

Taylor Digital Glass Body Composition Scale (B0D73YS3LR)

Taylor Digital Glass Body Composition Scale User Manual

Model: Digital Glass Body Composition Scale (B0D73YS3LR)

1. INTRODUCTION

This manual provides instructions for the proper use and care of your Taylor Digital Glass Body Composition Scale. This scale is designed to provide comprehensive insights into your body composition, including body weight, body fat percentage, body water percentage, muscle mass percentage, and Body Mass Index (BMI).

Important Safety Information:

- The scale uses Bioelectrical Impedance Analysis (BIA) to estimate body composition. Do not use this scale if you have a pacemaker or other internal medical device.
- Consult your physician before beginning any weight loss or exercise program.
- The scale is intended for household use only.
- Always step onto the scale with bare, dry feet for accurate body composition readings.
- Place the scale on a hard, flat surface. Carpeting or uneven floors can affect accuracy.
- Do not immerse the scale in water or use abrasive cleaning agents.

2. PRODUCT FEATURES

- **Accurate Measurements:** Equipped with four high-precision sensors for reliable readings.
- **Body Composition Analysis:** Measures body weight, body fat, body water, muscle mass, and BMI.
- **High Capacity:** Supports weights up to 500 lbs (227 kg) with 0.2 lb (0.1 kg) increments.
- **8-User Memory:** Stores personal data for up to 8 individuals, allowing for automatic recognition.
- **Athlete Mode:** Provides specialized readings for individuals with higher activity levels.
- **Step-On Technology:** Instant readings upon stepping onto the platform.
- **Large Backlit Display:** A 3.5" x 2.5" white backlit display ensures clear visibility of all measurements.
- **Durable Design:** Features a 12.4" x 12.4" glass platform with stainless steel accents.

