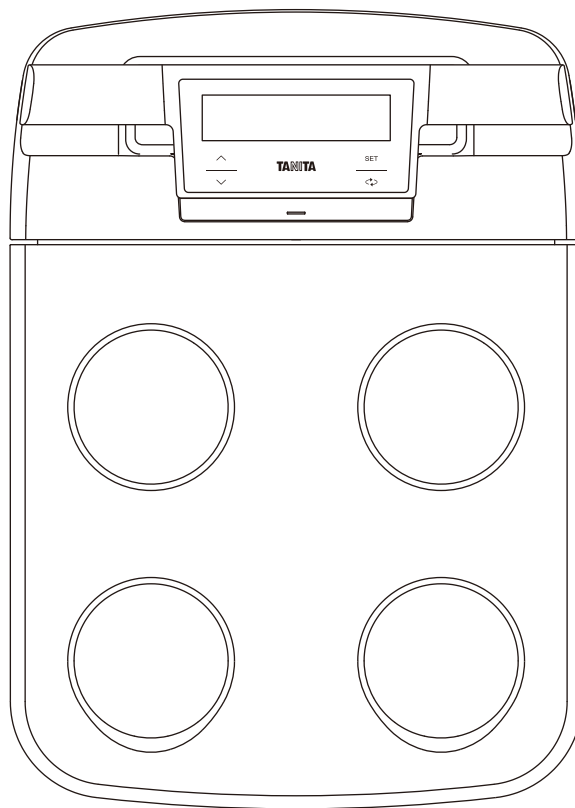


BODY COMPOSITION ANALYZER

MC-580 **Instruction Manual**



<Usage Conditions>

Temperature Range	: 41 to 95°F/5 to 35°C
Relative Humidity Range	: 30 to 80% (non-condensing)
Max Altitude	: 6,500ft ASL/2,000m ASL
Atmospheric Pressure Range	: 86 to 106kPa

<Storage Conditions>

Temperature Range	: 14 to 140°F/-10 to 60°C
Relative Humidity Range	: 10 to 90% (non-condensing)
Atmospheric Pressure Range	: 70 to 106kPa

To avoid malfunctions, avoid storing the equipment in a place with direct sunlight, significant temperature changes, a risk of dampness, a large amount of dust or a risk of vibration or impact, or in the vicinity of flames.



Please read this Instruction Manual carefully and keep it for future reference.

Intended Use

TANITA Body Composition Analyzers have been clinically proven to be accurate, reliable and provide highly repeatable results. Our Analyzers are used worldwide in the following fields:

- health assessments of adults and children
- monitoring the progress of weight loss
- monitoring increases of muscle mass, reduction of body fat and hydration levels as part of a fitness or training program
- assessing the true effectiveness of nutrition and physical activity programs where body mass index cannot identify key changes in body composition
- collating subject data for large cohort research studies

Efficacy

This product has been specifically designed to be simple to use and required no additional user assistance to take a measurement.

Measurements can be taken in under 30 seconds for maximum convenience.

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How to Use

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Measurement Results	20
Settings	22

If Necessary





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For Your Safety






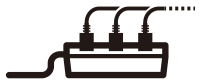
en

Before use

This section explains precautionary measures to be taken to avoid injury to the users of this equipment and others, and to prevent damage to property. Please familiarise yourself with this information to ensure safe operation of this equipment.

	Warning	Failure to follow instructions highlighted with this mark could result in death or severe injury.
	Caution	Failure to follow instructions highlighted with this mark could result in injury or damage to property.
 Prohibited	This mark indicates actions that are prohibited.	
 Required	This mark indicates instructions that must always be followed.	

Warning

 Prohibited	<p>This equipment must not be used on subjects with pacemakers or other mechanical implants.</p> <p>This equipment passes a weak electrical current through the body which could interfere with and cause the malfunction of electrical medical implants, with serious consequences.</p>	
	<p>Do not handle the plug with wet hands.</p> <p>This may result in electric shock, fire, or current leakage.</p>	
	<p>Keep this equipment away from flammable gas and oxygen-rich environments.</p>	
	<p>Do not modify this equipment.</p> <p>There is a risk of electrocution or injury, and precise analysis cannot be guaranteed.</p>	
	<p>Do not use multiple adapters.</p> <p>This may result in fire.</p>	
	<p>Do not use the equipment if you have any kind of wound or inflammation on any part of your body that comes into direct contact with the equipment.</p>	

Caution



Prohibited

Do not allow the equipment to get wet.

Avoid using on subjects with allergies to metals.

Allergic reactions may be caused by the stainless steel used in the electrodes of this equipment.

Do not jump on the equipment.

Do not tilt the equipment.

Do not use this equipment near other products that emit electromagnetic waves.

Do not insert fingers into any of the gaps or holes.

Do not apply force to the display.

The screen may break and cause injury.

Do not place items sensitive to magnetic forces near the equipment.

The magnet of the impedance meter may corrupt data on devices such as USB memory sticks if these are placed near the equipment.

Assist persons with disabilities.

Another person should assist persons with disabilities who may not be able to take a measurement alone.

Do not use rechargeable batteries.

Do not use old batteries together with new batteries, or a mix of different types of batteries at the same time.

Doing so may cause battery fluid to leak or the batteries to become excessively hot and rupture, resulting in damage to the equipment or injury.

Be sure that the batteries are inserted in the corrected orientation.

If the batteries are inserted incorrectly, fluid may leak from the batteries and damage the floor.



Required

Clean the equipment after each use.

Wipe off the equipment if dust accumulates or it becomes dirty.

Stand clear of the subject during measurement to ensure accuracy.

Continually monitor both the subject and the equipment for anomalies.

If an anomaly in the subject or equipment is discovered, take appropriate action, such as stopping the equipment, while ensuring the safety of the subject.

Use the included AC adapter.

Do not lean against the equipment.

Unplug the AC adapter from the equipment when moving it.

Interpretation of analysis results (e.g. evaluation of measurements and formulation of exercise programs based on results) must be performed by a professional.

Weight loss measures and exercise based on self-analysis could be harmful to your health. Always follow the advice of a qualified professional.

This equipment is designated a Class B IT device (mainly for systems intended to be used in indoor environments) and is CE (EMC) certified, but it may affect devices that are sensitive to electromagnetic waves.

If connecting a computer or peripheral devices to this equipment, please use devices complying with IEC60601-1 (EN60601-1). Power must be supplied from a medical isolation transformer for IEC60950 (EN60950) devices. Keep a distance of 1.5m between units during operation. Failure to do so may cause electric shock to subjects or malfunction.

If you do not intend to use this equipment for a long period of time, or if you always use AC adapter, remove the batteries before storage.

For Your Safety (continued)

en

Before use



For Accurate Measurements



Prohibited

Avoid measuring after strenuous exercise.

This may cause inaccurate measurements. Please take measurements after sufficient rest.



Avoid measuring after over-eating or over-drinking, or when severely dehydrated.

This may cause inaccurate measurements. For greater accuracy, avoid using directly after waking up. Use at the same time of day each time, at least three hours after the last meal.



