



UltimateScale™

THE SCALE THAT MEASURES BOTH WEIGHT AND BODY FAT %

Instruction Manual

Read this Instruction Manual carefully and keep it for future reference.

Models:

- 2000
- 2001
- 2001T



Congratulations! You have selected to own the world's best and smartest scale. The UltimateScale™ by Tanita gives you two great products in one:

- A precision digital scale that repeatedly delivers accurate weight measurements;
- A home body fat monitor that calculates body composition and enables users to take control of their own fitness levels.

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Federal Communications Commission Notice

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio or television technician for help.

Modifications

The FCC requires the user to be notified that any changes or modifications made to this device that are not expressly approved by Tanita Corporation may void the user's authority to operate the equipment.

Introduction

Thank you for selecting the UltimateScale by Tanita. This precision digital scale can also be used to determine body fat percentage. This model uses the BIA (Bioelectrical Impedance Analysis) method, a state-of-the-art technology for body fat assessment.

Safety Precautions

- **Persons with pacemakers, or other implanted electrical medical equipment, should not use the UltimateScale as a body fat monitor. The BIA method used to determine body fat percentage passes a low-level electrical signal through the body that may interfere with the operation of a pacemaker.**
- The UltimateScale with body fat monitor function is intended for home use only. It is not intended for professional use in hospitals or other medical facilities. It is not equipped with the quality standards required for heavy usage experienced under professional conditions.
- Do not use the UltimateScale on slippery surfaces such as wet floors.
- Disabled people should be assisted by someone else, or use a handrail when using the UltimateScale.

Important Notes for Users

The UltimateScale is intended for use by adults and children with moderately active to inactive lifestyles. It is not intended for people with athletic body types.

Tanita defines “athlete” as a person involved in intense physical activity of at least 10 hours per week and who has a resting heart rate of approximately 60 beats per minute or less. Tanita’s athlete definition includes “lifetime of fitness” individuals who have been fit for years but currently exercise less than 10 hours per week.

Tanita’s athlete definition does not include “enthusiastic beginners” who are making a real commitment to exercising at least 10 hours per week but whose bodies have not yet changed to require the Athlete mode.

People with athletic body types should use Tanita Body Fat Monitor/Scales equipped with Athlete mode.

Body fat percentage estimates may be slightly lower or higher for the following categories of people:

- Adults seventy years old or older
- Persons undergoing dialysis
- Persons suffering from edema

Body fat percentage estimates for these persons should not be treated as absolute values, but may be used as relative values for checking body fat percent variations over a period of time.

The UltimateScale is not intended for pregnant women, professional athletes or bodybuilders.

Recommendations for exercise programs or diets based on calculated data should be determined by a doctor or licensed medical professional. Do not attempt to evaluate the data by yourself.

Tanita takes no responsibility for any kind of damage or loss caused by these products, or any kind of claim made by a third person.

Note: Body fat estimates will vary with the amount of moisture in the body, and can be affected by overhydration or dehydration caused by such factors as consumption of alcohol or caffeine, strenuous exercise, illness, menstruation, etc.

Features and Functions

Components

Measuring Platform

Support Feet (4)

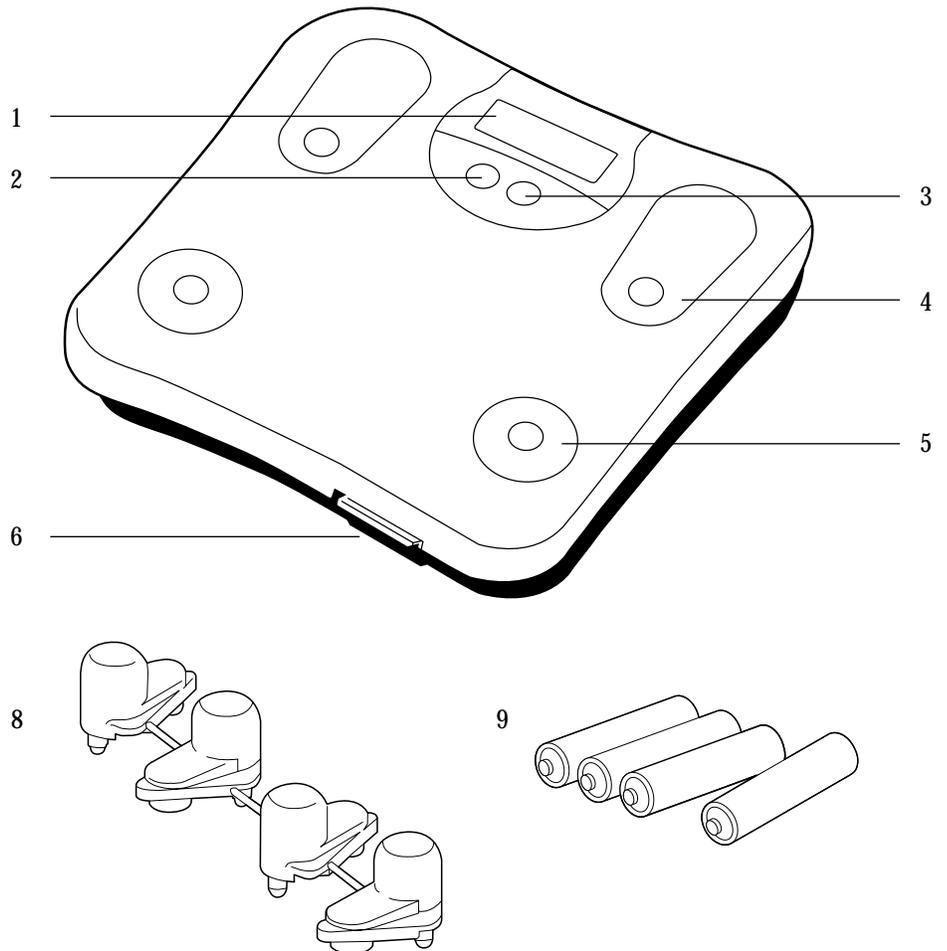
AA-Size Batteries (4)

