

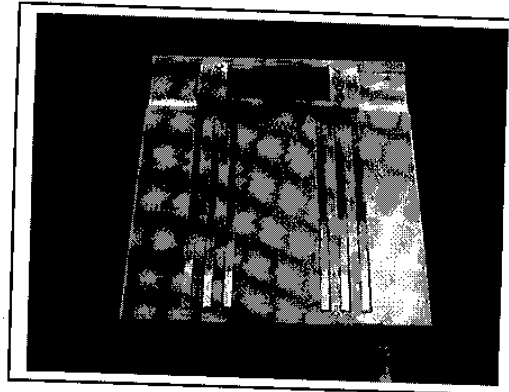
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CONFIDENTIAL**JingLiang Electronics (ShenZhen) Co., Ltd.**

Product Specification for Electronic Bathroom Scale

Model Name: WW83 Bodyfat Scale

Documents No.: 561



DOCUMENT #: 561
 REVISION: 1
 EFFECTIVE DATE: April 15, 2005
 REVISION DATE: April 15, 2005

Product Description: Conair WW83 Body fat Scale (Kg/Lb)

DISTRIBUTION: ENGG (C), RDL, RDL/QA

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1.0 UNIT DESCRIPTION

1.1 General Description

This is an electronic scale with LCD for weight measurement featured with bodyfat, fitness, leveler and weight tracking function.

1.2 Operating Conditions:

Conduct all measurements with charged battery.

1.2.1 Temperature operating range: $25^{\circ}\text{C} \pm 14^{\circ}\text{C}$

1.2.2 Humidity operating range: 20% to 95%

1.2.3 Storage temperature: -10°C to $+60^{\circ}\text{C}$

1.3 Net Weight: approx. 2.0Kg

1.4 Scale Size: 356x330x37.5mm

1.5 Features:

Technical Parameters:

- Capacity: 0 to 172Kg / 0 to 380Lb
- Operation Range: 10 to 172Kg / 20 to 380Lb
- Resolution:
 - Weight: 0.05Kg / 0.1Lb
 - Body Fat: 0.1%
 - Body Water: 0.1%
 - BMI: 0.1
- Accuracy:
 - Weight: $\pm(1\% + 0.05\text{kg} / 0.1\text{lb})$
 - Body Fat: $\pm 1\%$
 - Body Water: $\pm 1\%$
 - BMI: ± 0.5
- Display: 1.9"LCD, Reflective/ negative. Visual size: 50.3 x 126mm. Digit height: 36.43mm
- Sensitivity/Memory: $\pm 0.5\text{Kg} / 1.0\text{Lb}$
- Repeatability:
 - Weight: $\pm 0.3\text{Kg} / \pm 0.6\text{Lb}$ on two successive readings.
 - Body Fat: $\pm 1\%$
 - Body Water: $\pm 1\%$
 - BMI: ± 0.5
- Off Center Accuracy: The reading difference between the off-center reading and the center reading should be less or equal to 1% Loading weight.
- Power requirement:
 - Scale Base
 - Four AAA batteries
 - Battery life: est. 3 years at 5 operations per day.
 - Low Battery Warning: "S Lo" shows at about 4.5 volt ± 0.3 .
 - Hand Remote
 - Four AAA batteries
 - Battery life: est. 1 year at 5 operations per day.
 - Low Battery Warning: "H Lo" shows at about 4.0 volt.
- ESD: contact discharge at $\pm 4\text{Kv}$ and air discharge at $\pm 8\text{Kv}$.