Ensure arms are not touching sides and inner thighs are not touching each other during measurement. If necessary, place a dry towel between arm and side and/or between thighs.

Do not take measurements while using transmitting devices such as mobile phones, as these may affect readings.



Required

Use the equipment under the same conditions and in the same position as much as possible for accurate tracking of changes.

Readings are affected by the level of hydration and position of the body. Please use at the same time of day each time, under the same conditions and in the same body position.



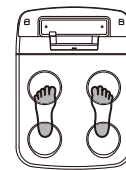
Avoid measuring in multiple locations with greatly differing temperatures.

This may cause inaccurate measurements. Allow the equipment to stand for at least 2 hours before using if it is moved to a new location with a temperature difference of 36°F/20°C or more.



Place palms, fingers and soles of feet in the correct positions on the electrodes when measuring.

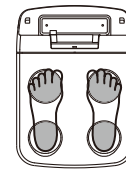
Improper contact between the hands or feet and electrodes may cause the displayed fat percentage to be lower than the actual percentage, or cause an error.



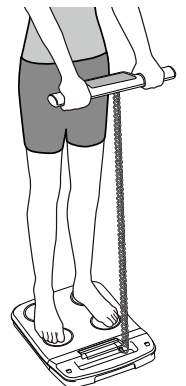
<Child>

Stand barefoot on the equipment after thoroughly washing hands and feet.

Proper measurements cannot be taken if wearing socks or if the palms or soles of the feet are dirty.



<Adult>



Do not sit or bend the elbows or knees.

This causes inaccurate measurements.

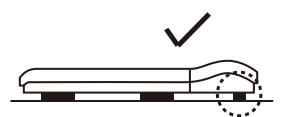
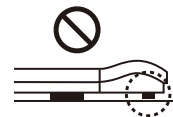
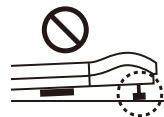
Do not move during measurement.

This causes inaccurate measurements.

Use in a stable location.

Errors in measurements may occur if the equipment is used in an unstable location.

For further accuracy and security, please position the two adjustable feet on the base until they just make contact with the floor.



Note

For people to whom any of the following apply, changes in measurement values should be referred to as a reference.

- People with metal implants
- People taking medications that induce changes in body water (e.g. diuretics, etc.)
- People who are pregnant, on dialysis or experiencing any swelling. The reliability of body fat percentages may decrease.
- Normal measurements cannot be performed for people with hard surfaces on their heel (stratum corneum). Moisten the sole before measuring.

Regular Maintenance

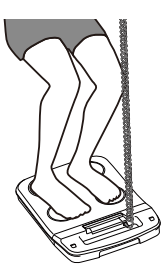

Required

TANITA recommends that each facility conduct periodic checks of each unit.

1. Check the following at least daily:
 - Check that the unit is on a stable and level surface, e.g. on firm flooring, not on a thick carpet
 - Date and time settings
2. Visually inspect the following at least weekly:
 - Inspect the display for any damage or contamination
 - Inspect all cables, cords, and connector ends for damage or contamination
 - Inspect all safety-related labeling for legibility
 - Inspect all accessories (electrodes, etc.) for wear or damage
3. Visually inspect the following at least monthly:
 - Mounting screws (optional)

Update settings, replace items, or call for service as necessary according to the results of the visual inspections. Do not use the unit if you see any signs of damage. Equipment that has been damaged must be checked for proper operation by qualified personnel before using again.

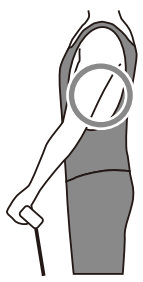
Incorrect Ways to Measure



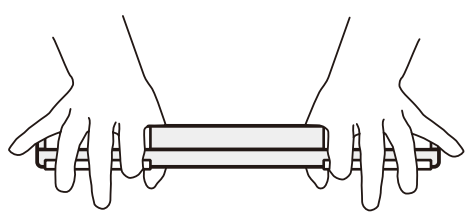
With bent knees



With bent elbows and wrists



With skin to skin contact



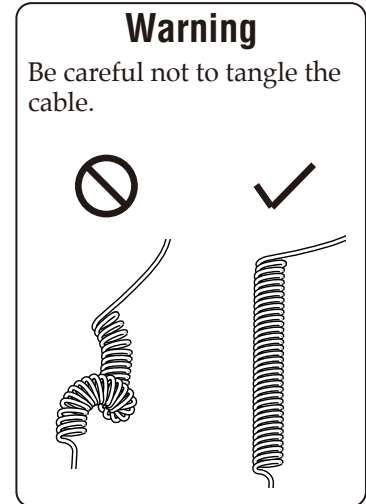
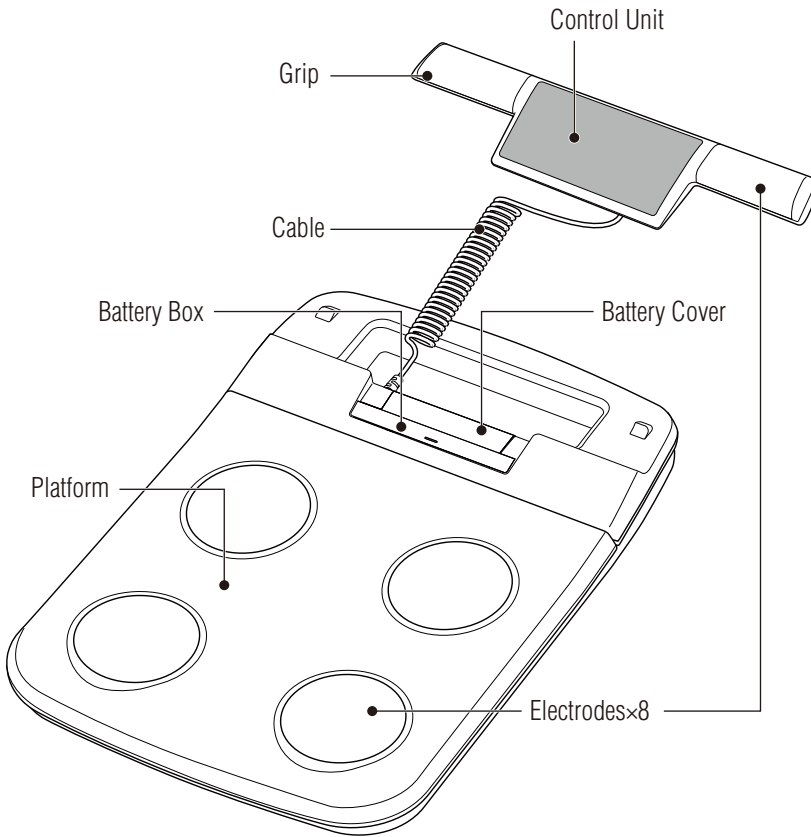
Without all fingers attached to the electrodes.

