

LUMISCOPE®

**Body Fat Manager
Model 1251**



Instructions for Use

Warning & Notes

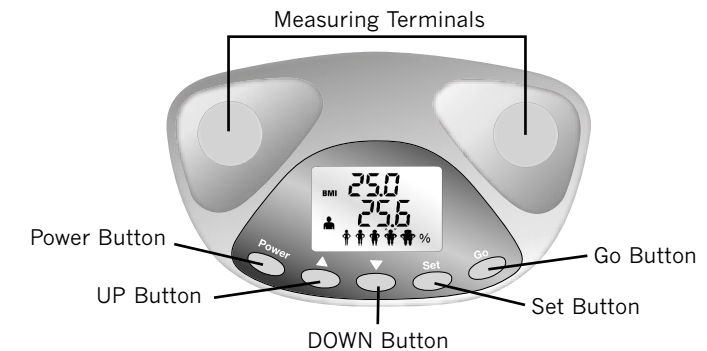
This device should not be used by pregnant women or patients with pacemakers or other implanted medical devices. This device calculates body fat percentage and body mass index for health management and personal reference only. Should you have any other questions regarding your health, do not hesitate to contact your physician.

Introduction

Your Lumiscope Body Fat Manager accurately calculates Body Fat Percentage and Body Mass Index (BMI). This data can be used to more effectively manage your health, providing information such as caloric needs, weight loss or gain and exercise recommendations.

Parts Description:

- Power Button** - Turns on the unit.
- UP Button** - Increases settings values. While in 'Exercise' mode will display amount of time the device has been in use.
- DOWN Button** - Decreases settings values. While in exercise mode will switch device to 'Information' mode.
- Set Button** - Confirms entered values. While in exercise mode will allow user to re-enter body weight or enter 'Information' mode.
- Go Button** - Starts body fat measurement.
- Measuring Terminals** - Areas where thumbs are to be placed during measurement



LCD Display:

Icon	Explanation	Icon	Explanation
PLAN	Exercise plan	LB/KG	Weight in pounds/kilograms
DAYS	Days on Exercise Plan	- - - -	Waiting for Thumb Placement
OUT	Suggested Daily Calories Burned	BMI 25.0	Body Mass Index
IN	Suggested Daily Calorie Intake	25.6 %	Body Fat Percentage
♂	Male	↑↑↑↑↓	Body Type
♀	Female	ERR.1	Measurement Out of Range
MI/KM	Suggested Walking Distance in Miles/km	ERR.2	Thumbs Not Placed Properly on Pads
KCAL	1000 Calories	ERR.3	Testing Signal Error

Taking Measurements with your Body Fat Manager:

To change between metric and imperial units: after turning the device on while the display is showing all symbols (for approx. 4 seconds), press and hold both the UP and DOWN buttons.

To enter 'SET' mode, after turning the unit on and while the display is showing all symbols (for approx. 4 seconds), press and hold the 'Set' and 'UP' buttons together until the LCD screen displays the word 'SET'. You will then enter 'SET' mode, and input your personal data, as follows:

1. Age is the first number to appear. Use the 'UP' and 'DOWN' buttons to set your age in years and press 'Set' to confirm. Gender selection is next.
2. Use the 'UP' and 'DOWN' buttons to select male or female and press 'Set' to confirm. Weight setting is next.
3. Use the 'UP' and 'DOWN' buttons to set your body weight and press 'Set' to confirm. Height setting is next.
4. Use the 'UP' and 'DOWN' buttons to set your height and press 'Set' to confirm. Weight loss program selection is next.
5. Use the 'UP' and 'DOWN' buttons to set the number of days for your weight loss program (30, 60 or 90) and press 'Set' to confirm.

You are now ready to take a reading!

6. Press the 'Go' button. When you see ' - - - - ' place your thumbs on the Measuring Terminals and press firmly (fig.1). A tiny electrical pulse is administered through two electrodes, and BMI and body fat percentages are computed by a built-in formula and displayed on the LCD screen.



7. After five seconds, your body-type icon blinks and your body fat percentage appears below your precalculated BMI. See 'LCD Display Explanations'.

8. The second information screen appears in another five seconds recommending weight loss or gain amount, along with the number of calories you need to burn per day (**OUT**) to achieve this goal.

9. The last information screen displays the recommended daily exercise amount (**MI** or **KM** to walk) and calorie intake per day (**IN**) to reach your recommended weight.