Instruction Manual

Warranty

Educational Booklet

Getting Started Workbook



Measuring Platform

1. Display Screen
2. Orange Set Button
3. Green Arrow (Select) Button
4. Ball of Foot Electrodes
5. Heel Electrodes
6. Weight-only Key (Start Switch)

Accessories

8. Support Feet (4)
*Only needed if unit is placed on carpet.
Do not use these feet on hard flooring.*
9. AA-Size Batteries (4)

Important Features of the UltimateScale

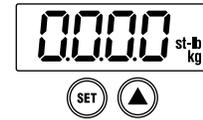
The UltimateScale allows you to measure both weight and body fat percentage simultaneously as easily and simply as stepping on an ordinary scale.

The setting can be adjusted for an adult or child with moderately active to inactive lifestyles, increasing the accuracy of the body fat reading.

Switching the Weight Mode

The UltimateScale can record weight measurements in lb (pounds), kg (kilograms) or st-lb (British stone-pounds). To select your preferred weight mode, make sure the scale is off. Press the Green Arrow and Orange Set buttons simultaneously. Press the Green Arrow button to choose your measurement mode (lb/kg/st-lb), then press the Orange Set button. The display screen will flash to confirm your selection and store it in memory.

Note: If weight mode is set to pounds or stone-pounds, the height programming mode will be automatically set to feet and inches. Similarly, if kilograms is selected, height will be automatically set to centimetres.



Press the Green Arrow and Orange Set buttons simultaneously.



Press the Green Arrow button to choose your measurement mode (lb/kg/st-lb), then press the Orange Set button.

Automatic Shut-Down Function

The automatic shut-down function turns the power off automatically in the following cases:

- If you interrupt the measurement process. The power will shut down automatically within 10 to 20 seconds, depending upon the type of operation.
- If an extraordinary weight is applied to the platform.
- If you make a mistake during measuring.
- After you have completed the measuring process.

Note: If the power shuts off unexpectedly, repeat the measuring process.

Getting Started

Inserting the Batteries

1. Locate the battery cover on the back of the measuring platform. Press the tab to release the cover as shown.
2. Insert the supplied AA-size batteries as indicated.

⚠ Note: Be sure that the polarity of the batteries is set properly. If the batteries are incorrectly positioned, the fluid may leak and damage floors. If you do not intend to use this unit for a long period of time, it is advisable to remove the batteries before storage.

Positioning the Scale

Place the scale on a hard, flat surface where there is minimal vibration to ensure safe and accurate measurement.

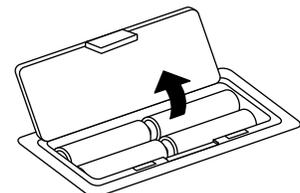
⚠ Note: To avoid possible injury, do not step on the edge of the platform.

Attaching the Support Feet (Carpet Use Only)

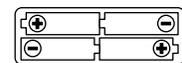
Support feet are not needed for hard floor use. When measuring on carpeting, insert the support feet into the holes at the four corners on the bottom of the measuring platform.

Note: Do not use the scale on any carpeting that is more than 0.8" (20 mm) in thickness.

⚠ Do not use the support feet on hard, flat surfaces, as the unit may tip over.

