

## Taylor 572141933FW

# Taylor Digital Body Composition Scale, Model 572141933FW - User Manual

Your guide to accurate body composition measurement.

## 1. INTRODUCTION AND OVERVIEW

The Taylor Digital Body Composition Scale, Model 572141933FW, is designed to provide comprehensive insights into your body's composition. This scale accurately measures body weight, and estimates body fat percentage, body water content, and muscle mass. It features a durable tempered glass platform and a clear digital display for easy reading. The scale supports up to 8 user profiles and includes both normal and athlete modes to cater to various fitness levels.

### Key Features:

- **High Capacity:** Measures up to 400 lbs (180 kg) in 0.2 lb (0.1 kg) increments.
- **Body Composition Analysis:** Estimates body fat, body water, and muscle mass percentages.
- **User Recognition:** Stores data for up to 8 individual users.
- **Athlete Mode:** Provides specialized readings for individuals with higher muscle mass.
- **Step-On Technology:** Instant readings upon stepping onto the scale.
- **Clear Display:** 3" x 1.9" blue backlit LCD for easy readability.
- **Durable Design:** Constructed with a charcoal tempered glass platform.

## 2. SETUP AND INITIAL USE

### 2.1 Battery Installation

The scale requires batteries for operation. Locate the battery compartment on the underside of the scale. Insert the specified batteries, ensuring correct polarity. Remove any plastic tabs if present.



The underside of the scale is shown, revealing the battery compartment for two AAA batteries (not included in this view) and the four non-slip feet. Regulatory information and the model number are also visible on the label.

## 2.2 Scale Placement

For accurate measurements, place the scale on a hard, flat surface. Avoid carpets, rugs, or uneven flooring, as these can affect precision.

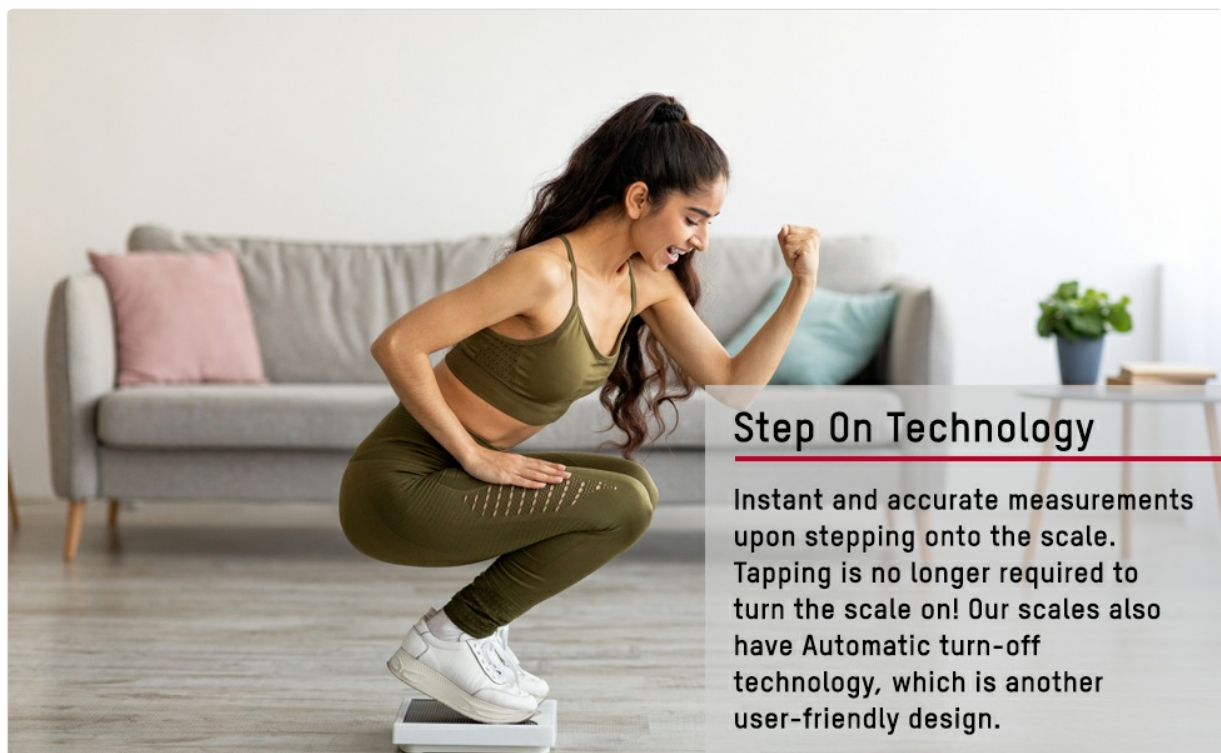
## 2.3 Initial Power-On

Once batteries are installed and the scale is on a flat surface, it is ready for use. The scale will automatically turn on when you step on it.

