

**SOEHNLE**



## Body Balance Comfort F5



Operating Instructions  
Instrucciones de manejo  
Mode d'emploi  
Instruzioni per L'uso  
Bedienungsanleitung  
Gebruiksaanwijzing  
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Brugsanvisning  
Käyttöohjeet  
Kezelési útmutató  
Instrukcja obsługi  
Návod k použití  
Руководство по обслуживанию  
Kullama kılavuzu  
Οδηγίες Λειτουργίας  
Navodila za uporabo  
Uputa za uporabu



Automatische  
Personenerkennung  
Auto-Identification

Mit Handlungsempfehlung  
With remedial action recommendation



Gewicht  
weight



Fett  
fat



Wasser  
water



Muskel  
muscle



kcal



trend



clock

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## Introduction

With the Body Balance you are making a crucial contribution to your health. These electronic body analysis scale have the following functions:

- ▶ With the help of your personal data and the recommendations of health and body composition experts, Body Balance tells you your condition regarding weight, proportions of fat, water and muscle in your body and your energy consumption.
- ▶ Individual assessment of the analysis result with personal recommendations on what to do.
- ▶ Optional display of the trends of weight, proportion of fat, water and muscle in the body and energy consumption in time intervals of days, weeks or months for each standard range.
- ▶ Separate radio controlled terminal with a **range of 3 metres**.
- ▶ 8-person memory with automatic person recognition

## Important advice

We recommend that you consult a doctor if you are overweight and are trying to reduce your weight, or if you are underweight and are trying to put on weight. Treatment and diet should only take place in consultation with your doctor.

Recommendations on exercise programs or weight loss diets, on the basis of the values determined, should be provided by your doctor or certified health professional. Do not try to interpret the data yourself.

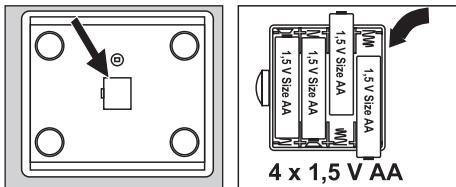
SOEHNLE will not be liable for damage or loss caused by the Body Balance or for third party claims.

- ▶ This product is intended for personal home use only. It is not designed for professional use in hospitals or medical facilities.
- ▶ **Not suitable for people with electronic implants, such as pacemakers, etc.**

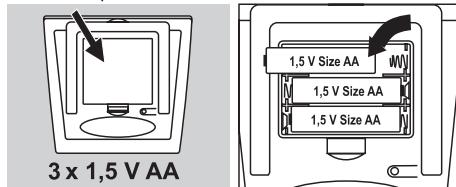


## Installing Batteries

- ① In the scale:

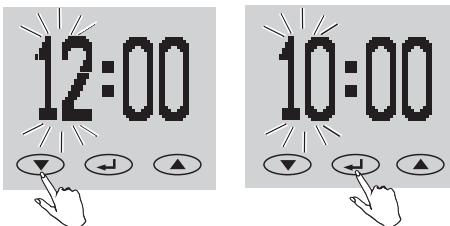


- ② In the operator terminal:

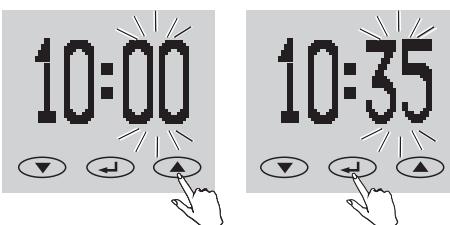


## Set the clock

- ① Input hour (▼ = down, ▲ = up) and confirm (↔).



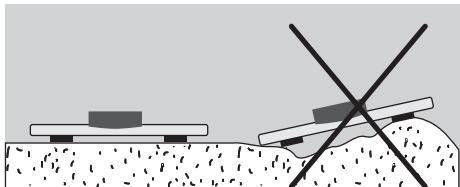
- ② Input minutes (▼ = down, ▲ = up) and confirm (↔).



- ③ If you wish to change the time (Summer time /winter time) at a later point, you can switch to time mode by pressing the ▼/▲ keys at the same time.

## Installation

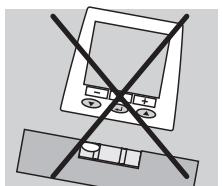
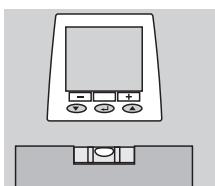
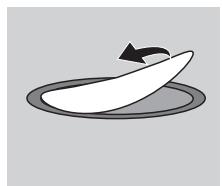
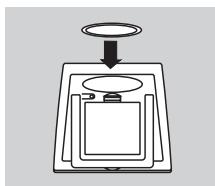
① Place the scale level and on a firm surface for all measurements.



Danger! Risk of slipping if surface is wet.

