

InBody InBody580

InBody 580 BCA Body Composition Analyzer User Manual

Model: InBody580

INTRODUCTION

The InBody 580 BCA is an advanced body composition analyzer designed to provide comprehensive insights into your body's health. Utilizing multi-frequency bioelectrical impedance analysis (BIA) technology, it accurately measures body fat percentage, skeletal muscle mass, body water levels, and more. This manual provides essential information for the proper setup, operation, and maintenance of your InBody 580.

UNPACKING AND SETUP

Included Components

Before beginning, ensure all components are present:

- InBody 580 Body Composition Analyzer Unit
- Power Cable
- User Manual (this document)

Initial Setup

1. **Unpack the Device:** Carefully remove the InBody 580 from its packaging. Place it on a flat, stable, and non-conductive surface. Ensure there is adequate space around the device for safe operation and user movement.
2. **Connect Power:** Locate the power input port on the device. Connect the provided power cable to the device and then to a suitable electrical outlet.
3. **Power On:** Press the power button, typically located on the side or back of the main unit. The touchscreen display should illuminate.
4. **Initial Configuration:** Follow the on-screen prompts to set up language, date, time, and any network settings if applicable.



Figure 1: The InBody 580 Body Composition Analyzer unit, showing its sleek design and integrated touchscreen.



製品重量

24.4kg

体重測定範囲

5.0 ~ 300.0kg

身長入力範囲

110 ~ 220 cm

Figure 2: Dimensions of the InBody 580, indicating its height, width, and depth for placement considerations.

OPERATING INSTRUCTIONS

Performing a Measurement

1. **Prepare for Measurement:** For accurate results, ensure bare feet are placed on the foot electrodes and hands grasp the hand electrodes firmly. Remove any metal objects or jewelry that might interfere with the measurement.
2. **Enter User Information:** On the touchscreen, input necessary user data such as height, age, and gender. The device may also support QR code scanning for quick user identification.
3. **Stand Correctly:** Stand upright on the platform with feet aligned with the electrodes. Hold the hand electrodes with arms extended straight, not touching the body. Maintain a still posture throughout the measurement.
4. **Start Measurement:** Follow the on-screen instructions to initiate the body composition analysis. The process typically takes less than 60 seconds.
5. **Review Results:** Once the measurement is complete, your results will be displayed on the screen and can be



Figure 3: A user properly positioned on the InBody 580, demonstrating the correct stance for an accurate body composition measurement.



QRリーダーで個人情報を読み込

Figure 4: The InBody 580's touchscreen interface, showing the option to read personal information via a QR code reader for streamlined data entry.

Understanding Your Results

The InBody 580 provides a detailed report of various body composition parameters. Key metrics include:

- **Body Fat Percentage:** The proportion of fat in your body.
- **Skeletal Muscle Mass (SMM):** The amount of muscle attached to your bones.
- **Body Water:** Total body water, divided into intracellular and extracellular water.
- **Visceral Fat Level:** The amount of fat surrounding your organs.
- **Segmental Lean Analysis:** Muscle distribution in each body segment (arms, legs, trunk).



測定結果はアプリや用紙で簡単管理

Figure 5: An example of the detailed InBody results report, alongside a mobile application displaying trend data, providing comprehensive health insights.

MAINTENANCE

Cleaning

To maintain hygiene and device longevity:

- Wipe the surface of the device, especially the electrodes, with a soft, damp cloth after each use.
- Use a mild, non-abrasive cleaner if necessary. Avoid harsh chemicals, alcohol, or solvents.
- Ensure no liquid enters the internal components.

Storage

Store the InBody 580 in a cool, dry place, away from direct sunlight and extreme temperatures. Protect it from dust and moisture when not in use for extended periods.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not power on.	Power cable not connected properly; power outlet issue.	Check power cable connection. Try a different power outlet.
Inaccurate measurement results.	Incorrect posture; electrodes not clean; user not prepared.	Ensure correct posture. Clean electrodes. Follow pre-measurement guidelines (e.g., no metal, bare feet).
Touchscreen unresponsive.	Temporary software glitch.	Restart the device. If issue persists, contact support.

SPECIFICATIONS

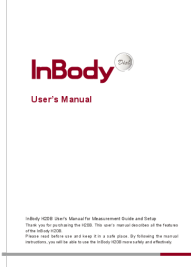
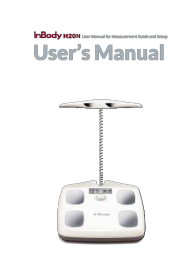

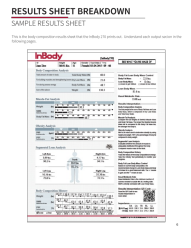

Attribute	Value
Brand	InBody
Model Number	InBody580
Colour	White
Display Type	Digital
Material	Plastic
Item Weight	24.4 Kilograms
Net Quantity	1.0 Count
Included Components	Body Composition Analyzer
First Available Date	27 October 2024

WARRANTY AND SUPPORT

For warranty information and technical support, please refer to the official InBody website or contact your local distributor. Keep your purchase receipt for warranty claims.

Online Resources: www.inbody.com



	<p>InBody H20B User Manual: Body Composition Analyzer Guide</p> <p>Comprehensive user manual for the InBody H20B body composition analyzer, covering setup, usage, troubleshooting, and specifications. Learn how to accurately measure body fat, muscle mass, and more.</p>
	<p>InBody H20N User Manual: Measurement Guide and Setup</p> <p>Comprehensive user manual for the InBody H20N body composition analyzer, detailing measurement, setup, app integration, troubleshooting, and result interpretation for health and fitness tracking.</p>
	<p>InBody570 Training Manual: Understanding Body Composition Analysis</p> <p>A comprehensive training manual for the InBody570 body composition analyzer, detailing its features, operation, and results interpretation for understanding body fat, muscle mass, and overall health.</p>
	<p>InBody 270 Body Composition Analysis Results Explained</p> <p>A comprehensive guide to understanding your InBody 270 body composition results, including analysis of body water, lean mass, fat mass, BMI, and segmental lean mass, along with explanations of different body types.</p>
	<p>How to Get Accurate Results with Your InBody Dial H30</p> <p>A step-by-step guide to using the InBody Dial H30 body composition scale for accurate results, covering preparation, environmental factors, power on, correct posture, and test completion.</p>



InBody Result Sheet Interpretation Guide for Professionals

Learn to master InBody Result Sheets with this professional guide. Understand body composition, muscle-fat analysis, and more to enhance client health and fitness outcomes.