Part Names & Connection Procedure

en

Before use

Front

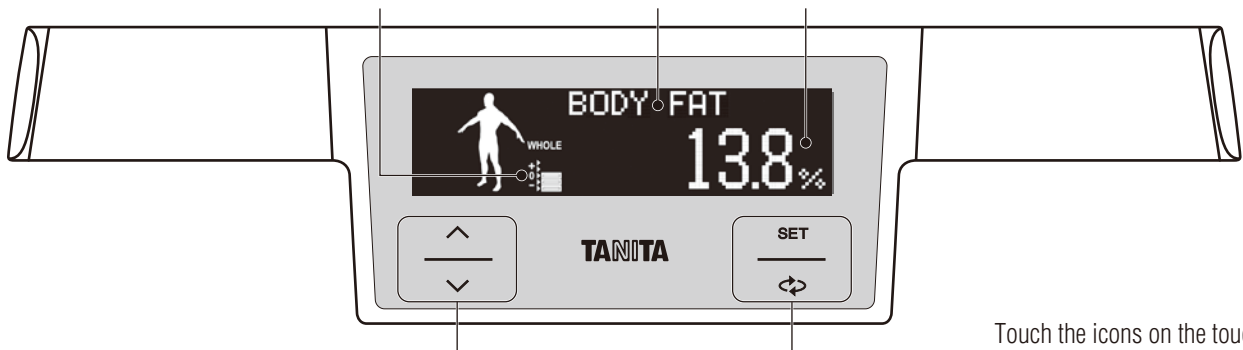


Display Screen

Judgement Results
Measurement results are judged based on five levels.

Displayed Item

Measurement Result



Touch the icons on the touch switch to operate.

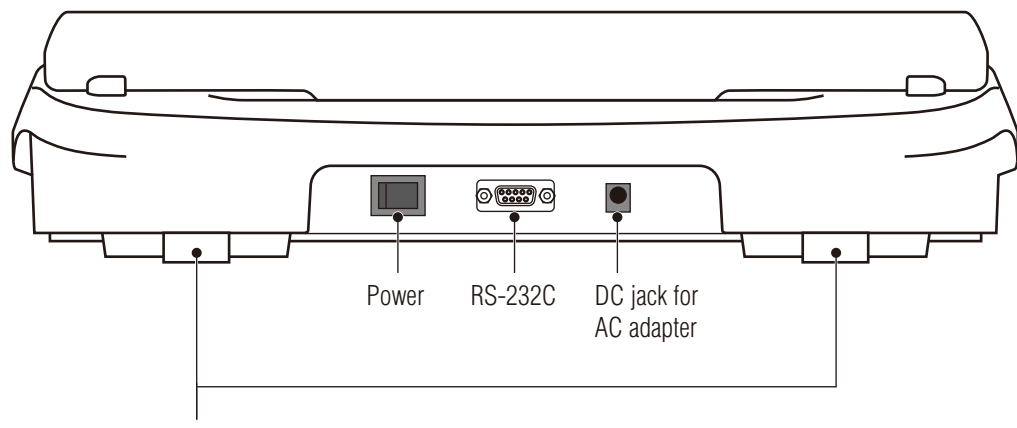
UP button
Count up

DOWN button
Count down

SET SET button
Enter

SELECT button
Switch items

Back



Adjustable feet x 2
 *For further accuracy and security, please position the two adjustable feet on the base until they just make contact with the floor.

- Accessories**
- Instruction Manual (this manual)
 - Location Code
 - AC adapter
 - AC plug

Symbols and their Meanings

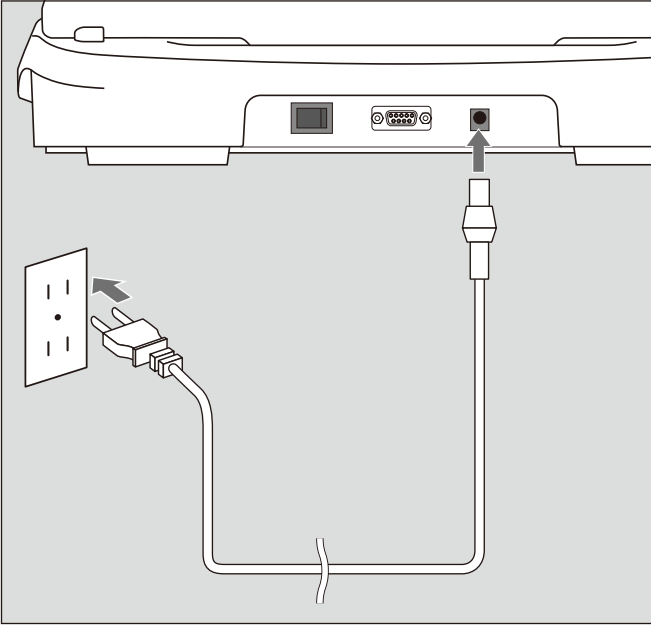
	WEEE- Waste Electrical and Electronic Equipment Directives		Serial number		Conformity with Medical Device Directive 93/42/EEC
	Caution Refer to the attached notes.		Manufacturer		See the instructions
	Polarity of DC power connector		Serial interface		Class II Equipment
	Direct current		For indoor use only		Input, Output

Power Supply

en

Before use

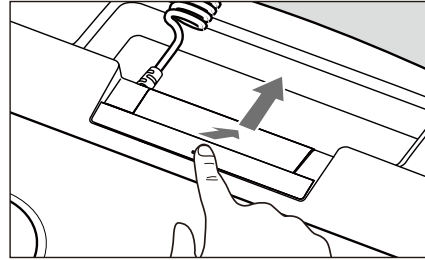
Connecting to the Power Supply



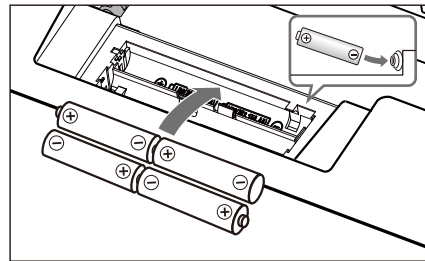
When Using Batteries

Note

Batteries can also be used depending on the usage environment.



Press the point and then slide the battery cover to remove it.



Insert batteries into the battery box.

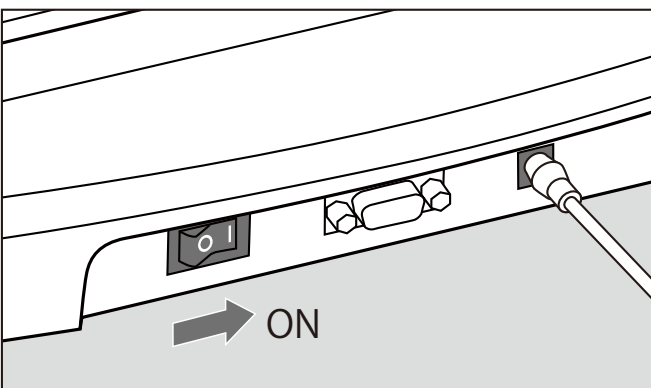
Note

*Uses 4 LR6 AA size alkaline batteries.