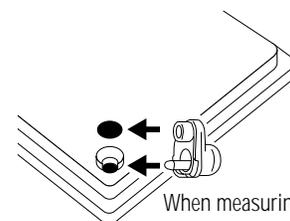
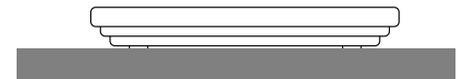


Open as shown.

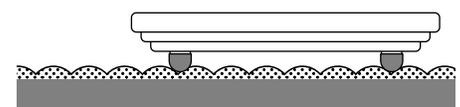


Direction of the batteries.

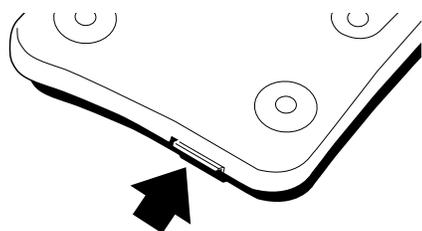
Place the scale on a hard, flat surface.



When measuring on carpeting, insert the support feet.



How to Use the UltimateScale



For Weight Only

To use the UltimateScale for weight measurement alone, use your toe to turn the unit on by tapping the Weight-only Key (Start Switch) located on the lower right-hand corner of the measuring platform.

Note: If you do not step onto the measuring platform within about 20 seconds after tapping the Weight-only Key, the power shuts off automatically.

To Determine Weight and Body Fat Percentage

The UltimateScale can be used as a body fat monitor by simply entering some personal data (personal data must be entered each time body fat is to be checked). These models may be used by adults and children who have moderately active to inactive lifestyles.

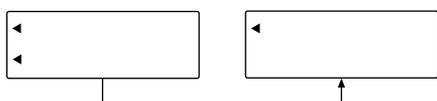
The UltimateScale is not intended for use by persons with athletic body types. (See p.1 for Tanita's definition of "athlete.")

1. Turn on the Power

Press the Orange Set button to turn the unit on.

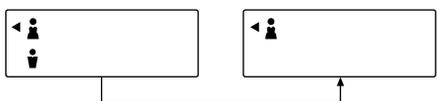


Turn the unit on.



Select Adult or Child.

Press Set button.



Select Male or Female.

Press Set button.



Female.



Male.



Specify Height.

Press Set button.



Step onto the measuring platform.

2. Select Adult or Child

Use the Green Arrow button to specify Adult or Child, then press the Orange Set button.

Adult = age 18 or older.

Child = up to the age of 18, over 3' 4" (102 cm).

3. Select Male or Female

Use the Green Arrow button to select Male or Female, then press the Orange Set button.

(♂) Male (♀) Female

4. Specify the Height

Use the Green Arrow button to specify Height (in feet and inches if weight mode is set to pounds or stone-pounds, or centimetres if weight mode is set to kilograms), then press the Orange Set button.

5. Taking Readings

When "0.0" appears in the display, step onto the measuring platform.

Be sure you are barefoot, and that the soles of your feet are clean and dry.

Be sure that the heel and ball of each foot are directly on top of the electrodes on the measuring platform. Stand erect on the platform. Accurate readings can still be obtained even if your toes overhang the platform.

Note: If you do not step on the measuring platform within about 20 seconds after "0.0" appears, the power shuts off automatically. You will then have to re-enter your personal data to determine body fat percentage. If you step on before "0.0," you will not receive a reading.

6. Reading Displayed

Your weight will be shown first. Then the numbers 5, 4, 3, 2, 1 will appear on the display. The numbers will disappear, and your body fat percentage will be displayed.

As you continue to stand erect on the platform, your weight and body fat percentage will alternate at two-second intervals for about 30 seconds. Then the power will automatically shut off.

If you step off the platform, the alternating weight and body fat percentage values will repeat three times, and then the power will automatically shut off.

Replacing the Batteries

When the batteries run low, the “Lo” message will appear in the display window. When this message appears, be sure to replace the batteries immediately, since weak batteries will affect the accuracy of your readings.

New batteries will last for about one year if the scale is used once every day. The unit comes with trial batteries; their service life will be short.



Batteries are low.

Getting Accurate Readings

To get the most accurate absolute values, readings should be taken without clothing and under consistent conditions of hydration. If you do not undress, always remove your socks or stockings, and be sure the soles of your feet are clean before stepping on the measuring platform. Stand erect on the platform.

It is best to take readings at the same time of day. Try to wait about three hours after rising, eating, or hard exercise before taking measurements. While readings taken under other conditions may not have the same absolute values, they are accurate for determining the percentage of change as long as the readings are taken in a consistent manner. To monitor progress, compare weight and body fat percentage taken under the same conditions over a period of time.