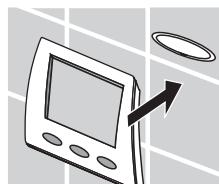
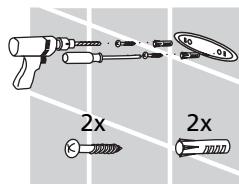
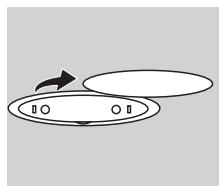
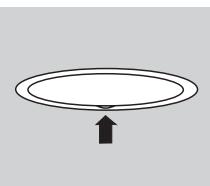


② The operator terminal may optionally be held in the hand, placed on a table, remain on the scale or be hung on the wall. When fixing the magnetic wall bracket to a solid, smooth, dry and dust- and grease-free base it is sufficient for you to put the wall bracket into the oval slot on the back of the operator terminal. Then remove the tape over the adhesive patch and press the operator terminal to the fixing position horizontally at eye level.

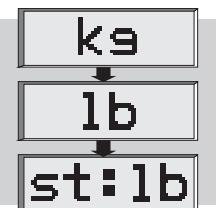
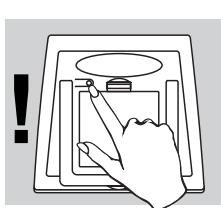


With tiles or a rough surface, no guarantee can be given of the length of life of the adhesion. You should therefore screw the wall bracket in place.

To do this remove the cover from the magnetic wall bracket by inserting a fingernail or a knife-point under the slot and levering off the cover. Then drill 2 holes in the wall at a distance of 2 cm horizontally from each other. The drill size is dependent on whether you need to use wall plugs. Then screw in and press cover back in. Put the operator terminal on the magnetic bracket.



③ Option to change country-specific settings between kg/cm and lb/in or st/in.



Depending on the choice of unit of weight, you can switch back to the clock mode with the **→** key.

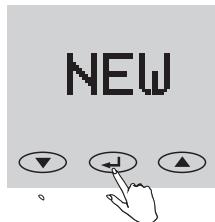
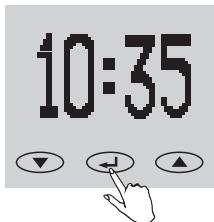
④ The operator terminal and the scale are in radio contact. Radio-aided computer components, HIFI components or radio-controlled toys may cause an operational error (see error messages).

## Data input

To use the Soehnle Body Balance correctly, the personal data for each person need to be input into the operator terminal and you should then **immediately step on the scale barefoot**.

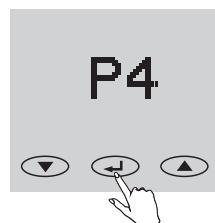
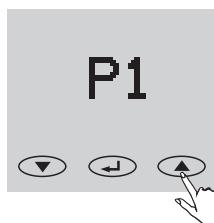
If weight is placed on the scale during input, then they immediately switch – as long as there is radio contact between the operator terminal and the scale – to the weighing and analysis mode and they cannot be used again until the scale has switched back to the clock mode (20 sec. after the weight is removed from the scale).

① Start data input (↔) and confirm (↔).

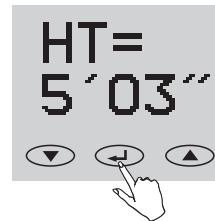
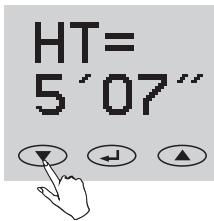


! If anyone's data is already stored, you must select the "NEW" display with the ▼/▲ keys and confirm with (↔).

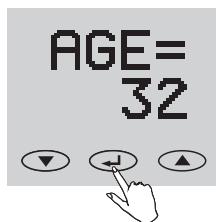
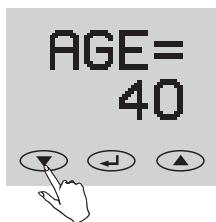
② Select memory (P1 ... P8) (▼ = down, ▲ = up) and confirm (↔).



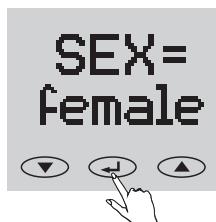
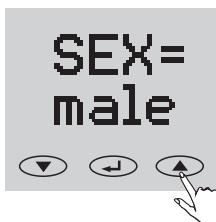
③ Input height (▼ = down, ▲ = up) and confirm (↔).



④ Input age (▼ = down, ▲ = up) and confirm (↔).



⑤ Select sex (▼ = männlich, ▲ = weiblich) and confirm (↔).

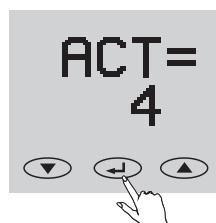
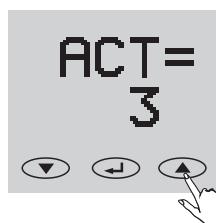


⑥ Input desired activity level

(▼ = down, ▲ = up) and confirm (↔).