*Batteries are sold separately.

*Unplug the AC adapter. Or the scale wouldn't work.

Turning the Main Power ON/OFF

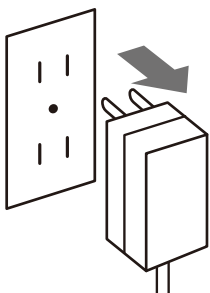


Press the Power Switch to turn the power on/off.

Note

Once the power is turned on, version information is displayed.

Emergency Shut Down






Keep the area around the plug socket clear during operation of the equipment in case of an emergency.

Preparations before Use

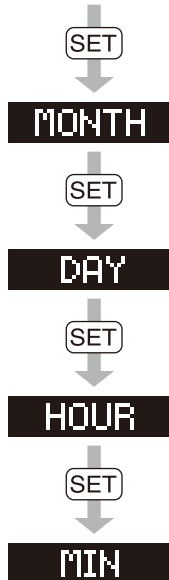
Set Your Location Code




When the power is first turned on with factory settings, the Location Code is displayed. Different locations across the world have varying gravitational pulls. This in turn affects the accuracy of weight readings on scales. By selecting the correct gravity setting on your scale according to your geographical location, you are guaranteed the most accurate weight readings.



1. Press the switch on the back to turn the power on. **AREA** is displayed in the Display Screen.
2. Refer to the map enclosed, and press the   buttons to select your location code.
3. Press the  button to enter and save the setting.

Set the Date and Time



1. Select the year using the  and  buttons.
2. Press  to confirm.




Set the date and time in the same way.

00 is displayed after displaying the set region, year, month, day and time.

Preparations before Use

Change Setting

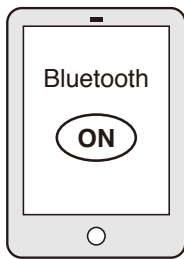
Make sure that the main power supply of the scale is on. (See P.10)

Press and hold the  button for 5 seconds or more to display the settings screen. Press   to choose the item you would like to set. (See P.22)

SETTINGS No.	Item	Default	Page
SETTINGS 1 PAIRING	Pairing	—	13
SETTINGS 2 AREA	Area	0 - 9	22
SETTINGS 3 DATE/TIME	Date and Time	yyyy/mm/dd hh:mm	22-23
SETTINGS 4 CLOTHES-WT	Clothes Weight	0 - 20.0lb/0.2lb 0 - 10.0kg/0.1kg	23
SETTINGS 5 BODY TYPE	Body Type	On/Off(Standard only)	23
SETTINGS 6 LCD SLEEP	LCD Sleep	Off/5/15/30 min	24
SETTINGS 7 RESTART	Restart	Off/5/15/30 sec	24
SETTINGS 8 BUZZER	Buzzer	On/Off	24
SETTINGS 9 OUT PUT	Out put (and) Auto Print	Off/Printer/PC 0-2 sheet(s)	25
SETTINGS 10 PRINT-LANG	Print Language	English/French/German/ Italian/Polish/ Japanese/Spanish/Turkish	25
SETTINGS 11 UNIT	Units	kg cm/lb inch	26

Taking Measurements

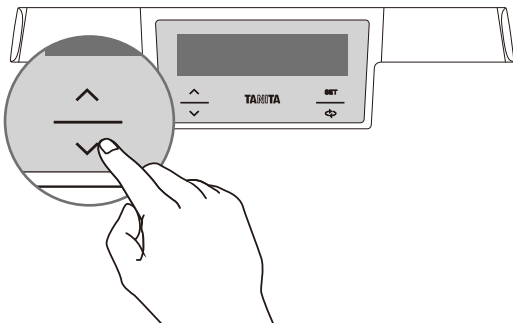
Pairing



Note


Make sure that the main power supply of the scale is on before starting this operation.
Up to three devices can be registered to this scale.

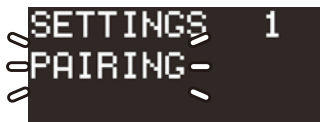
Turn the *Bluetooth*® setting on, and download the app.



Note

Do not place anything on the scale while pairing.

Press and hold the  button on the Control Unit for more than 5 seconds to switch to **SETTINGS 1 PAIRING**.



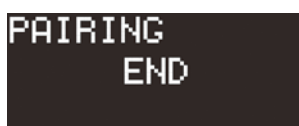
Press  button then **PAIRING connecting** is displayed.



Launch the app.
Follow the instructions in the app and select MC-580.




The icon lights up on the display to indicate that a connection has been made.



Pairing is complete when you hear the beeping sound.

Note

The Error is displayed if pairing is not successful 60 seconds after starting the connection.

Press the  icon to return to the previous screen. Restart operations from the beginning, making sure to perform them correctly.



Taking Measurements

en

How to use

1



Note

Make sure that the main power supply of the scale is on before starting this operation.

Stepping onto the scale wakes up the LCD when it is in SLEEP mode.

Launch the App

Open the app on your mobile device.

2



Start Measurements

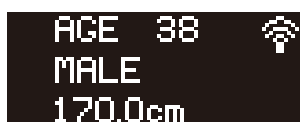
Make sure that the Control Unit displays **0.0_{kg}** then start measurements from the app.

Note

The tare value and the word **NET** are displayed when CLOTHES-WEIGHT has been set. (See P.23)




3

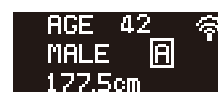


Check

Registered personal information is sent and displayed on the Control Unit.

Note

The  mark is displayed when the Athletic mode is selected.

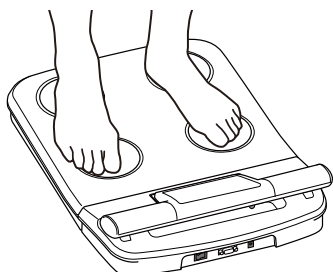


Athletic Mode

Recommended for those who are 18 years or older and meet the following conditions.

- People who carry out 12 hours or more of cardiovascular exercise a week.
- People who belong to a sport team or a sport organization with the aim of participation in competition, etc.
- People who are professional athletes.

4



Measure Body Weight

Make sure the Control Unit reads **0.0_{kg}** then step barefoot onto the scale.

Note

Measurement results are not output to the app, printer or PC.

Your weight is displayed when you hear the beeping sound.

Note

Do not grip the Control Unit until weight measurements are finished.

RELEASE GRIP

RELEASE GRIP is displayed when the Control Unit is held during weight measurements.

5



40sec 10sec → 5sec

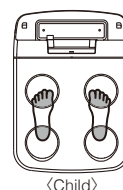
Measuring Body Composition

When **HOLD GRIP** is displayed, hold the grip with both hands, ensure that your arms are fully extended and your elbows do not touch your body.

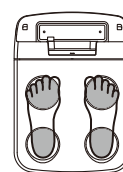
The impedance measurements are completed when you hear the continual beeping sound. Measurement results are displayed.