Note: An accurate reading will not be possible if the soles of your feet are not clean, or if your knees are bent or you are in a sitting position.

Principles of Estimating Body Fat Percentage

The UltimateScale allows you to estimate your body fat percentage at home as easily as you measure your weight.

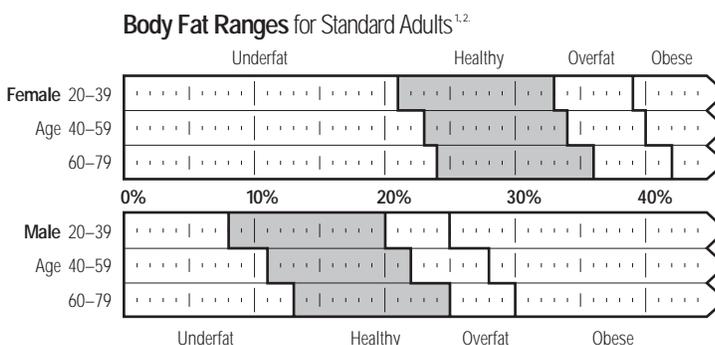
Additional Information

Further information on body fat is available at our Web site, www.tanita.com and in our educational brochures—call 1-800-TANITA-8 to request a brochure (USA and Canada only).

What is Body Fat Percentage?

Body fat percentage is the percentage of your body that is fat. Until now, your absolute weight has determined whether or not you were considered overweight or obese. In recent years, the definition of obesity has been refined to mean the presence of excess body fat. Too much body fat has been linked to conditions such as high blood pressure, heart disease, diabetes, cancer, and other disabling conditions.

The chart below shows four ranges of body fat percentage.



¹ Based on NIH/WHO BMI Guidelines.

² As reported by Gallagher, et al., at NY Obesity Research Center.

To determine the percentage of body fat that is appropriate for your body, consult your physician.

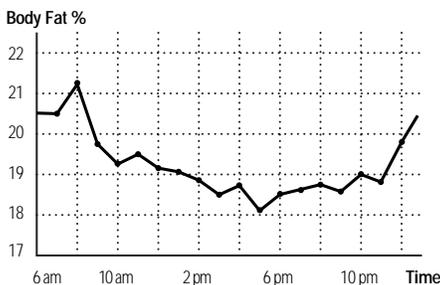


Tanita's patented "foot-pad" design sends a safe, low-level electrical signal through the body to determine its composition.

The BIA Method

Tanita's UltimateScale uses the BIA (Bioelectrical Impedance Analysis) method. In this method, a safe, low-level electrical signal is passed through the body. It is difficult for the signal to flow through fat in the human body, but easy to flow through moisture found in muscle and other lean tissues. The difficulty with which a signal flows through a substance is called impedance. So the amount of fat in the body can be accurately estimated by measuring the impedance. The signal used is very low, making it safe and imperceptible.

The illustration on the left shows how the signal travels through the body.



Daily fluctuations in body fat percentage based on the BIA method.

Body Fat Percentage Fluctuations in a Day

Hydration levels in the body may affect body fat readings. Readings are usually highest in the early waking hours, since the body tends to be dehydrated after a long night's sleep. For the most accurate reading, a person should take a body fat percentage reading at a consistent time of day under consistent conditions.

Besides this basic cycle of fluctuations in the daily body fat readings, variations may be caused by hydration changes in the body due to eating, drinking, menstruation, illness, exercising, and bathing. Daily body fat readings are unique to each person, and depend upon one's lifestyle, job and activities.

The graph on the left shows an example of daily body fat percentage fluctuations.

Advantages of the UltimateScale

Previously, body fat percentage was determined by measuring the thickness of subcutaneous fat by pinching it with calipers, or by laying a person on a scanning bed and passing a current from hand to foot. However, these methods present problems—professional skills are required, the procedures take time and are often invasive, and measurement values vary. Currently, the gold standard methods of body fat measurement are DEXA (Dual Energy X-ray Absorptiometry) and Hydrodensitometry (underwater weighing).

Tanita's BIA method uses equations derived from large, multi-ethnic population studies to predict body composition. Readings taken with the UltimateScale correlate highly with both DEXA (Tanita's reference model) and Hydrodensitometry.

Handling Tips

The UltimateScale is a precision instrument utilizing state-of-the-art technology. To keep the unit in the best condition, follow these instructions carefully:

- Do not attempt to disassemble the measuring platform.
- Store the scale horizontally, and place it so that the Weight-only Key (Start Switch) will not be pressed accidentally.
- Avoid excessive impact or vibration to the unit.
- Place the unit in an area free from direct sunlight, heating equipment, high humidity, or extreme temperature change.
- Never submerge the unit in water. Use alcohol to clean the electrodes and glass cleaner to keep them shiny, applied to a cloth first; avoid soaps.
- When replacing the batteries, exchange all four at the same time.