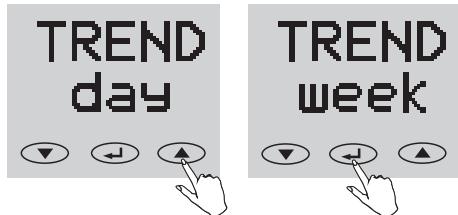
This level is required for determining energy consumption.

1	Scarcely any body movement (max. 2 hours/day)
2	Light, active, sitting and standing activity
3	Home and garden work, mainly standing, only occasionally seated
4	Sportspeople and people with a high level of activity
5	People involved in heavy work or high-level sport



⑦ Input the desired period for the trend display (day, week or month) (**▼** = down, **▲** = up) and confirm (**↔**).

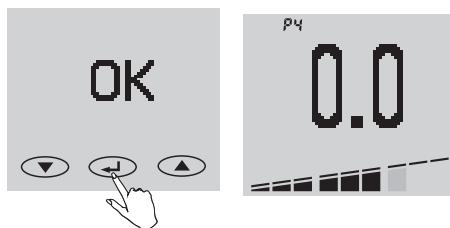
We recommend **selecting a daily trend to start** with because otherwise the first measurement value will not be shown in the trend display until after a week or a month.



⑧ Confirm "OK" (**↔**) and, as soon as 0.0 flashes and the bar display is operating, step on the scale **barefoot**.

**If the input data are to be changed again before the first analysis, you can jump back to height with the ▼/▲ keys.**

**! The first measurement is indispensable for storing the data for later automatic person recognition. If you don't step on the scale the message "ERROR" appears in the display and the data input must be repeated.**



After you have stepped on the scale, the first body analysis will be performed as described on the following pages.

The scale has a time-out mode. It switches back to the time after about 40 seconds if the keys are not touched.

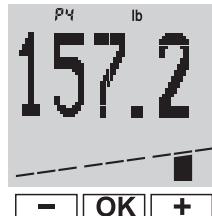
Data is retained even when batteries are changed.

## Body analysis

**Analysis is only possible barefoot.**

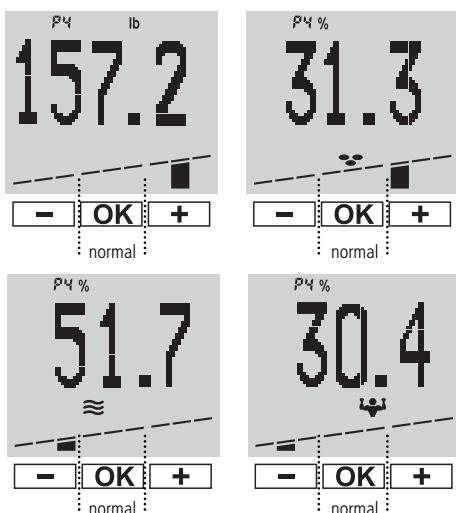
**Personal data must have been input in advance. For meaningful results, step on the scale unclothed whenever possible and always under the same conditions.**

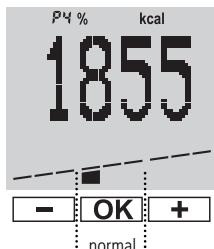
① Step on the scale. Your weight is then displayed and, as long as the display lasts (~5 sec.), so is a bar display. Hold still until the analysis is completed.



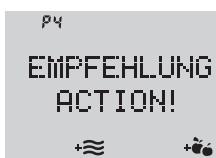
② After automatic personal recognition the display once more shows the body weight, the proportions of fat (**■**), water (**≈**), and muscles (**◆**) in the body and the energy consumption (kcal).

The normal range of the relevant person lies in the 3 middle sections of the bar display.





Then a personal action recommendation is displayed.



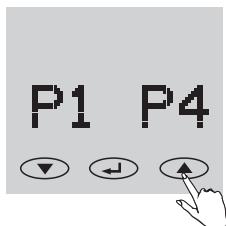
Meaning of the symbols:

- + ≈ You should drink more!
- + ⚡ Muscle-building training is recommended!
- + 🍗 Change of diet is recommended!
- ⚠ Your analysis figures are fine!

③ Step off the scale. The scale switch off automatically.

In rare cases, automatic assignment to a personal memory is not possible. The memories of the people who cannot be distinguished are displayed. Since the measurement has already been taken, you can step off the scale and confirm your personal memory with the key located below it (▼ or ▲).

Then body weight, the proportions of fat, water and muscle in the body and calorie requirements are displayed.



Please note that only your body weight can be determined and no body analysis can be performed if you step on the scale in shoes or socks! The values are not entered into the trend analysis.

