



Always...

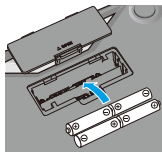
Place the monitor on a hard, flat surface where there is minimal vibration to ensure safe and accurate measurement.
Avoid excessive impact or vibration to the monitor. Doing so may damage the monitor or cause it to malfunction, or may cause setting to be erased.
Do not use or store this monitor in the following locations. -Locations that are exposed to direct sunlight, near to heaters, or exposed directly to air from air conditioning units, etc. -Locations where there are severe temperature changes or a large amount of vibration. -Locations with high levels of humidity or moisture Doing so may damage the monitor or cause it to malfunction.
Do not step on the monitor when your body is wet (immediately after a shower or bath, etc.) Be sure to thoroughly dry your body and feet before using the monitor. Failure to do so may cause you to slip or fall, resulting in injury. Also, the monitor cannot take accurate measurements if your body or feet are wet.
Keep away from water.
Do not use boiling water, benzene, thinner, etc. to clean the monitor. If the monitor becomes dirty, soak a soft cloth in water or neutral household detergent, wring it out thoroughly and wipe the monitor clean, then use a dry cloth to wipe the monitor dry.
Do not attempt to disassemble the monitor. Do not modify this equipment in any way. Do not wash the monitor in water. Do not submerge this monitor in water. Doing so may damage the monitor or cause it to malfunction.
Be sure to insert the batteries with the polarities (+, -) in the correct position. If the batteries are incorrectly inserted, battery fluid may leak and damage the floor. (If you do not intend to use this monitor for a long period of time, it is advisable to remove the batteries before storage.)
Do not use the monitor near other products such as microwave ovens that emit electromagnetic waves. Doing so may cause the monitor to malfunction, preventing accurate measurements.
Another person should assist persons with disabilities who may not be able to take a measurement alone.

Getting Accurate Readings

To ensure accuracy, readings should be taken without clothing and under consistent conditions of hydration. If you do not undress, always remove your socks or stockings, and be sure the soles of your feet are clean before stepping on the measuring platform. Be sure that your heels are correctly aligned with the electrodes on 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 two hours after rising, eating, or hard exercise before taking measurements. While readings taken under other conditions may not have the same absolute values, they are accurate for determining the percentage of change as long as the readings are taken in a consistent manner. To monitor progress, compare weight and body fat percentage taken under the same conditions over a period of time.

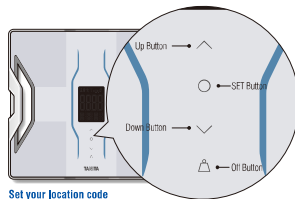
Note An accurate reading will not be possible if the soles of your feet are not clean, or if your knees are bent or you are in a sitting position.

Preparations before Use



Insert the batteries

Please note that the included batteries from factory may have decreased energy levels over time.



Set your location code

Different locations across the world have different gravitational pulls. These differences affect the accuracy of the weight measurement. You can obtain the most accurate weight readings by selecting the correct gravity setting on the scale according to your geographical location.

1. When the power is off, press and hold the button.
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.

Specifications RD-953PRO
Weight Capacity 200 kg (440 lb) (31st 6 lb)
Weight Increments 0-100 kg/0.05 kg 100-200 kg/0.1 kg 0-200 lb/0.1 lb 200-440 lb/0.2 lb 0-31st 6 lb/1 lb
Body Fat % 7-99 years old
Body Mass Index 7-99 years old
Muscle Mass 18-99 years old
Muscle Quality Score 18-99 years old
Physique Rating 18-99 years old
Bone Mass 18-99 years old
Visceral Fat 18-99 years old
Daily Calorie Intake 18-99 years old
Metabolic Age 18-99 years old
Body Water % 18-99 years old
Personal Data 4 memories
Power Supply 4×AA Alkaline batteries(included)
Power Consumption 250mA maximum
Measuring Current 50kHz, 5 kHz, 100uA
Communication Method Bluetooth Low Energy technology

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.
- *Apple, the Apple logo, and iPhone are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc.
- *Google Play and the Google Play logo are trademarks of Google LLC.
- *Android is trademark of Google LLC.
- *The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. and any use of such marks by Tanita Corporation is under license.

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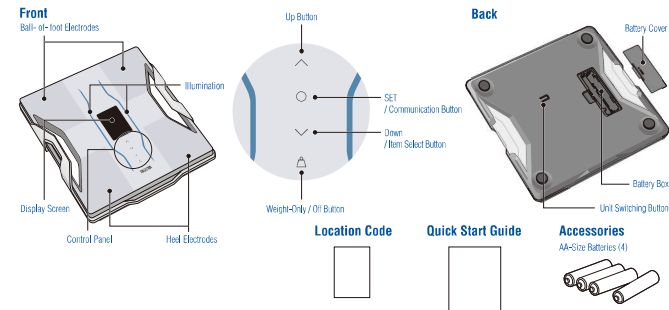
TANITA™

Quick Start Guide

InnerScan Pro™

Multi Frequency Body Composition Monitor RD-953PRO

Features and Functions



For Your Safety

This section explains precautionary measures to be taken to avoid injury to the users of this device and others, and to prevent damage to property. Please familiarize 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.