Note

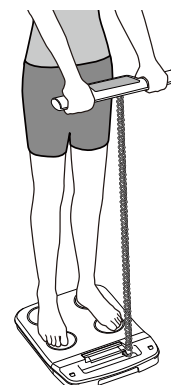
To ensure accuracy, readings should be taken without clothing and under consistent conditions of hydration. Always remove your socks or stockings, and be sure the soles of your feet are clean before stepping on the measuring platform. Be sure that the arch of each foot is aligned with the center of the measuring platform. Don't worry if your feet appear too large for the unit, accurate readings can still be obtained if your toes overhang the platform. It is best to take readings at the same time of day. Try to wait about three hours after getting up, eating, or strenuous exercise before taking measurements. While readings taken under other conditions may not have the same absolute values, they are accurate for determining the percentage change as long as the readings are taken in a consistent manner. To monitor your progress, compare your weight and body fat percentage readings taken under the same conditions over a period of time.



<Child>



<Adult>

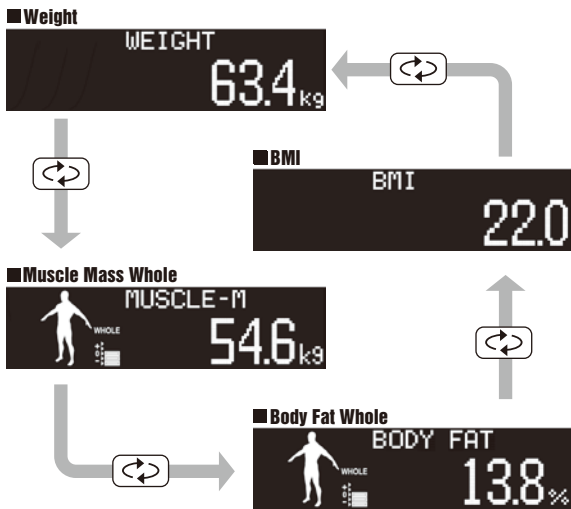


Taking Measurements

en

How to use

6



Measurement Results

The displayed items can be switched by pressing while measurement results are being displayed.

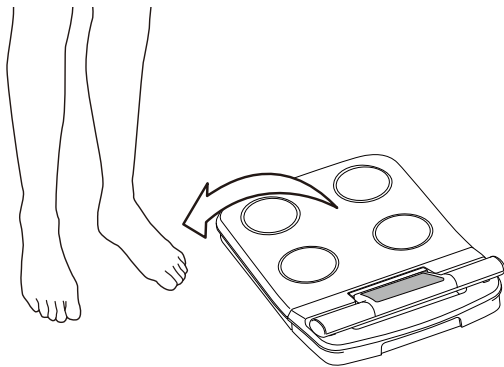
Press to display the measurement results for individual parts (balance of individual parts, left arm, right arm, left leg, right leg, trunk). (See P. 20)

The measurement results are displayed after measurement is completed and simultaneously output to the app.

Note

If you select "PRINT" or "PC" in the output settings, measurement results are automatically sent to the printer/PC. (see P.25)

7



Quit Measurement

Return the Control Unit to its original position after reviewing your measurement results and step off the scale. The scale automatically turns off.

Note

If you set "RESTART", the next screen is displayed automatically when you step off the scale.

Note

To quit immediately, press the button to display the end screen.

Select **YES** with the buttons and press to confirm.

Do not quit while the is lit up because this indicates that measurement results are still being sent.

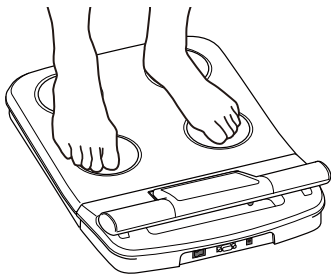
END
NO/YES

Note

Error is displayed if the body fat percentage is outside the measurement range.

Taking Measurements without Registering

This method is most convenient for one-time users as personal data and measurement results are not stored.



Note

Make sure that the main power supply of the scale is on before starting this operation. Stepping onto the scale wakes up the LCD when it is in SLEEP mode.

Measuring Body Weight

Make sure the Control Unit reads **0.0 kg** then step barefoot onto the scale.

Note

Measurement results are not output to the printer or PC.

Note

Press the **SET** button to perform a reset. The tare value and the word **NET** are displayed when CLOTHES-WEIGHT has been set.



Your weight is displayed when you hear the beeping sound.

Note

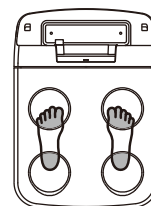
Do not grip the Control Unit until weight measurements are finished.



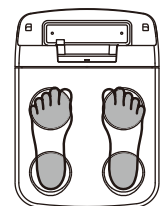
RELEASE GRIP is displayed when the Control Unit is held during weight measurements.

Note

To ensure accuracy, readings should be taken without clothing and under consistent conditions of hydration. Always remove your socks or stockings, and be sure the soles of your feet are clean before stepping on the measuring platform. Be sure that the arch of each foot is aligned with the center of the measuring platform. Don't worry if your feet appear too large for the unit, accurate readings can still be obtained if your toes overhang the platform. It is best to take readings at the same time of day. Try to wait about three hours after getting up, eating, or strenuous exercise before taking measurements. While readings taken under other conditions may not have the same absolute values, they are accurate for determining the percentage change as long as the readings are taken in a consistent manner. To monitor your progress, compare your weight and body fat percentage readings taken under the same conditions over a period of time.



<Child>



<Adult>

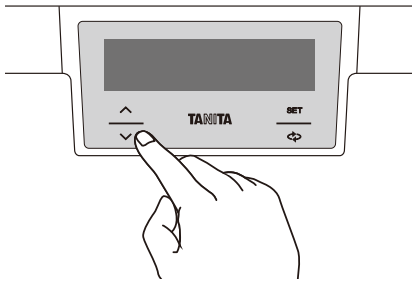
Taking Measurements without Registering

en

How to use

2

INPUT
PERSONAL DATA



BODY TYPE
- STANDARD -



GENDER



AGE



HEIGHT

Enter Personal Data

Set personal data by selecting it with the buttons and setting it by pressing the button.

Note

Indicates whether "Standard mode or Athletic mode" is selected as the body type.

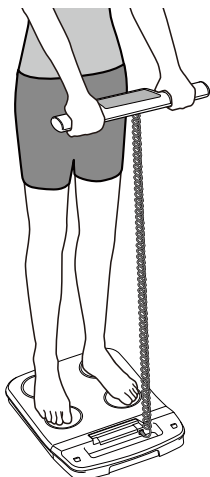
Athletic Mode

Recommended for those who are 18 years or older and meet the following conditions.

- People who carry out 12 hours or more of cardiovascular exercise a week.
- People who belong to a sport team or a sport organization with the aim of participation in competition, etc.
- People who are professional athletes.