A luxury feature of this body analysis scale product is automatic personal recognition. Recognition is achieved mainly by body weight. In the event of changes of over  $\pm 3 \text{ kg}$  between individual measurements, automatic identification is no longer possible and the measurement cannot be assigned to any trend graph. This may be the case if you do not step on the scale for several days (e.g. holiday) or you weigh yourself in clothing of different weights.

Please therefore observe the following rules whenever possible:

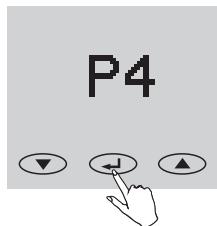
- Weigh yourself daily.
- Preferably always under the same conditions and at the same time of day. For example, in the morning after getting up, on an empty stomach and nude.
- If you weigh yourself dressed, then ensure that the weight of the clothing itself is always very similar since the results will otherwise be false.

## Accessing your analysis values (STATE)

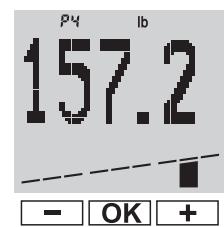
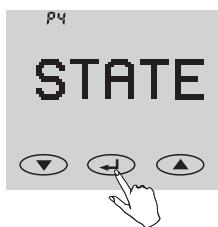
The latest analysis values of the people stored can be accessed on demand.

① Start access ( $\leftarrow$ ).

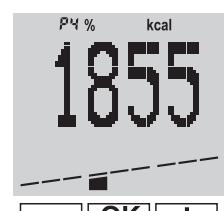
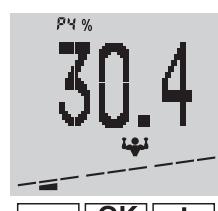
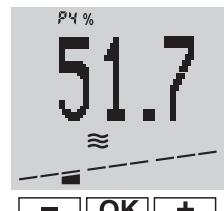
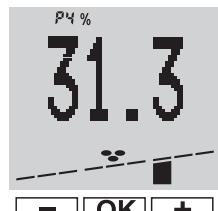
② Select memoryz (P1 ... P8) with the  $\blacktriangle/\blacktriangledown$  keys and confirm ( $\leftarrow$ ).



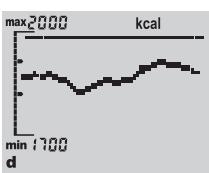
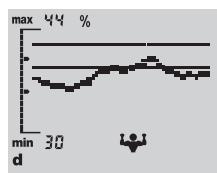
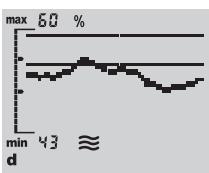
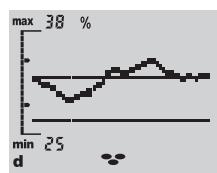
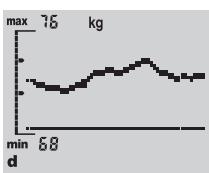
③ Confirm "STATE" ( $\leftarrow$ ).



Then you can select the latest analysis values with the  $\blacktriangle/\blacktriangledown$  keys.



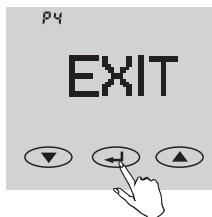
④ By pressing the  $\leftarrow$  key again you can access the trend graphs. You can switch between the individual trend graphs with the  $\blacktriangle/\blacktriangledown$  keys..



By pressing the  $\leftarrow$  key again you access the personal action recommendation from your last analysis.

⑤ By repeatedly pressing the  $\leftarrow$  you can choose between the different levels of the display menu.

With "EXIT" or "OFF" and confirmation with the  $\leftarrow$  key you can access the higher level in each case.



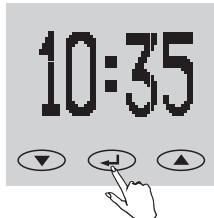
After 3 minutes without the keys being touched, the display switches back to the clock.

## Changing personal data (SET)

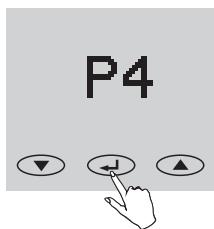
If for instance:

- age is increased by one year (birthday),
- height changes (children in the growth phase)
- the activity level type is changed, then proceed as follows:

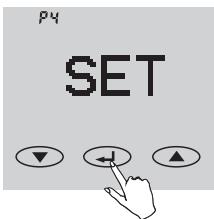
① Start data input (↔).



② Select memory (P1 ... P8) with the ▼/▲ keys and confirm with (↔).



③ "Set" with ▼/▲ keys and confirm with (↔).

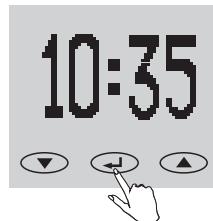


Then you can change the desired data as already described under "Data input". After confirmation with "OK" your new data are stored. The changed data will be taken into account from the next analysis onwards.