Related functions:

- Body Fat function: Y (4 users)
- Automatic Zero Tare: Y
- Auto Shut Off: Y
- Lock Feature: Y
- Leveler function: Y
- Weight memory function: Y
- Convertible Control: Kg/Lb switch
- Weighing mechanism: 4 Load Cells

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- Platform: ABS cover
- Clock feature: Y
- Feet: four anti-skid rubber feet.
- Overload Indication: Err
- RF control: Y

2 Cosmetic Requirements:

Part Name	Material	Color	Texture	Remark
Base top	ABS	Silver	Polished	
Base bottom	ABS	Silver	Polished	
Remote top	ABS	Silver	Polished	
Remote bottom	ABS	Silver	Polished	
Base battery door	ABS	Silver	Polished	
Remote battery door	ABS	Silver	Polished	
Cal door	ABS	Silver	Polished	
Stand	ABS	Silver	Polished	
Lens	PMMA	Clear	Clear	
Button	Silicone Rubber	Silver	N/A	

3. Scale Performance:

This radio frequency system consists of scale base and handheld remote display unit. Signals from other household devices, such as door bells, home security systems, wireless speakers and headphones as well as entry controls, may interference with those of this product and cause temporarily reception failure. This is normal and does not affect the general performance of the product. The transmission and reception will resume once the interference recedes.

Display Unit:

Display unit should be used at distance of within 5 meters from the scale base.

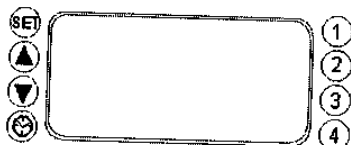
Scale Base:

Each scale base should have it's own display unit. Code recognition is done in factory to match the display unit with the scale base.

Code Recognition: (code recognition is done in factory, you need to do this only when you have a mismatched set)

1. With batteries installed in the scale base and the remote unit, press and hold UP key for about 3 seconds. " Code " appears on the display and flashes.
 2. Press reset key in the back of scale base by using a ball pen. Scale unit starts to communicate with the remote unit. " Code " is still flashing.
 3. "Code " becomes stable and stays for about 3 seconds and then display returns to clock mode. Code recognition for the display remote is complete. If " Code " did not become stable and stay for about 3 seconds before display returns to clock mode, start from the beginning again.
- If code is not matched or recognized, "Err" will appear when trying to measure weight. Please repeat the code recognition procedure.

Keys: Set key, up and down, clock and 4 user keys. Keys and display are in the hand held remote which is apart from the scale base.



Clock: Default time is 12:00. In non-clock mode, user can press clock key to enter clock mode.

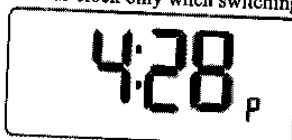
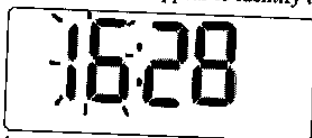
To switch the time system between 12 hours and 24 hours (factory set to 12 hour clock)

- In clock mode, time is displayed e.g. 16:28. Press and hold clock key for about 3 seconds, hour digits start to flash.

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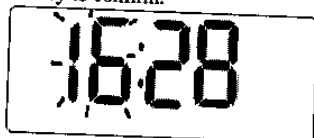
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- Press clock key. Time has been changed from 24-hour system to 12-hour system to change e.g. 16:28 to 4:28. A small letter A or P will appear to identify the 12-hour clock only when switching between 12-hour clock and 24-hour clock.



To change the time

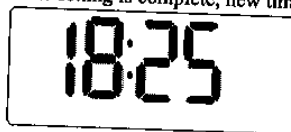
- In clock mode, time is displayed e.g. 16:28. Press and hold clock key for about 3 seconds.
- First 2 digits on the left of the display that represent the hour start to flash. Press up or down to change the hour and press set key to confirm.



- The last 2 digits on the right of the display that represent the minute start to flash. Press up or down to change the minute and press set key to confirm.



- Time setting is complete, new time is shown on the display.