3

HOLD GRIP
ARMS STRAIGHT



Measuring Body Composition

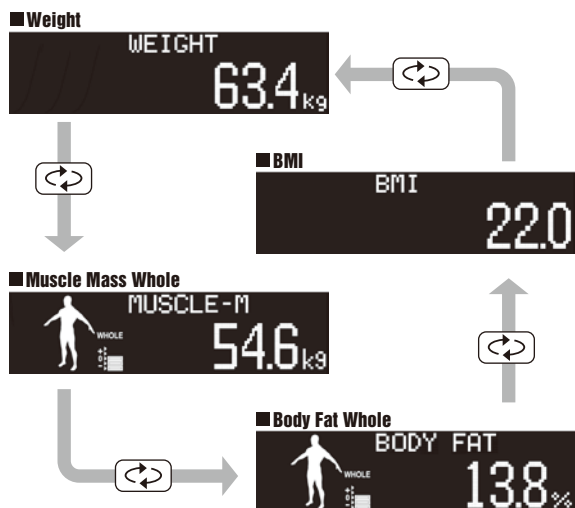
Setting is complete when **HOLD GRIP** is displayed. Hold the Grip in both hands.



40sec 10sec → 5sec

The impedance measurements are completed when you hear the continual beeping sound. Measurement results are displayed.

4



Measurement Results

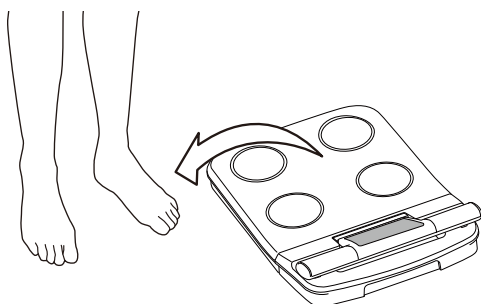
The displayed items can be switched by pressing while measurement results are being displayed.

Press to display the measurement results for individual parts (balance of individual parts, left arm, right arm, left leg, right leg, trunk). (See P.20)

Note

If you select "PRINT" or "PC" in the output settings, measurement results are automatically sent to the printer/PC. (see P.25)

5



Quit Measurement

Return the Control Unit to its original position after reviewing your measurement results and step off the scale. The scale automatically turns off.

Note

If you set "RESTART", the next screen is displayed automatically when you step off the scale.

Note

To quit immediately, press the button to display the end screen. Select **YES** with the buttons and press to confirm.

END
NO/YES

Note

Error is displayed if the body fat percentage is outside the measurement range.




Measurement Results

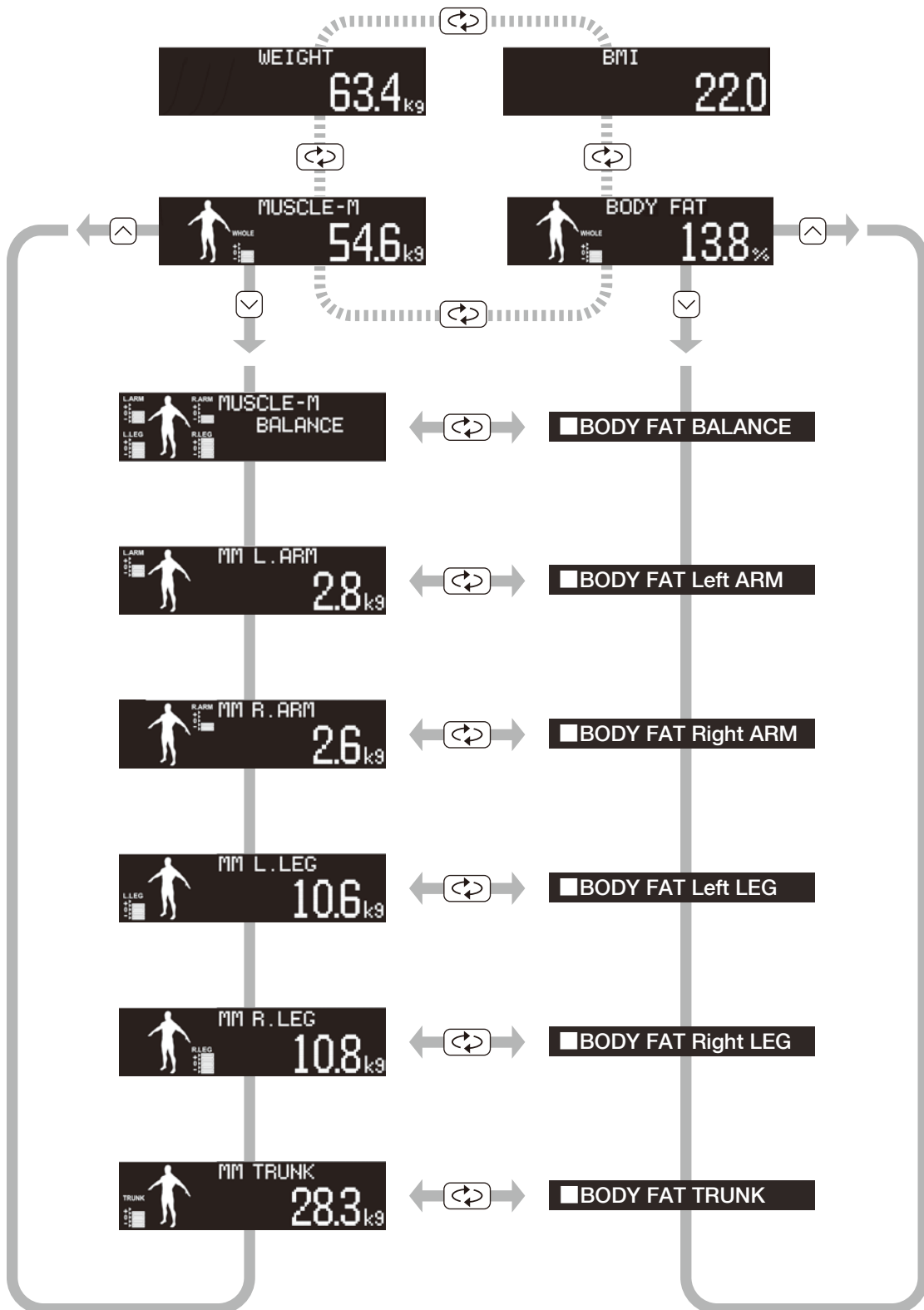
en

How to use

1

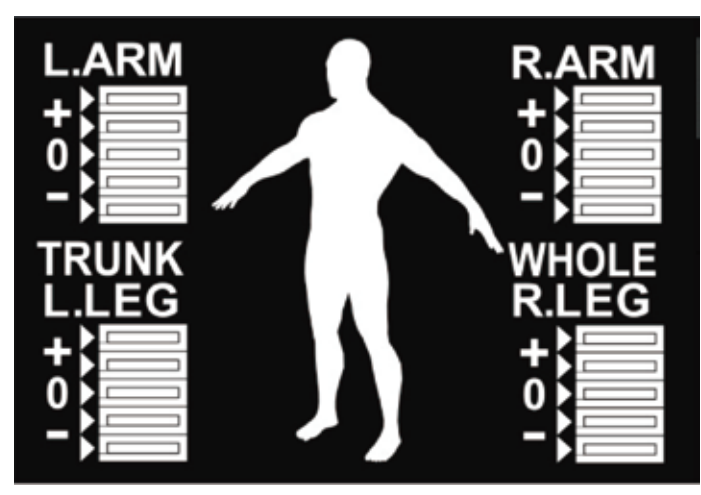
Measurement Results by Part

The displayed items can be switched by pressing  while measurement results are being displayed. Press   to display the measurement results for individual parts (balance of individual parts, left arm, right arm, left leg, right leg, trunk).