10. After the third page displays and no buttons are pressed, the Body Fat Manager automatically enters exercise mode.

*To immediately advance to the next screen press the 'DOWN' button, or to extend the amount of time the current screen displays, press and hold the 'UP' button.

If weight gain is advised, there will be no exercise suggestion.

The standard used for the exercise recommendation is a person walking the calculated distance on a flat road maintaining a walking rate of 3.5 mph. For each pound of body weight, 2.5 kcal are used. 5.6 kcal are used per kilogram of body weight.

Exercise Mode:

Exercise mode will display the planned weight loss and kcal used up to today. If the display shows 'ooo' the exercise mode is in operation.

1. In order to track the kcal you burn throughout the day, clip the Body Fat Manager to a pocket or waistband. Your Lumiscope Body Fat Manager will detect movement and calculate the calories you have burned, per your body type input. Even while remaining still, your Body Fat Manager will continue to calculate calories burned while at rest.
2. Press the 'Up' button while in exercise mode and the time elapsed and calories used will be displayed.
3. Press the 'Set' button to re-enter your body type information. Once you've made the appropriate changes, press 'Set' again to re-enter information mode and re-calculate your Body Fat Percentage and BMI.
4. At any time press the 'Go' button to recalculate your Body Fat Percentage and BMI.

Body Fat Type: According to Percent Body Fat Range:

Gender/Age	Underweight	Healthy	Slightly Overweight	Overweight	Obese
Male <30yrs.	Less than 14.0%	14.0-20.0%	20.1-25.0%	25.1-35.0%	More than 35.0%
Male >30yrs.	Less than 17.0%	17.0-23.0%	23.1-28.0%	28.1-38.0%	More than 38.0%
Female <30yrs.	Less than 17.0%	17.0-24.0%	24.1-30.0%	30.1-40.0%	More than 40.0%
Female >30yrs.	Less than 20.0%	20.0-27.0%	27.1-33.0%	33.1-43.0%	More than 43.0%

Specifications:

Body Fat Measuring Range (in percentage)5.0% – 50.0%
 Display Resolution0.1%
 Personal Data Input Range
 Height2'0" – 9'11" (100.0cm – 250.0cm)
 Weight22.0 lb. – 550.0 lb. (10.0 kg – 250.0 kg)
 Age10 years – 99 years
 GenderMale / Female
 Measurement Response Time5 seconds
 Display result . .Shows body fat by weight percentage, body massindex (BMI), figure icon of body-fat type and fitnessrecommendations.
 Body Fat Types (five possible)Underweight, Healthy, SlightlyOverweight, Overweight, Obese
 Power ConsumptionAbout 0.01 watts
 Power-SavingAuto-off after 3-7 seconds of inactivity
 Battery LifeAt least 2,000 measurements
 Operating Environmen50°F-104°F (10.0°C-40.0°C)relative humidity up to 95% (non-condensing)
 Storage Environment..-4°F-140°F (-20°C-60°C)relative humidity up to 95% (non-condensing).

Lumiscope Limited Warranty

Lumiscope guarantees this product free from defects in material and workmanship for a period of two years from the date of purchase, except as noted below:

This Lumiscope product warranty does not cover damage caused by misuse or abuse, the attachment of any unauthorized accessory, alteration to the product, or any other conditions whatsoever that are beyond the control of Lumiscope. Lumiscope shall not be responsible for any type of incidental, consequential, or special damage. All implied warranties, including, but not limited to those implied warranties of fitness and merchantability, are limited to the total duration of two years from the original date of purchase.

To obtain warranty service on your Lumiscope Body Fat Manager, please contact the Lumiscope Repair Department at 1-800-672-8293 or visit www.lumiscope.net. There is a \$15 fee for return shipping and handling. Please make checks payable to The Lumiscope Co., Inc.

Upon receipt, Lumiscope will repair or replace, as appropriate, this Body Fat Manager and return it to you. Warranty is solely through the Lumiscope Repair Department. Service of this product by anyone other than the Lumiscope Repair Department voids warranty.

In the event that Lumiscope does not abide by the terms of this warranty, the consumer may seek breach of contract remedies in the New York State Federal courts of law. This warranty gives you specific legal rights and you may also have other rights which vary from state to state.

Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation may not apply to you.

Distributed by The Lumiscope Co., Inc.
www.lumiscope.net
 Repair Department: 1-800-672-8293
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