# 3. OPERATION

## 3.1 Basic Weight Measurement

To measure your weight, simply step onto the scale with bare feet. Ensure your feet are positioned evenly on the conductive pads. The scale will display your weight, then automatically turn off after a few seconds.



A woman is shown using the scale, demonstrating the 'Step On Technology' for instant and accurate measurements. The image highlights the ease of use, as tapping is not required to activate the scale, and it features automatic turn-off.

## 3.2 Setting User Profiles

The scale can store data for up to 8 individual users. To set up a user profile, refer to the buttons below the display (Power, Up, Down, Set). You will typically need to enter personal data such as age, height, and gender. These parameters are crucial for the scale to accurately calculate body composition metrics.

## 3.3 Measuring Body Composition

After setting up your user profile, step onto the scale with bare feet. The scale uses Bioelectrical Impedance Analysis (BIA) to estimate body fat, body water, and muscle mass percentages. A low-level electrical current passes through your body, which is imperceptible. Ensure your feet make good contact with the metal electrodes on the scale's surface.

## Monitor Body Composition



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

This diagram explains the various body composition metrics measured by the scale, including Body Mass Index (BMI), Body Fat Percentage (BF%), Body Water Percentage (BW%), and indicates the scale's capacity for 8 user profiles. It emphasizes that body composition provides a more comprehensive health overview than just weight.

### 3.4 Athlete Mode

The athlete mode is designed for individuals who engage in intense physical activity and have a higher muscle mass. This mode adjusts the calculation algorithms to provide more accurate body composition readings for this demographic. Activate athlete mode within your user profile settings if applicable.

## 4. MAINTENANCE

### 4.1 Cleaning

Clean the scale's tempered glass platform with a damp cloth and mild detergent. Avoid abrasive cleaners or harsh chemicals, as these can damage the surface. Do not immerse the scale in water.

### 4.2 Battery Replacement

When the display indicates low battery or becomes dim, replace the batteries. Always replace all batteries at the same time with new ones of the specified type. Dispose of old batteries responsibly.

### 4.3 Storage

Store the scale in a cool, dry place. Avoid extreme temperatures and direct sunlight. Do not place heavy objects on the scale when not in use.

## 5. TROUBLESHOOTING

- **Inconsistent Readings:** Ensure the scale is on a hard, flat, and level surface. Avoid moving the scale between measurements. Step on the scale consistently at the same time of day for best results.
- **Display Errors:** If the display shows an error message or does not turn on, check the battery installation and replace batteries if necessary. If the issue persists, contact customer support.

- **Body Composition Inaccuracy:** Ensure your user profile settings (age, height, gender, athlete mode) are correct. Body composition readings can fluctuate based on hydration levels, recent meals, and physical activity. For consistent tracking, measure under similar conditions.

## 6. SPECIFICATIONS

Feature	Detail
Brand	Taylor
Model Number	572141933FW
Color	Charcoal
Material	Tempered Glass
Weight Limit	400 Pounds (180 kg)
Readout Accuracy	0.2 Pounds (0.1 kg)
Display Type	LCD with Blue Backlight
Display Size	3" x 1.9"
Special Features	Auto Shut Off, Body Fat, Bodyweight, Large Display, Muscle Mass, Body Water
User Memory	8 Users
Item Weight	4.1 Pounds
Package Dimensions	13.23 x 13.03 x 2.48 inches
Manufacturer	Lifetime Brands Inc.
UPC	077784029350

## 7. PRODUCT OVERVIEW VIDEO

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This video provides an overview of Taylor's commitment to precision measurement and innovative designs across its product range. It features various Taylor products, such as kitchen scales, meat thermometers, and bathroom scales, demonstrating their functionality and quality craftsmanship. The video highlights how Taylor products have been used for over 170 years to measure life's moments with accuracy.

## 8. WARRANTY AND SUPPORT

Taylor products are manufactured with quality and precision. For warranty information, product registration, or technical support, please visit the official Taylor website or contact their customer service department. Keep your purchase receipt as proof of purchase.

**Manufacturer:** Lifetime Brands Inc.