2 Judgment Results

Review ratings for fat percentage and muscle mass for the whole body and by part.



	--	-	0	+	++
Total Body Fat Ratio Rating	Underfat	-Healthy	+Healthy	Overfat	Obese
Body Fat Ratio Rating by Part	Underfat	-Healthy	+Healthy	Overfat	Obese
Total Muscle Mass Rating	Low	-Average	Average	+Average	High
Muscle Mass Rating by Part	Low	-Average	Average	+Average	High

Healthy Range Indicator

Your Body Composition Analyzer automatically compares your body fat percentage reading to the Healthy Body Fat Range chart.

- Underfat: Below the healthy body fat range. Increased risk of health problems.
- Healthy/+Healthy: Within the healthy body fat percentage range for your age/ gender.
- Overfat: Above the healthy range. Increased risk of health problems.
- Obese: Far above the healthy body fat range. Greatly increased risk of obesity-related health problems.

Muscle Mass Score (age 18-99)

This function indicates the weight of muscle in your body. The muscle mass displayed includes skeletal muscle, smooth muscle (such as cardiac and digestive muscle) and the water contained in these muscles. Muscles play an important role as they act as an engine that consumes energy. As your muscle mass increases, your energy consumption increases helping you reduce excess body fat levels and lose weight in a healthy way.





The muscle mass is judged for persons aged 18 and over. Muscle mass is judged by calculating the amount of muscle mass against the person's height, and then the amount is classified. The app that links with this device displays the muscle mass judgement as a muscle score, as shown below. The larger the number, the more muscle the person has.

Low	Average			High
-2	-1	0	+1	+2

Settings

en

How to use

Press and hold the  button for 5 seconds or more to begin from the start screen. Select the item to be set with the   buttons once the settings screen is displayed. Press the  button to return to the measurement screen.



Note

Do not place anything on the scale while setting.

Set Your Location Code

Press the  button when **SETTINGS 2 AREA** is displayed.

Select the area using the   buttons then press the  button. The unit beeps to indicate this is completed.




Note

Check the included Location Codes for the usage area.



Setting the Date and Time

Press the  button when **SETTINGS 3 DATE/TIME** is displayed.

Select the year using the   buttons then press the  button. The unit beeps to indicate this is completed.

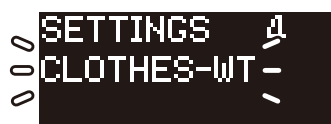
Select the month using the   buttons then press the  button. The unit beeps to indicate this is completed.

Select the day using the   buttons then press the  button. The unit beeps to indicate this is completed and the time settings are displayed.



Select the hour using the \downarrow \uparrow buttons then press the **SET** button. The unit beeps to indicate this is completed.

Select the minutes using the \downarrow \uparrow buttons then press the **SET** button. The unit beeps to indicate this is completed.

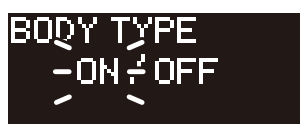


CLOTHES-WEIGHT

Enter the preset tare value (clothes weight)
The tare value range is 0 to 20.0lb/0.0 to 10.0kg

Press the **SET** button when **SETTINGS 4 CLOTHES-WT** is displayed.

Select the weight using the \downarrow \uparrow buttons then press the **SET** button. The unit beeps to indicate this is completed.



BODY TYPE

Press the **SET** button when **SETTINGS 5 BODY TYPE** is displayed.

Select using the \downarrow \uparrow buttons then press the **SET** button.

If the body type selection (Athletic mode) is set to **OFF**, the scale switches directly to "Select gender" without requesting a body type. The unit beeps to indicate this is completed.

Note

Athletic Mode

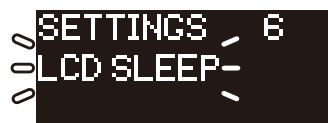
•Recommended for those who are 18 years or older and meet the following conditions.

- People who carry out 12 hours or more of cardiovascular exercise a week.
- People who belong to a sport organization with the aim of participation in competition, etc.
- People who are professional athletes.

Settings

en

How to use



SET



Setting LCD Auto-Sleep

Set the amount of time to elapse before the LCD turns off and whether LCD SLEEP mode is enabled or disabled.

Press the **SET** button when **SETTINGS 6 LCD SLEEP** is displayed.

Select the time before entering SLEEP mode using the **▽** **△** buttons then press the **SET** button.



The unit beeps to indicate this is completed.



SET



RESTART

Set the time before automatically starting the next measurement after stepping off the scale.

Press the **SET** button when **SETTINGS 7 RESTART** is displayed.

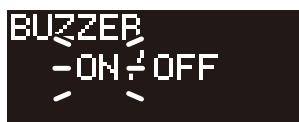
Select the time using the **▽** **△** buttons then press the **SET** button.



The unit beeps to indicate this is completed.



SET



Setting the Buzzer

Press the **SET** button when **SETTINGS 8 BUZZER** is displayed.

Use the **▽** **△** buttons to turn the buzzer on or off then press the **SET** button.

The unit beeps to indicate this is completed.

Settings

en

How to use



Setting Units

The units used on this unit can be set between **lb in** and **kg cm**.
Press the **SET** button when **SETTINGS 11 UNIT** is displayed.

Select using the **▼** **▲** buttons then press the **SET** button.
The unit beeps to indicate this is completed.

End Settings

Press the **SET** button when **SETTINGS END** is displayed to return to the measurement screen.

Troubleshooting

If you are experiencing problems, please check the following before asking for repairs.

Problem		Solution
Measuring	<p>Impedance measurement Error</p>	<ul style="list-style-type: none"> • Hold the handgrips and electrodes firmly with fingers and palms. • Stand barefoot on the platform when measuring. • If the soles of the feet are dry, use a dropper to apply about 0.5 mL of water before measurement. • Reconfirm the input details.
	<p>Zeroing Error</p> <p>Weight value does not stabilize.</p>	<ul style="list-style-type: none"> • Turn off the power, remove everything from the platform, then turn on the power and try measuring again. • Is the unit set up on a surface that is vibrating or near something that is vibrating? • Is the measuring platform tilted? • Is something blocking the gaps in the measuring platform? • Remove any inserted objects.
Displayed LCD	<p>Nothing is displayed even when the power is turned on.</p>	<ul style="list-style-type: none"> • Confirm that the power is connected correctly.
	<p>"OVERLORD" is displayed.</p>	<ul style="list-style-type: none"> • The weight to be measured exceeds the maximum capacity.