LARGE SIZE

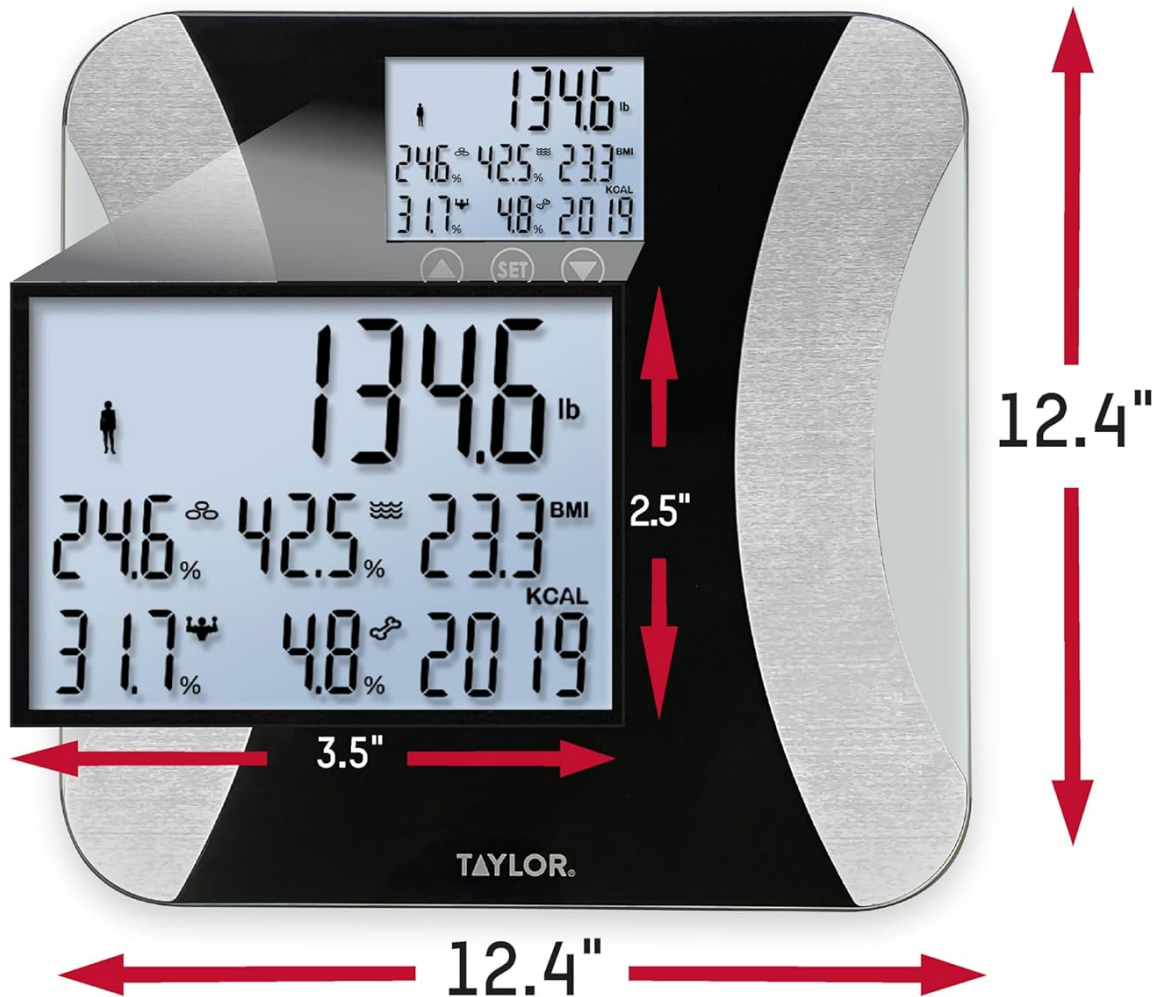


Image: Overview of the Taylor Digital Glass Body Composition Scale highlighting its features, including body composition monitoring, platform size, and display readout size.

3. PACKAGE CONTENTS

- 1 x Taylor Digital Glass Body Composition Scale
- 3 x AAA Batteries

4. SETUP

4.1 Battery Installation

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.



Image: The underside of the Taylor Digital Glass Body Composition Scale, showing the battery compartment and non-slip feet.

4.2 Initial Placement

For accurate readings, place the scale on a hard, flat, and stable surface. Avoid placing it on carpets, rugs, or uneven flooring, as this can affect the precision of measurements.

5. USER PROFILE SETUP

The scale can store data for up to 8 users. Setting up a user profile allows the scale to calculate body composition metrics accurately and recognize you automatically.

1. Press the 'SET' button located on the scale. The display will show a user number (P1-P8).
2. Use the 'UP' or 'DOWN' arrows to select your desired user number, then press 'SET'.
3. **Set Gender:** The gender icon will flash. Use 'UP' or 'DOWN' to select male or female, then press 'SET'.
4. **Set Height:** The height value will flash. Use 'UP' or 'DOWN' to adjust your height (in feet/inches or cm), then press 'SET'.
5. **Set Age:** The age value will flash. Use 'UP' or 'DOWN' to adjust your age, then press 'SET'.

6. **Select Mode (Normal/Athlete):** The mode icon will flash. Use 'UP' or 'DOWN' to select 'Normal' or 'Athlete' mode, then press 'SET'.
 - **Normal Mode:** For most users.
 - **Athlete Mode:** Recommended for individuals who engage in intense physical activity (e.g., training for marathons, bodybuilders) for at least 10 hours per week and have a resting heart rate of 60 beats per minute or less. This mode accounts for differences in body composition for highly active individuals.
7. The scale will confirm your settings and turn off. Your profile is now saved.

6. OPERATION

6.1 Taking a Weight Measurement

1. Ensure the scale is on a hard, flat surface.
2. Step onto the scale with bare, dry feet. The scale will automatically turn on due to its Step-On Technology.
3. Stand still on the scale until your weight is displayed and locks.
4. The scale will then proceed to calculate and display your body composition metrics.



Image: A person stepping onto the Taylor Digital Glass Body Composition Scale with bare feet, demonstrating the Step-On Technology.

6.2 Understanding the Display

The large backlit display shows multiple readings simultaneously. After your weight is displayed, the scale will cycle through your body composition metrics:

- **Weight:** Your current body weight.
- **Body Fat %:** Percentage of body fat.
- **Body Water %:** Percentage of body water.
- **Muscle Mass %:** Percentage of muscle mass.
- **BMI:** Body Mass Index.
- **KCAL:** Estimated daily caloric intake.