This mark indicates actions that are prohibited.



This mark indicates instructions that must always be followed.

Warning

This monitor must not be used by people with pacemakers or other medical implants.

This monitor passes a weak electrical current through the body which could interfere with and cause the malfunction of electrical medical implants, resulting in serious harm to the user.

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

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

Do not step on the edge of the platform. Do not jump onto the platform.

Doing so may cause you to fall or slip, resulting in serious injury.

Do not place this monitor on a slippery surface such as a wet floor.

Doing so may cause you to fall or slip, resulting in serious injury. It may also cause water to get inside the monitor resulting in damage to internal components.

Do not drop any objects onto the monitor. Avoid excessive impact or vibration to the monitor.

Doing so may damage the glass, resulting in injury.



Prohibited

Caution

Do not stand on the display screen or control panel.

Do not insert your fingers into gaps or holes.

Doing so may result in injury.

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 monitor or injury.

Never allow an infant or small child to carry the monitor.

The child may drop the monitor, resulting in injury.

This monitor is intended for home use only.

This monitor is not intended for professional use including hospitals, medical or fitness facilities. It is not equipped with the components required for heavy usage. Using the monitor in a professional location will invalidate the warranty.



Prohibited

STEP 1

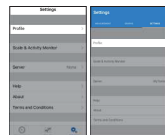
Connecting to Your Smartphone

1



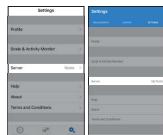
Download the App & Turn Bluetooth On
Visit the App Store/Google Play Store to download the "Healthy Edge Mobile" App. Turn the Bluetooth setting on.

2



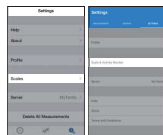
Set your "Profile"
Open the App. Open "Settings" and then register your profile details. Touch "Settings" to return to the previous screen.

3



"Server"
Fill out your info registered at my.tanita.com in "Server" under "Settings". Measurement results can be uploaded to my.tanita.com after measurement. Touch "Save" to return to the previous screen.

4

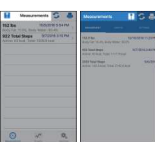


"Scale" Settings
Touch "+" and follow the instructions in the App to register your platform. Return to the previous screen.

STEP 2

Taking Measurements

1



Measurement

Touch and then follow the instructions in the App.

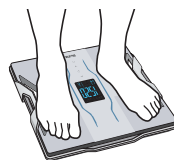
2



Measurement Results

Results are automatically sent to your smartphone and are displayed in the App. Touch "Save" to store the results in the App.

If you do not have your smartphone when taking measurements



Step onto the platform to take measurements. Data from a maximum of 10 measurements is saved in the platform.

Saved data is sent to your smartphone together with new measurements the next time your smartphone is connected to the platform when taking measurements.

If you do not have your smartphone when registering personal data

Setting the Date and Time

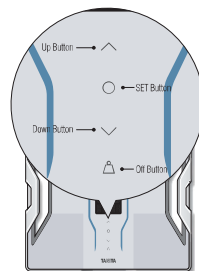
1 Press .

2 Use and to set the date and time.

Registering Personal Data

1 Press .

2 Use and to register the personal data number (1 ~ 4), date of birth, sex (male/female/ male athlete/female athlete), height and activity level (adult and non-athlete only).



Who should use Athlete Mode?

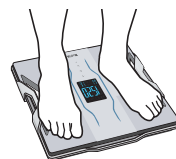
Adults from the age of 18 years who either :

- Train or exercise for 12 hours or more a week and have been doing so for at least six months.
- Are body builders.
- Are professional athletes who want to monitor their progress at home.
- People who have a lifetime history of fitness—who used to do more than 12 hours a week—but do less now.

3 After "0.0lb" appears on the display screen, step on to the monitor with bare feet to measure your body composition.

From the next time, just step onto the platform to take measurements. Data from a maximum of 10 measurements is saved in the platform.

Touch "Get Old" in the App to send results previously saved in the platform to the smartphone.



Measurement Result

Weight



BMI



Body Fat %



Muscle Mass



Muscle Quality Score



Physique Rating



Bone Mass



Visceral Fat



Daily Calorie Intake



Metabolic Age



Total Body Water %



See the instruction manual for details. www.tanita.com