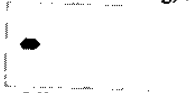


When Error appears:

- Code Error -- "Cerr": need to do the code recognition.
- Weight Error -- "Err" when measuring weight: a) zero error happens when user has stepped on the scale before scale is ready or b) weight cannot be received due to transmission interference or c) weight is over 385lbs.
- Body Fat Error -- "Err" when measuring body fat: a) body resistance error if not barefooted; b) feet are not properly aligned on the electrodes; c) feet are extremely dry and need to be moisturized; d) transmission interference has occurred; e) resistance value is less than 100 ohms or more than 4K ohms or body fat value is less than 1% or more than 60%.
- User Error -- "Err" after pressing user key: If a user has no personal data set, user number will show followed with Err.

3.1 Weight Measurement Only

- Operate the scale on a secure flat floor.
- Choose pounds (lb), kilograms (kg) by switching the convertible switch
Note: switch should be factory-set to lb
- In clock mode, press set key, "8888" appear on the display.
- Tap the scale and wait until "—" flashes and then "0.0" appears.
- Step on the scale and adjust your position according to the leveler indicators on the display. Center diamond flashes if you are at the center on the scale. Leveler times out in 7 seconds if center position is not detected. If you step off the scale while leveler is working, display will go to "0.0".



Off center position



Center position

- Weight reading appears and stays for 10 seconds.
- Scale returns to clock mode

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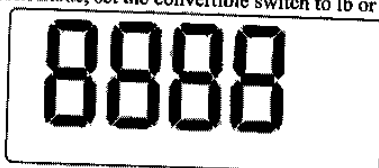
3.2 Setting Data for Body Fat Measurement:

Note:

In the data-setting mode, if no key is entered in 30 seconds, scale enters clock mode.

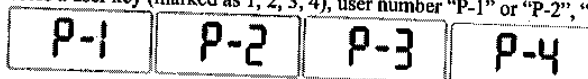
3.2.1 Start Up

In clock mode, set the convertible switch to lb or kg then press set key, "8888" is lit on LCD screen.



3.2.2 User Setting

Press a user key (marked as 1, 2, 3, 4), user number "P-1" or "P-2", "P-3", "P-4" flashes.



- If wrong user number is pressed accidentally, override by pressing correct user number.
- If the user number is used and has entered data, display will flash "dAtA". Press set to overwrite the user or press another user key.



Press set key confirm the user number, and then user number becomes stable. Scale enters code setting mode in 2 seconds.

3.2.3 Pass Code Setting

"C" flashes. Press user key marked as 1, 2, 3, 4 to enter 4-digit pass code or press set key to override pass code setting. Each time a number key is pressed, the number appears and blinks on the screen.



There are 2 ways to change a wrong or an unwanted code:

- Re-enter the 4-digit-code. The fifth number is entered, it replaces the first digit and the other 3 digits disappear.



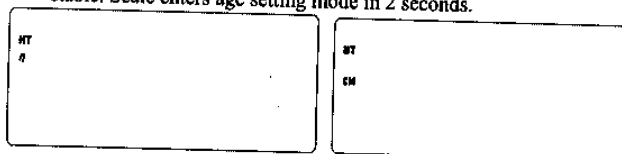
- Press up key to delete unwanted digits and then enter new numbers when C appears again..



Press set key to accept 4-digit code. Pass code becomes stable. Scale enters height setting mode in 2 seconds.

3.2.4 Height Setting

Height indicator "HT" and inch or cm symbol light up (if switch set to lb, default is height in inches; if switch set to KG, default is height in cm). Default height flashes (60 inches or 152 cm). Press up or down to correct the height. Pressing and holding either the "up" or the "down" arrow will advance numbers quickly. Press set to accept the height. Height number becomes stable. Scale enters age setting mode in 2 seconds.



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HT # 60	HT CM 152	HT # 68
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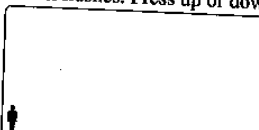
3.2.5 Age Setting

"AGE" appears and default age 30 flashes. Press up or down to correct the age and press set to confirm. Age number becomes stable. Scale enters gender setting mode in 2 seconds.