Image: A close-up view of the scale's digital display, showing various body composition metrics like weight, body fat, body water, muscle mass, BMI, and Kcal.


7. UNDERSTANDING BODY COMPOSITION READINGS

Body composition scales use Bioelectrical Impedance Analysis (BIA) to estimate various body metrics. These measurements are estimates and can be influenced by factors such as hydration levels, recent food intake, and physical activity.

- **Body Fat Percentage:** The proportion of fat to total body weight.
- **Body Water Percentage:** The proportion of water to total body weight. Water is crucial for many bodily functions.
- **Muscle Mass Percentage:** The proportion of muscle to total body weight. Muscle is denser than fat and contributes significantly to metabolism.
- **Body Mass Index (BMI):** A measure that uses your height and weight to work out if your weight is healthy.

For personalized health advice, consult a healthcare professional.

Monitor Body Composition



A body composition scale can help you determine body fat, body water, BMI, bone and muscle mass percentages. Body composition is important because someone else can be the same height and weight as you, but they might have different body composition.

Image: A graphic illustrating the concept of body composition monitoring, showing a human figure composed of small dots and a close-up of the scale's display with various metrics.

8. MAINTENANCE AND CARE

- Clean the scale with a damp cloth and mild detergent. Do not use abrasive cleaners or immerse the scale in water.
- Keep the scale dry. Avoid exposing it to excessive moisture.
- Store the scale in a cool, dry place when not in use.
- If the scale will not be used for an extended period, remove the batteries to prevent leakage.

9. TROUBLESHOOTING

Problem	Possible Cause	Solution

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 or carpet.	Place the scale on a hard, flat, and stable surface.
Body composition readings are not displayed or seem incorrect.	Feet are not bare or dry. User profile not set up or incorrect.	Ensure bare, dry feet are in contact with the electrodes. Set up or verify your user profile (Section 5).
Display turns off too quickly during setup.	Automatic shut-off engaged.	Complete user profile setup steps promptly.

10. SPECIFICATIONS

- **Weight Capacity:** 500 lbs (227 kg)
- **Weight Increments:** 0.2 lb (0.1 kg)
- **Display Type:** Large White Backlit LED
- **Display Size:** 3.5" x 2.5"
- **Platform Size:** 12.4" x 12.4"
- **Power Source:** 3 x AAA Batteries (included)
- **Special Features:** Auto Shut Off, Body Fat, Body Water, Muscle Mass, BMI, 8-User Recognition, Athlete Mode
- **Color:** Black/Gray



Image: The Taylor Digital Glass Body Composition Scale with dimensions indicating its 12.4" x 12.4" platform size and 3.5" x 2.5" display size.

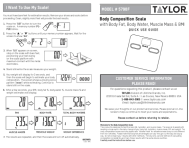


11. WARRANTY AND SUPPORT

Your Taylor Digital Glass Body Composition Scale is covered by a **5-year limited warranty** from the date of purchase. This warranty covers defects in materials and workmanship under normal use.

For warranty claims, technical support, or customer service inquiries, please contact Taylor customer support. Our USA-based design, marketing, and engineering teams are dedicated to providing assistance.

Please retain your proof of purchase for warranty purposes.

Related Documents - Digital Glass Body Composition Scale (B0D73YS3LR)

	<p>Taylor Model # 5771F Body Composition Scale Quick Use Guide</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>Taylor 5790F Body Composition Scale Quick Use Guide</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>
	<p>Taylor Body Fat Analyzer and Scale 5743 Instruction Manual</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>Taylor 5721F Body Composition Scale: User Manual and Specifications</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>Taylor 5324506KHL Body Composition Smart Scale with Bluetooth® - User Manual & Warranty</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>Taylor 5721F Body Composition Scale Quick Use Guide</p> <p>A quick guide for setting up and using the Taylor 5721F Body Composition Scale, including user profile setup and measurement instructions.</p>