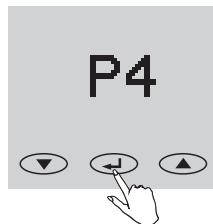
## Deleting personal data (DEL)

If data for a person – together with the trend history – are to be completely deleted, then proceed as follows:

① Start data input (↔).



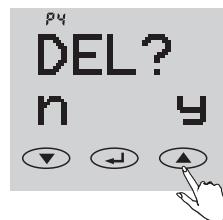
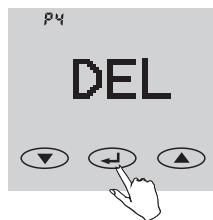
② Select memory (P1 ... P8) with the ▼/▲ keys and confirm with (↔).



③ Select "DEL" with the ▼/▲ keys and confirm with (↔).

A question will be asked for security purposes. Pressing the ▲ key **deletes this person's entire data beyond recovery**.

The memory can be reused. Quit the deletion procedure by pressing the ▼ key and the data will be retained.

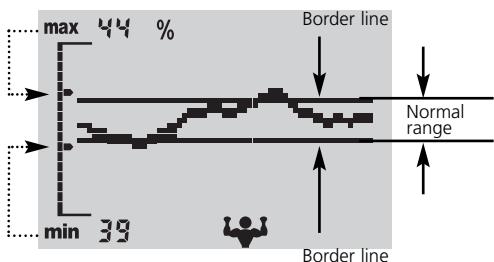


## Trend display

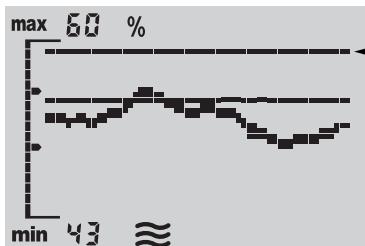
Please use the scale regularly so that the graph shows the most accurate trend possible.

59 values are shown in the trend graph, assuming a corresponding number of measurements is available. In the event of several measurements in one day, a single average value will be stored. 7 daily values give one weekly average value. 30 daily values give the monthly average value.

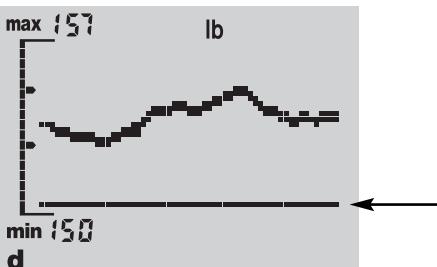
The value stated after "max" or "min" corresponds to the maximum or minimum value in the graph rounded up or down to the nearest whole figure. The normal range calculated for each person is shown in the trend display by the area between the boundary lines.



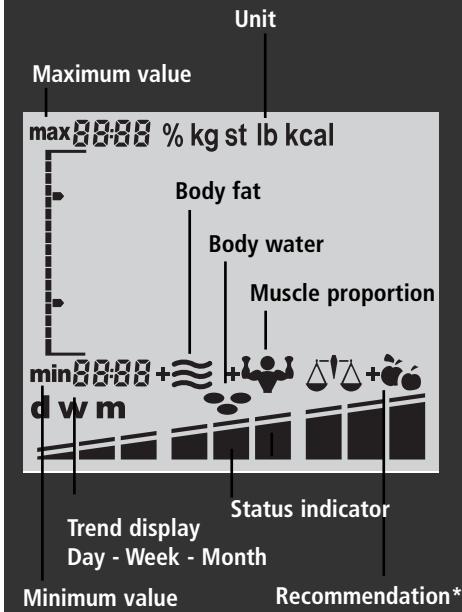
If a boundary line for the normal range relative to the trend graph lies outside the display area, then the relevant boundary line is displayed right at the edge.



If only one line is shown right at the top or bottom, this means that the entire graph lies above or below the normal range.



### Symbols



- \* Meaning of the symbols:
- + ≈ You should drink more!
- + 💪 Muscle-building training is recommended!
- + 🥑 Change of diet is recommended!
- ✔ Your analysis figures are fine!

## Individual recommendation

The Body Balance uses your personal data and the recommendations of health experts to determine your ideal weight and body fat level.

In addition, it determines the percentage of total body water

and muscle proportion. Please note that your muscles also contain body water and this is already covered by the body water analysis. Therefore the total analysis always shows a value above 100%.

### Body weight

Whilst the body weight is shown in the display in kg, one of the 9 segments is shown in the bar below it.