AGE 30	AGE 25
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3.2.6 Gender Setting

Default female gender icon flashes. Press up or down to choose between male and female gender.

	
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3.2.7 Manual Fitness/Auto Fitness

To manually set fitness, press User key to validate gender and enter fitness setting mode and then press up or down to select one among L-1, L-2, L-3, L-4, L-5 and press set to confirm;

L3

To pass the manual fitness setting, press set key to validate gender and scale automatically has selected auto fitness.

3.2.8 Data Display

Once gender or fitness is set, data setting for body fat setting is complete and each stored data automatically runs on the screen for 2 seconds in setting sequence: user number, pass code, height, age, gender and fitness if it is manually set. Display goes to "tAP". Before tAP appears, press Set key to skip the display sequence at any display stage or press user key at any display stage to go through the whole setting procedure again and change the data.

P-2	3124	68	25		L3
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3.3 Setting Data for Weight Tracking

Note:

If no weight tracking data is entered, the scale only works as a scale and BF with no tracking. To enter weight tracking data later, go through the whole body fat and weight tracking data setting sequence and the history data of body fat, body water, BMI will be erased from the memory.

3.3.1 Current Weight

After data is set for body fat measurement and when "tAP" appears on the screen, tap the scale and wait until "0.0" appears. Step on the scale, level yourself with the leveler indicators on the screen, the center diamond flashes if you are at the center on the scale. If you step off the scale while leveler is working, display will go to "0.0".

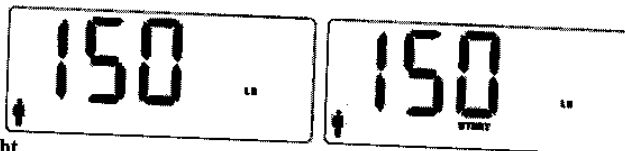
0.0	•
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3.3.2 Start Weight

Current weight appears, and then START blinks. Press set key within 30 seconds to accept as start weight. START becomes stable for 2 seconds.

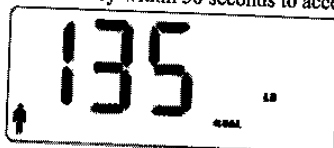
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**3.3.3 Goal Weight**

Scale automatically calculates goal weight as 10% off start weight. Goal weight blinks.

- Press set key within 30 seconds to accept goal weight. Goal weight becomes stable.



- Or press up or down key to change the goal weight manually and press set key within 30 seconds once the desired goal weight is reached. Goal weight becomes stable.

After goal weight is set, scale enters clock mode in 3 seconds.

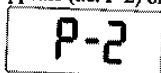
Note:

User can determine whether he or she wants to go through the entire sequence of body fat measurement and weight tracking or choose one or the other individually.

- To go through the entire sequence, press user number only.
- To go through body fat measurement only, press user number and then up key.
- To go through weight tracking only, press user number and then down key.

3.4 Body Fat Measurement and Weight Tracking**Body Fat Sequence****3.4.1 Start up and Select User**

In clock mode, select KG or LB by switching the kg/lb switch (factory set to LB), press the correct user key, user number appears (i.e. P-2) on the screen and blinks 3 times.

**3.4.2 Enter Pass Code**

If pass code is previously set, "C" appears and blinks until the correct 4-digit code is entered. Enter 4-digit code within 30 seconds; the correctly entered code becomes stable.

- If incorrect code is entered, display will show Err for one second and then go back to blinking C. user can re-enter correct code.
- If user has forgotten the code, user can hold user number for 3 seconds after "C" appears, pass code will show for 2 seconds, then display goes to "tAP".



If no code is previously set or after the correct code is entered, display goes to "tAP".

