to obtain body composition readings other than weight.

SPECIFICATIONS

Product Dimensions	14.7 x 14.5 x 2.2 inches
Weight	5.24 Pounds
Item Model Number	VP42349-0000
Batteries Required	4 AAA batteries
Manufacturer	Vanity Planet
Color	Silver
Special Feature	Auto Shut Off
Display Type	LCD

SAFETY INFORMATION

Please read and adhere to the following safety precautions to prevent injury or damage to the device:

- Avoid using the device on wet floors or while you are still wet from the shower. The surface can be slippery, and water can damage the electronics.
- Do not store this device where it can be exposed to extreme temperatures, high humidity, excessive moisture, direct sunlight, or dust.
- Do not store the scale in the same place where you store chemicals and cleaners, as fumes or spills may cause damage.
- Pregnant women should consult with their physician before using this device, especially for body composition analysis, due to the use of Bio Impedance Analysis (BIA) technology.



HOW TO USE

1. To activate the Body Analyzer, open the battery compartment on the bottom of the scale and insert 4 AAA batteries. Close the compartment and select your weight mode (Kilograms, Stones, or Pounds) by switching on the weight mode on the bottom of the scale.
2. To initiate the scale, position it on a hard flat surface. Press down on the center of the platform with your foot, then remove it. The display will read "0.0" then shut down. The device can now be used. Anytime the scale is moved, it will need to be reinitialized.
3. Once it displays "0.0," step onto the scale with bare feet so they touch the platform's 4 stainless steel pads. To get the most accurate reading, wipe your feet with a damp cloth and leave them slightly moist as you step onto the scale. Remain still until your measurement are displayed. After stepping off the scale, the measurements will remain displayed for 10 seconds.

WARRANTY AND SUPPORT

For information regarding warranty coverage, technical support, or customer service, please refer to the contact details provided on the product packaging or the official Vanity Planet website. Keep your purchase receipt as proof of purchase for any warranty claims.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question