Here the position of the active segment indicates the assessment of the body weight mentioned on the basis of the BMI figure. The BMI (Body Mass Index) is a measure for the health risk resulting from overweight or underweight. On the basis of categorisation of the BMI, doctors distinguish between "underweight", "normal weight", "overweight" and "obese".

$$\text{BMI} = \frac{\text{body weight (lb)}}{\text{height (")} \times \text{height (")}} \times 703$$

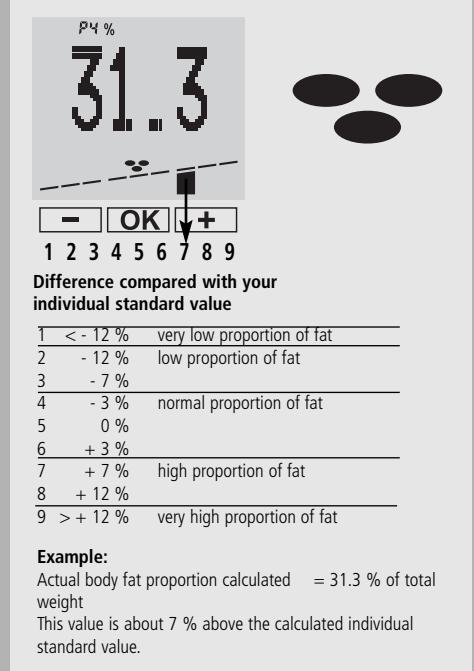
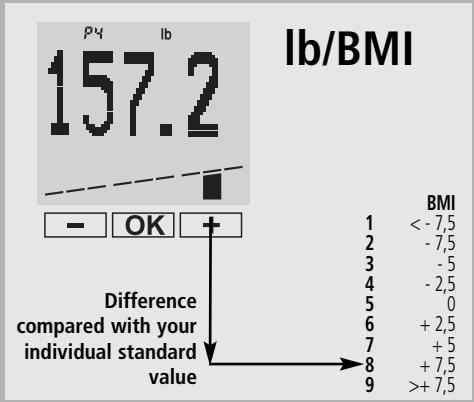
### Proportion of body fat

Whilst the proportion of body fat in % is shown in the display, one of the 9 segments appears in the bar below it.

Too much body fat is unhealthy and does not look nice. What is more important is that a high proportion of body fat is also usually associated with a raised proportion of fat in the blood and this increases greatly the risk of various illnesses such as for instance diabetes, heart disease, high blood pressure etc. But a very low proportion of body fat is equally unhealthy.

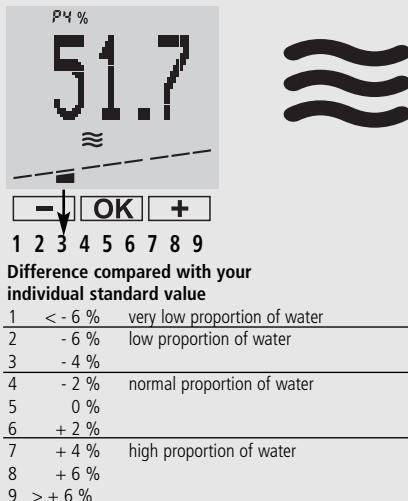
Apart from the fatty tissue under the skin, the body also stores important fat deposits for the protection of the internal organs and to ensure important metabolic functions. If this essential fat reserve is compromised, this can lead to metabolic disturbance. So for instance in women with body fat figures of under 10%, menstruation may cease. In addition, the risk of osteoporosis increases.

The normal proportion of body fat is dependent on age and above all on sex. In women the normal figure is about 10% higher than in men. With increasing age the body loses muscle mass and so the proportion of body fat increases.



## Proportion of water in the body

Whilst the proportion of water in the body in % is shown in the display, one of the 9 segments appears in the bar below it. The figure shown in this analysis reflects the "total body water" (TBW). The body of an adult is composed of about 60% water. Here there is of course a certain range, with older people showing a lower proportion of water than younger people and men showing a higher proportion than women. The distinction between men and women is a result of the higher mass of body fat in women. Since the majority of the body's water is to be found in the fat-free mass (73% of the FFM is water) and since the water content in the fat is very low by its nature (about 10% of the fatty tissue is water), the proportion of body fat automatically decreases with an increasing proportion of water in the body.



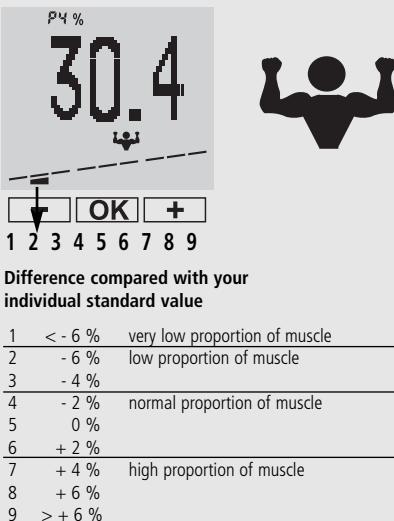
**Example:**  
Calculated actual proportion of water in the body  
= 51.7 % of total weight  
This value is about 4 % below the calculated individual standard value.

