

# SENCOR®

SBS 9002BK



## PERSONAL FITNESS SCALE

Translation of the original manual



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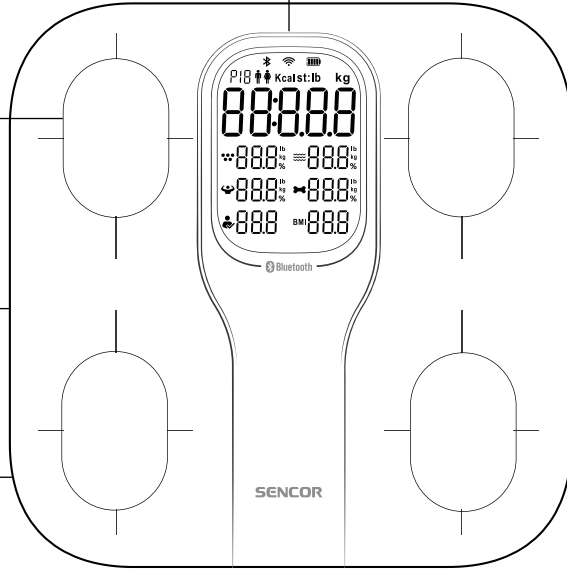
**A**

1

2

3

4

**B**

1 2 3 4

5

6

7

11

12

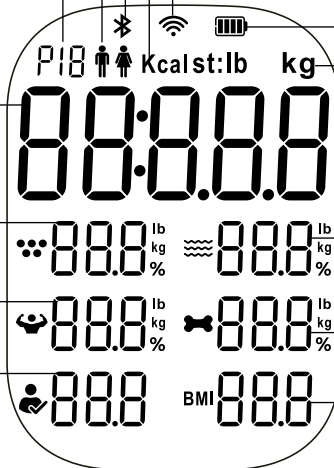
8

13

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14

10



# EN Personal Fitness Scale

## Important Safety Instructions

### READ CAREFULLY AND STORE FOR FUTURE USE.

- The appliance is designed for use in household, offices and similar types of areas. Do not use it for commercial, medical or other purposes.
- This appliance may be used by children and by persons with physical, sensory or mental impairments or by inexperienced persons, if they are properly supervised.
- Children must be supervised to ensure that they do not play with the appliance.
- Do not use the appliance outdoors, place it on unstable surfaces, on an electric or gas stove, in the vicinity of an open flame or other sources of heat.
- Do not expose the appliance to direct sunlight or high humidity and do not use it in excessively dusty environments.
- Ensure that the appliance is placed on a flat, smooth, hard and stable surface. This is especially true when using the appliance. Otherwise, inaccuracies in weighing may occur.
- Do not use the appliance within the range of a strong electromagnetic field.
- Before stepping on the weighing platform, make sure that its surface is not damp and that your feet are not wet. Otherwise there is a risk of slipping.
- Do not jump on the appliance and do not exceed its maximum weighing capacity. This may lead to damage.
- In weighing mode with measurement and analysis of body parameters, stand on the weighing platform with clean bare feet, with both feet on the electrodes.
- The measured percentage of bone, fat and muscle tissue and water in the body is only indicative. Please, do not draw medical conclusions from the results of the measurements. If the proportion of fat tissue and the level of hydration is significantly different from normal, it is recommended to consult this condition with a doctor or nutritionist. Also ask your doctor or nutritionist for recommendations on appropriate measures to achieve optimal body weight.
- Deviations in measuring the percentage of bone, fat and muscle tissue and water in the body may be higher in people over 70 years of age and professional athletes.
- The measurement results may be distorted after intensive exercise, if the body is extremely dehydrated, or if you are on a drastic reduction diet.
- The use of the function measuring the share of bone, fat and muscle tissue and water in the body is not recommended:
  - for persons with a pacemaker or other medical implant;
  - for pregnant women;
  - for people with symptoms of oedema (swelling) or those undergoing dialysis treatment.
- Children under 10 years of age and persons over 100 years of age may only use this appliance in the weighing mode.
- Do not use the appliance to support various items. Store it in a horizontal position and make sure that no objects are placed on it.
- If you decide not to use the appliance for an extended period of time, remove the batteries. If the battery were to leak into the interior of the appliance, the appliance could be damaged.
- Always use new batteries of the same type. Never combine old and new batteries or batteries of various types. Never put batteries in a fire, short-circuit or damage them in any way. Dispose of them in an environmentally friendly manner at the end of their lifespan. Never dispose of batteries in municipal waste.
- Do not use rechargeable batteries to power this appliance.
- Keep batteries out of the reach of children, because they may present a danger in their presence. If the child swallows the battery, immediately seek medical help.
- Keep the appliance clean. When cleaning, follow the instructions in the chapter "Cleaning and maintenance". Do not immerse the appliance in water or other liquids or rinse it under running water.
- Do not repair or modify the appliance yourself. All repairs should be carried out by an authorised service centre. Tampering with the appliance may result in the loss of your legal rights regarding faulty performance or warranty for quality.