Troubleshooting

If the Following Problems Occur... then...

An unfamiliar weight reading appears followed by kg or st-lb.

Refer to "Switching the Weight Mode" on p.3.

Nothing appears on the Display Screen after initial display.

Check foot alignment. Make sure you wait for "0.0" to appear before stepping on the platform. Check to see that the batteries are fresh and are in the correct positions.

Requested body fat percentage reading does not appear after the weight is measured.

Make sure you have entered personal data. See p.4.

Vibration will interfere with the fat percentage reading. Be sure to stand erect and still on the measuring platform. Do not bend your knees. Be sure that shoes and socks are removed and check foot alignment. Step off and repeat steps on p.4.

The body fat percentage reading is extremely low.

Be sure you have selected the correct user mode (Adult/Child, Male/Female), and that the soles of your feet are clean and properly aligned with the guides on the measuring platform. Consider whether or not you are overhydrated. Step off and repeat steps on p.4.

The body fat percentage reading is extremely high.

Be sure you have selected the correct user mode (Adult/Child, Male/Female), and that the soles of your feet are clean and properly aligned with the guides on the measuring platform. Dehydration, foot calluses, etc. will interfere with the fat percentage reading. Step off and repeat steps on p.4.

If you need assistance, please call our toll-free customer service number at 1-800-TANITA-8 (USA and Canada only).

Specifications

UltimateScale 2000/2001/2001T

Weight Capacity

300 lb (136 kg) (21 st-6 lb)

Weight Increments

0.5 lb (0.2 kg) (0.5 lb)

Body Fat Increments

1%

Power Supply

DC 6V AA-size (UM3-type) battery (x4)—included

Power Consumption

60 mA maximum

Measuring Current

50 kHz 500 μ A

After sales service

Please contact the store at where bought this scale for any inquiry regarding operation, trouble, request for repair and/or placement of an order for parts or products. Or call 1-800-TANITA-8 (USA and Canada only).

Tanita Products Limited Warranty

Not Valid Without Proof of Purchase

Your Tanita product is warranted to the original consumer only, for three (3) years, to be free from defects in materials and workmanship under normal use. This product is designed **for personal use only**. Tanita Corporation of America reserves the right to nullify the warranty agreement should the product be used in a commercial environment. This warranty is void if the product has been tampered with or mistreated, or if the defect is related to servicing or parts not supplied by us. Our obligation under this warranty is limited solely to the charge of repairing the product, plus the cost of parts or, at the option of Tanita, replacing the product with an equivalent model. There are no express or implied warranties except as listed above.

Tanita is not liable for incidental or consequential damages for failure or malfunction of the product and any recovery may not be greater than the purchase price paid for this product. Some states do not allow limitation on how long an implied warranty lasts, or the exclusion or limitation of incidental or consequential damages, so the above limitations may not apply to you. This warranty gives you specific legal rights and you may also have other rights which vary from state to state. **No person is authorized to change the terms of this warranty.**

If Product Is Defective or Needs Repair

Do not return this product to the place of purchase; doing so may delay the processing of your warranty claim.

Call Tanita at 1-800-TANITA-8 to receive a Return Authorization Number before returning this product. Include \$12.50 for handling, return postage and insurance to the facility listed below. **Proof of purchase must accompany the product.** Because of possible loss, we recommend insuring your product, return receipt requested, when using the mail. If you do not receive a receipt within a reasonable time, start a tracer through the originating post office. It is important that you pack the product carefully prior to shipment to prevent damage in transit and that you include a letter describing in detail the specific condition requiring adjustment or repair.

Tanita Products Limited After Warranty

All terms and conditions apply as specified above in the original Tanita Limited Warranty **except** for the cost of labor and parts:

- Minimum charge for After Warranty labor is \$30 per hour, plus the cost of parts.
- You will be notified by mail or telephone of the total cost to repair your product to working condition, so prepayment can be arranged.
- Your approval is required before any repair work can be performed on your product.

*Please complete the following information and **retain for your records.***

Model: _____ Date Purchased: / /

Purchased From: _____

Address: _____



Please send all returns to:
Tanita Corporation
2625 S. Clearbrook Drive
Arlington Heights, IL 60005 USA



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Tanita Health Equipment H.K. Ltd.

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Kowloon, Hong Kong
852-2838-7111 Phone
852-2838-8667 Fax

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