## Proportion of muscle

Whilst the proportion of muscle in % is shown in the display, one of the 9 segments appears in the bar below it.

The muscle mass is the engine of our bodies. Most of our energy conversion takes place in our muscles. The muscles take care of the maintenance of body temperature and they are the basis of our bodily performance. An exercised, muscular body is seen as aesthetically pleasing.

A check of the muscle mass is particularly important for people with weight and fat problems. Since the body needs muscles to reduce excess energy reserves or folds of fat, long-term weight reduction can only be achieved in parallel with reduction of muscle mass.



**Example:**  
Actual proportion of muscle calculated  
= 30.4 % of total body weight  
This value is about 6 % below the calculated individual standard value.

## Energy consumption

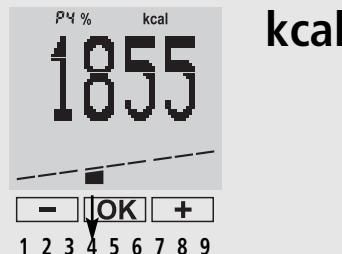
While energy consumption is shown in the display in kcal, one of the 9 segments appears in the graphics panel below.

Energy consumption is calculated from the personal data – corrected by a factor for the relevant activity type - and the distribution of body mass measured.

Basic rate + performance rate = energy consumption

If you take in fewer kilocalories than your individual energy consumption, then your body will react by losing weight.

Your weight will increase if you take in more calories.



**Difference compared with your individual standard value**

1 < - 15 %	very low energy consumption
2 - 15 %	low energy consumption
3 - 10 %	
4 - 5 %	
5 0 %	normal energy consumption
6 + 5 %	
7 + 10 %	highr energy consumption
8 + 15 %	
9 > + 15 %	

**Example:**

Energy consumption measured = 1,855 kcal

This value is 5% below the calculated normal level of energy consumption.

## Factors influencing measurement readings

Analysis is based on the measurement of the body's electrical resistance. Eating and drinking habits during the course of the day and individual lifestyle affect the water balance. This is noticeable by the fluctuations in the display.

In order to ensure that the results of analysis are as accurate and consistent as possible, keep the measurement conditions constant, as only in this way will you be able to observe changes over an extended period.

### Other factors can affect water balance:

- ▶ After a bath, the body fat reading may be too low and the body water reading too high.
- ▶ After a meal, readings can be higher.
- ▶ Women may experience fluctuations due to the menstrual cycle.

- ▶ Due to loss of water caused by illness or after physical activity (sport). After taking exercise, wait for 6 to 8 hours before carrying out the next measurement.

### Varying or implausible results can occur in the case of:

- ▶ Persons with a high temperature, symptoms of oedema or osteoporosis
- ▶ Persons undergoing dialysis treatment
- ▶ Persons taking cardiovascular medicine
- ▶ Pregnant women
- ▶ Athletes who undertake more than 10 hours of intensive training per week and have a resting pulse rate of under 60/min
- ▶ Competitive athletes and body builders

## Important notes

### How do I measure correctly?

It is best if you are naked and barefoot for measuring. Make sure that you always measure under the same conditions (e.g. in the morning on an empty stomach) and at the same time.

### How often do I have to measure myself with the Soehnle body monitoring instruments?

Basically, it's up to you. We recommend, however, to measure always at the same time and under the same conditions. Those who want to be very precise measure 2 to 3 times a day. Eating and drinking habits during the course of the day and individual lifestyle affect water balance. This is noticeable by the fluctuations in the display. The scale saves the average value.

### Is it possible to notice a change in the percentage of body mass proportions even on the first day?

It is quite possible that the body monitoring device will show different values. This is due to the fluctuations in water balance during the course of the day. Normally, the body fat proportion changes very slowly – within a few days or weeks.

### Are the saved trend curves lost, if you change the data in a personal memory?

No. Only if the data are deleted.

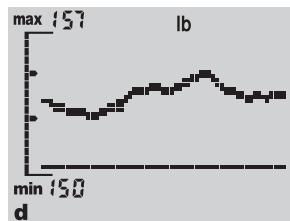
### Can the measurement results be affected by external factors?

The display values may be affected under extreme electromagnetic conditions e.g. with the operation of a radio-operated device in the immediate vicinity of the scale. Once the interference stops, the product can be correctly used again. Switching it on again may be necessary.

### What is the meaning of the trend curve?

Daily curve (day) means:

The daily average values of the last 59 days are displayed. The last value is always added on the right.



Weekly curve (week) means:

7 daily readings are used to determine a weekly average. Therefore, the first weekly average can only be shown after one week\*. The last 59 weekly average values are displayed.