3.4.3 Weighing

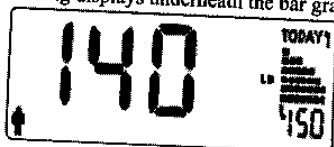
Tap the scale and wait until "0.0" appears. Step on the scale barefoot and adjust your position according to the leveler indicators on the display. Center diamond flashes if you are at the center on the scale. Leveler times out if center position is not detected in 7 seconds.

**3.4.4 Current Weight**

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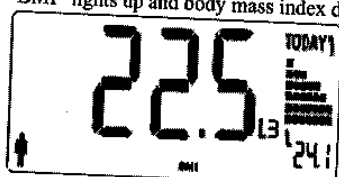
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Current weight reading appears in digit display section and displays for 4 seconds meanwhile bars light up the first bar on the right most that says TODAY is the latest weight and the first bar on the left most is the oldest weight and the oldest weight reading displays underneath the bar graph.



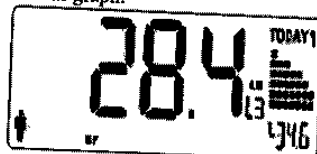
3.4.5 BMI (factory settable)

"BMI" lights up and body mass index displays in digit section for 4 seconds. Fitness level is shown underneath the bar graph.



3.4.6 Body Fat in lbs or kg (factory settable)

"BF" and "LB" or "KG" light up. Body fat in lb or kg displays in digit section for 4 seconds. Fitness level is shown underneath the bar graph.



3.4.7 Body Fat Rate

"BF" and "%" light up and body fat percentage displays in digit section for 4 seconds. Fitness level is shown underneath the bar graph.



3.4.8 Body Water Rate (factory settable)

"BW" light ups and body water percentage displays in digit section for 4 seconds. Fitness level is shown underneath the bar graph.



3.4.9 Repeat Body Fat Sequence

To review weight, BMI, BF and BW again, press set key within 4 seconds after BW appears.

- If set key is not pressed and if tracking data is not set previously, scale will power off in 4 seconds after BW.
- If tracking data is set, move to below tacking procedures.

Tracking Sequence

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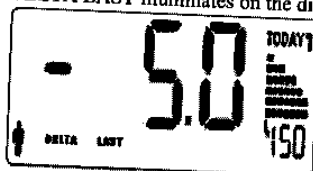
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3.4.10 Current Weight

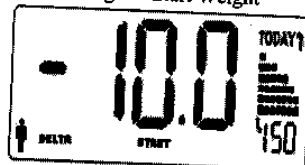
If set key is not pressed within 4 seconds after BMI appears, current weight reading appears again for 4 seconds meanwhile bar graph lights up.

**3.4.11 Delta Last**

After 4 seconds of current weight display, display automatically moves to the next screen—delta last reading appears and DELTA LAST illuminates on the display. Delta Last = Current weight – Last weight.

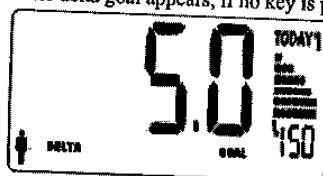
**3.4.12 Delta Start**

After 4 seconds display of delta last, delta start reading appears and DELTA START illuminates on the display. Delta Start = Current Weight – Start Weight

**3.4.13 Delta Goal**

After 4 seconds display of delta start, delta goal reading appears and DELTA GOAL illuminates on the display. Delta Goal = Current Weight – Goal Weight

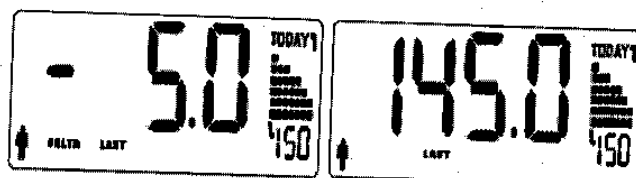
After delta goal appears, if no key is pressed in 4 seconds, display times out.