If necessary

Specifications

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If necessary

Model number		MC-580
Power source		100 to 240V AC/9V DC AC adapter 6V DC LR6 AA
Electric current range		25VA
Impedance measurement	Measurement system	Dual-frequency 8 electrode
	Measurement frequency	6.25kHz, 50kHz
	Measurement current	90μA or less
	Electrode materials	Stainless steel
	Measurement part	Whole body, Right arm, Left arm, Right leg, Left leg, Trunk
	Measurement range	200 to 900Ω (0.1Ω increments)
	Accuracy at first calibration	±2%
Weight measurement	Measurement system	Strain gauge load cell
	Maximum capacity	600lb/270kg (including preset tare value)
	Minimum graduation	0.2lb/0.1kg
	Accuracy at first calibration	±0.4lb/±0.2kg
Display		LCD screen
Interface		RS-232C
Product weight, Product size	Control Unit	14.4×1.3×3.5in (0.7lb)/367×34×89mm (0.3kg)
	Platform	16×3×22in (16lb)/394×75×551mm (7.3kg)
Wireless device specification	Radio equipment type	Bluetooth® 4.0
	Frequency band	2402 to 2480MHz
	Maximum RF output power (adaptive frequency)	8.488dBm (2480MHz)

Input items	Gender	Female/Male
	Body Type	Standard/Athletic* ¹
	Age	5 to 99 years old
	Height	3'0.0" to 7'11.5" (0.5inch increments)/ 90.0 to 249.9cm (0.1cm increments)
	Clothes Weight	0.0 to 20.0lb (0.2lb increments)/ 0.0 to 10.0kg (0.1kg increments)
Output items	Total & Segmental Muscle Mass	0.2lb/0.1kg increments
	Total & Segmental Body Fat %	0.1% increments
	Muscle Mass Balance* ²	
	Body Fat Balance* ²	
	BMI (Body Mass Index)	0.1 increments

The following items can be output when the unit is connected to a dedicated thermal printer.

Print items (Thermal Printer/ Results Sheet)	Overview	Gender	Female/Male
		Body Type	Standard/Athletic* ¹
		Age	5 to 99 years old
		Height	3'0.0" to 7'11.5" (0.5inch increments)/ 90.0 to 249.9cm (0.1cm increments)
		Weight	4.4 to 600.0lb (0.2lb increments)/ 2.0 to 270.0kg (0.1kg increments)
		Fat %	3.0 to 75.0% (0.1% increments)
		Fat Graph	
		FFM (Fat Free Mass)	0.2lb/0.1kg increments
		Muscle Mass	0.2lb/0.1kg increments
		Muscle Mass Graph* ²	
		TBW	0.2lb/0.1kg increments
		Bone Mass	0.2lb/0.1kg increments
		BMR (Basal Metabolic Rate)	1kJ/1kcal increments
		BMR (Basal Metabolic Rate) Graph* ²	
		Visceral Fat Rating* ²	1 to 59 (1 increments)
		Visceral Fat Graph* ²	
		Metabolic Age* ²	1 year increments
		Leg Muscle Score* ²	50 to 150 (1pt increments)
	Leg Muscle Score Graph* ²		
	BMI (Body Mass Index)	0.1 increments	
	BMI Graph* ²		
Physique Rating* ²			
Segmental	Fat %	1.0 to 75.0% (0.1% increments)	
	Muscle Mass	0.2lb/0.1kg increments	
Others	Bioelectrical data (Ω)	Reactance, resistance	

*1 Athletic mode can only be selected between 18-99 years old.

*2 18 to 99 years old.

Specifications

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The following data can be output using a supported app.

If necessary

Applicable items	Overview	ID	
		Date	
		Time	
		Body Type	Standard/Athletic*1
		Gender	Female/Male
		Age	5 to 99 years old
		Height	3'0.0" to 7'11.5" (0.5inch increments)/ 90.0 to 249.9cm (0.1cm increments)
		Clothes Weight	0.0 to 20.0lb (0.2lb increments)/ 0.0 to 10.0kg (0.1kg increments)
		Weight	4.4 to 600.0lb (0.2lb increments)/ 2.0 to 270.0kg (0.1kg increments)
		Fat %	3.0 to 75.0% (0.1% increments)
		Fat % Rating	1 to 5 (1 increments)
		Fat Mass	0.2lb/0.1kg increments
		FFM (Fat Free Mass)	0.2lb/0.1kg increments
		Muscle Mass	0.2lb/0.1kg increments
		Muscle Mass Rating*2	-4 to +4 (1 increments)
		Bone Mass	0.2lb/0.1kg increments
		TBW	0.2lb/0.1kg increments
		TBW %	0.1% increments
		BMI (Body Mass Index)	0.1 increments
		Ideal Body Weight	0.2lb/0.1kg increments
		Degree of Obesity	0.1% increments
		Ideal Body Fat	0.1% increments
		Ideal Body Muscle Mass	0.2lb/0.1kg increments
		Visceral Fat Rating*2	1 to 59 (1 increments)
	Leg Muscle Score*2	50 to 150 (1pt increments)	
	BMR (Basal Metabolic Rate)	1kJ/1kcal increments	
	Metabolic Age*2	1 year increments	
	Balance (Both Arms)*2	-2 to +2 (1 increments)	
	Balance (Both Feet)*2	-2 to +2 (1 increments)	
	Protein (estimated)*2	0.2lb/0.1kg increments	
	Segmental	Fat %	1.0 to 75.0% (0.1% increments)
		Fat Mass	0.2lb/0.1kg increments
		FFM (Fat Free Mass)	0.2lb/0.1kg increments
		Muscle Mass*2	0.2lb/0.1kg increments
		Fat % Rating	-4 to +4 (1 increments)
		Muscle Mass Rating*2	-4 to +4 (1 increments)
Others	MM/H ²	Whole body Muscle Mass (kg)/Height (m) ²	
	MM/BW	Whole body Muscle Mass (kg)/Body Weight (kg)	
	SMI*	Total muscle mass value of Right arm, Left arm, Right leg and Left leg (kg)/Height (m) ²	
	ASM**/BW	Total muscle mass value of Right arm, Left arm, Right leg and Left leg (kg)/Body Weight (kg)	
	Bioelectrical data (Ω)	Reactance, resistance	

*1 Athletic mode can only be selected between 18 to 99 years old.

*2 18 to 99 years old

*SMI: Skeletal Muscle Mass Index

**ASM: Appendicular Skeletal Muscle Mass

Note

See the handling instructions, homepage or other instructions made by the company of the app for information on operations.

Connect this unit using an RS-232 cable to transmit measurement results to a PC.

See the MC-580 Serial Output Specifications for further information.

USA

Federal Communications Commission

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.

- The product design and specifications may be changed at any time without prior notice.
- The Bluetooth® word mark and logos are registered trademarks owned by the Bluetooth SIG, Inc. and any use of such marks by TANITA Corporation is under license. Other trademarks and trade names are those of their respective owners.

Disposal



This equipment is electronic device. Please dispose of this equipment appropriately as not the general household waste but electronic equipment. Please follow a regional regulation when you dispose of this.

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