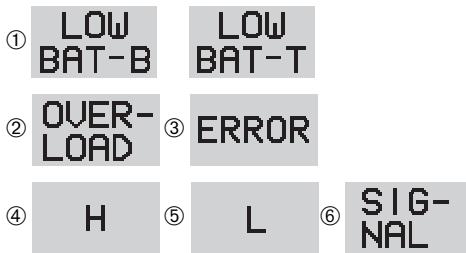
Monthly curve (month) means:

The last 30 daily average values. So the first monthly value can only appear after 30 days \*. 59 monthly average values.

\* Therefore, we recommend using the daily trend display at the beginning.

## Messages

- ① Batteries in the operator unit (LOW BAT-T) or the base (LOW BAT-B) low.
- ② Overload: From 330 lb/150 kg.
- ③ Implausible analysis result – check individual programming
- ④ Bad foot-contact:
- + clean scale or feet or **check for sufficient skin moisture**.
- ⑤ If **skin is too dry** – moisten feet or carry out measurement after taking a bath or shower.
- ⑥ Interference with radio contact between scale and operator terminal. The range of the radio signal and correct operation are dependent on several factors: Battery condition, location and position, screening objects, other devices on the same frequency band



Under the environment with electrostatic discharge, the 'Body Balance Comfort F5' could not maintain communication link and require the user to take off the battery and insert it again.

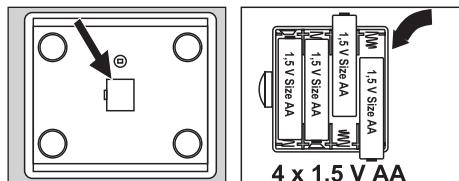
Under the environment with radio interference the 'Body Balance Comfort F5' could not maintain communication link and resume to normal when the interference stops.

## Cleaning and care

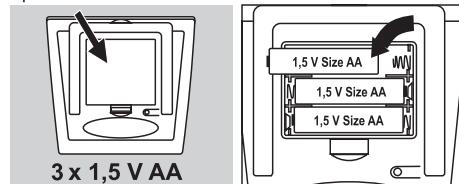
Only with a slightly damp cloth.  
Do not use any solvents or abrasive substances and do not immerse the scale in water.

## Change batteries

Scale:



Operator terminal:



**Disposal of spent batteries:** Batteries must not be disposed of as normal household waste. Note that you are legally obliged to dispose of used batteries in a correct way. You can return spent batteries either to public collection points in your town or to any outlet selling batteries of the same kind.



Pb = Battery contains lead

Cd = Battery contains cadmium

Hg = Battery contains mercury

## Technical Data

- Weighing capacity x graduation = max. 330 lb x 0.2lb
- Display resolution: body fat: 0.1%
- Display resolution: body water: 0.1%
- Display resolution: muscle mass: 0.1%
- Display resolution: energy consumption: 1 kcal
- height: 3 - 7 ft
- age: 10–99 years
- 8-person individual memory locations
- Size of LCD screen
- measuring circuit: 0.035 mA RMS, 50 kHz
- Radio frequency: 433 MHz, range: 3m
- Batteries: 4 x 1,5V AA for the scale  
3 x 1,5 V AA for the operator terminal  
Batteries supplied with unit.

## Compliance declaration

Soehnle hereby declares that the Body Balance device complies with the basic requirements and the other relevant terms of Directive 1999/5/EU. You will find the EU compliance declaration on [www.soehnle.com](http://www.soehnle.com).



This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.

Section 15, Category B of the FCC regulations provides for reasonable protection from interference with the radio and television in domestic use. Although the device has been tested and its emissions do not exceed the permitted radio frequency emission limits that are set down in the above-mentioned regulations, there is however no guarantee that such interference will not nevertheless occur in specific situations. Possible interference may be established by switching the device on and off and monitoring the radio and television reception. You can try to remove interference by taking one or possibly several of the following measures:

- Rearrange the device affected or its reception aerial.
- Increase the distance between the device affected and the scale.
- If necessary contact an experienced radio/television technician.

**IMPORTANT!** Changes to the electronics or to the housing of this product require express consent by Soehnle. If this condition is not observed, the FCC may under certain circumstances withdraw permission to operate this device.

## Disposal of Old Electrical & Electronic Equipment



This symbol on the product or on its packaging indicates that this product shall not be treated as household waste. Instead it shall be handed over to the applicable collection point for the recycling of electrical and electronic equipment. For more detailed information about recycling contact your local city office, your household waste disposal service or the shop where you purchased the product.

## Warranty

SOEHNLE guarantees that all defects due to materials or manufacturing faults will be remedied by replacement or repair, free of charge, for a period of **3 years** from the date of purchase. Please keep your purchase receipt and the guarantee card in a safe place. If you have any complaints, please return the scale to your dealer with the guarantee card and receipt.

## Guarantee card

If you have any complaints, please return the scale to your dealer with the guarantee card and your receipt.

Sender

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Reason for  
complaint

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