**3.4.14 To Scroll through delta display**

Delta start, delta goal and delta last can be reviewed individually and repeatedly. Each time the set key is pressed, the screen moves to the next display.

**3.4.15 To Scroll through absolute weight display**

At delta last display stage, press and hold set key, delta last reading disappears, and last weight reading comes out on the screen with LAST illuminated. Release the set key and screen moves to delta start.



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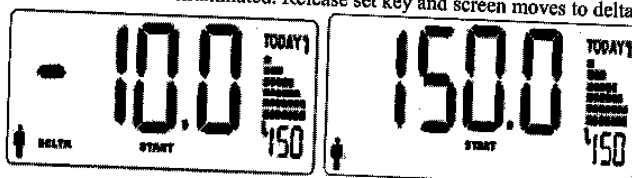
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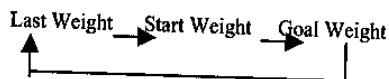
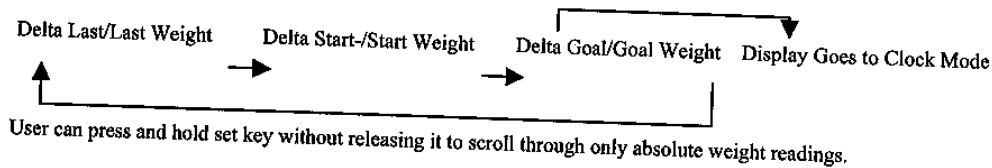
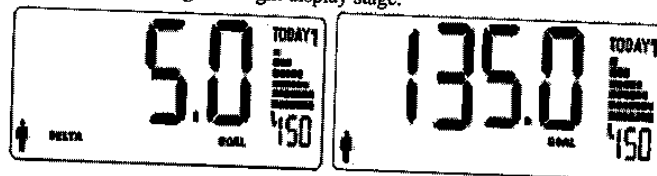
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At delta start display stage, press and hold set key, delta start reading disappears, and start weight reading comes out on the screen with START illuminated. Release set key and screen moves to delta goal.



At delta goal display stage, press and hold set key, delta goal reading disappears, and goal weight reading comes out on the display with GOAL illuminated. With set key pressed, also press up key to adjust the goal upwards or down key to adjust the goal weight downwards. Increments are 1lb for each push of the up/down button. Once desired goal weight has been manually programmed, release set key. During 4 seconds period after set key is released, you can press set key again to cycle from delta last/last weight to delta goal/goal weight. Display times out in 4 seconds after set key is released at goal weight display stage.



Note: Bar graph shows the last 7 measurements, the measurements older than the last 7 will be replaced by the new measurements. If less than 7 measurements are taken, there will be less than 7 bars light up and NULL will be shown under the bar graph for the oldest 7th bar vs. TODAY.

3.5 Body Fat Measurement Only

3.5.1 In clock mode, select KG or LB by switching the kg/lb switch (factory set to LB), press the correct user key, user number appears (i.e. P-2) on the screen and blinks 3 times. While user number is blinking, press up key, "BF" flashes.

3.5.2 Then follow 3.4.2 to 3.4.9.

3.6 Weight Tracking Only

3.6.1 In clock mode, select KG or LB by switching the kg/lb switch, press the correct user key, user number appears (i.e. P-2) on the screen and blinks 3 times. While user number is blinking, press down key, "LB" or "KG" flashes.

3.6.2 Then follow 3.4.2 to 3.4.4 and then 3.4.11 to 3.4.15.

3.7 Reviewing Body Fat Data

3.7.1 In clock mode, press the correct user number, User number appears (i.e. P-2) on the screen and blinks 3 times. While user number is blinking, press up key twice.

3.7.2 If pass code is previously set, "C" appears and blinks until the correct 4-digit code is entered. Enter pass code in 30 seconds.

3.7.3 Display scrolls automatically for one cycle from height, age, gender for 2 seconds each and body fat weight/fitness level, body fat rate/fitness level and BMI/fitness level for 4 seconds each.

If no body fat data is measured, NULL appears on the display. 3.7.4 scale returns to clock mode.

Note: If body fat data is never taken, body fat and body water will be "NULL".

In power off mode, "Err" appears if a user number that has no data is pressed

3.8 Reviewing Weight Tracking Data

3.8.1 In clock mode, press user number User number appears

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- (i.e. P-2) on the screen and blinks 3 times. While user number is blinking, press down key twice.
- 3.8.2 If pass code is previously set, "C" appears and blinks until the correct 4-digit code is entered. Enter pass code in 30 seconds.
- 3.8.3 Delta last appears. Then follow procedures from 3.4.14 to 3.4.15. If no tracking data is measured, NULL appears on the display.
- 3.8.4 Scale returns to clock mode

Note: If tracking data is never taken, tracking data will be "NULL".
In power off mode, "Err" appears if a user number that has no data is pressed.

Definition of 5 fitness levels:

Fitness 1(L-1): Obese

Fitness 2(L-2): Overweight

Fitness 3(L-3):

This is the normal mode and represents the first mode selected by the user at the start of a training/diet program.

- Fitness 3 corresponds to a level of activity, fitness, diet and overall personal well being that corresponds to a person with a relatively low level of activity.
- Physical Activity is limited, less than 2 times per week
- Less than 20 minutes per activity
- Low level aerobics

Fitness mode 3 should be used for a period of approximately 6-10 weeks as the user progresses through their program of diet/exercise. It should be used by "Normal" people at all times.

Fitness 4 (L-4):

Fitness mode 4 should be used as the user progresses through their exercise/diet regime at a time when the benefits of an improved overall wellness and fitness are achieved.

- Moderate Daily Exercise: 20 minute workouts, 5 times per week. (Intensity and Strength at a low level as compared to Fitness Mode 5)
- Cycling
- Jogging
- Brisk Walking
- Raking Leaves
- Tennis
- Aerobics

After a period of approximately 8-12 weeks of continued exercise/diet programs the user may advance to the next Fitness level:
Fitness 5.

Fitness 5(L-5):

Fitness 5 is a highly active individual with a healthy diet that has developed a range of flexibility, endurance and strength over an extended period of time. A typical daily workout would include the items listed below and would take place 5 or more times per week.

- WARMUP** - 5-10 minutes of exercise such as walking, slow jogging, knee lifts, arm circles or trunk rotations. Low intensity movements that simulate movements to be used in the activity can also be included in the warmup.
- MUSCULAR STRENGTH** - a minimum of two 20-minute sessions per week that include exercises for all the major muscle groups. Lifting weights is the most effective way to increase strength.
- MUSCULAR ENDURANCE** - at least three 30-minute sessions each week that include exercises such as calisthenics, pushups, situps, pullups, and weight training for all the major muscle groups.
- CARDIORESPIRATORY ENDURANCE** - at least three 20-minute bouts of continuous aerobic (activity requiring oxygen) rhythmic exercise each week. Popular aerobic conditioning activities include brisk walking, jogging, swimming, cycling, rope-jumping, rowing, cross-country skiing, and some continuous action games like racquetball and handball.

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- **FLEXIBILITY** - 10-12 minutes of daily stretching exercises performed slowly, without a bouncing motion. This can be included after a warmup or during a cooldown.
- **COOL DOWN** - a minimum of 5-10 minutes of slow walking, low-level exercise, combined with stretching.

Fitness Summary & Overall Time Line

- Starting From Fitness Mode 3 (Normal) Utilize this mode for less active lifestyles, and also for the initial phases of a diet/exercise program.
- After 6-10 weeks of a moderate Diet/Exercise Regime: Select Fitness Mode 4 and remain in this mode while you progress through your program.
- After 6 months of Controlled Diet/Exercise Regime: Select Fitness Mode 5

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