- Thank you for purchasing our SENCOR product; we hope it will serve to your satisfaction.
- Before using this appliance, please familiarise yourself with the user manual, even if you are already familiar with using similar types of appliances. Use the appliance only as described in this user manual. Keep the manual for future reference.
- It is recommended to keep the original packaging, packing material, receipt and confirmation of the extent of the seller's liability or warranty certificate at least for the duration of the legal right of defective performance or quality guarantee. When transporting the appliance, we recommend packaging it again in the original box provided by the manufacturer.

### DESCRIPTION OF THE APPLIANCE

- |  |  |
|--|--|
| <b>A1</b> Display  | <b>A4</b> UNIT button for setting the weight unit (located at the bottom of the scale) |
| <b>A2</b> Stepping areas with electrodes                           |  |
| <b>A3</b> Battery compartment (located at the bottom of the scale) |  |

### DESCRIPTION OF THE APPLIANCE

- |                                      |                            |
|--------------------------------------|----------------------------|
| <b>B1</b> User code                  | <b>B9</b> Bone value       |
| <b>B2</b> Male/female icons          | <b>B10</b> BMI value       |
| <b>B3</b> Bluetooth icon             | <b>B11</b> Numeric display |
| <b>B4</b> Kcal icon                  | <b>B12</b> Body fat value  |
| <b>B5</b> Wi-Fi icon                 | <b>B13</b> Muscle value    |
| <b>B6</b> Battery charge status icon | <b>B14</b> Body age        |
| <b>B7</b> Weight unit icons          |                            |
| <b>B8</b> Value of water in the body |                            |

### PURPOSE OF USE

- This fitness personal scale with a high-precision strain gauge sensor helps you store and track your weight and measurements in an app on your smartphone. The scale transmits the measured data to the smartphone application via Bluetooth technology. Here you can track the history of weight measurements, create graphs of results, set a target weight and monitor the development of your weight over time.

### BEFORE FIRST USE

- Before first use, remove the scale and its accessories from the packaging and detach all promotional labels and stickers. Make sure that the scale is not damaged.
- Wipe the outer surface of the scale with a clean, dry cloth.

### POWER SUPPLY

- Included in the package of this scale are 4 pcs of 1.5 V AAA batteries. Remove the battery compartment cover and insert new batteries of the same type. Observe the correct polarity, which is shown on the bottom of the battery compartment, and fit the cover.
- As soon as the display shows "Lo", batteries need to be replaced with new ones. Follow the same procedure. Remove flat batteries first.
- If you will not be using the scale for an extended period of time, remove the batteries.



#### Note:

Do not use different types of batteries or combine old and new batteries. Do not short-circuit or damage the batteries.

### USING THE SCALE

1. Place the scale on a flat, smooth, hard and stable surface. Do not place it on a carpet or other soft surface, otherwise the measurement result may be distorted.
2. Open the app on your smartphone.
3. Stand with bare feet on the stepping areas with electrodes. The scale will automatically switch on.
4. Wait for the value to stabilise on the display and then transfer the data to your smartphone app. The data in the app will be automatically assigned to the right person and stored in the phone's memory.
5. The scale automatically switches off. Carefully step off the scale. Stand still when weighing and do not lean over. To ensure comparable results, it's important that you weigh yourself at the same time of day, preferably in the morning. The weighing results can be influenced by various factors, such as the clothes you wear or the food and drink you consume before the weigh-in.



#### Note:

The scale can be used without the application installed. The current weight will be shown on the display, but no data will be transmitted.

### Choice of Weight Units

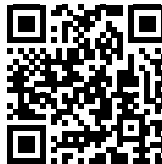
The **UNIT** button is located at the bottom of the scale. Press it repeatedly to select the desired unit of weight between: kg – lb – st. Weight units can also be changed directly in the application.

### Automatic Shutdown

If the scale is idle for several minutes, it will automatically switch off.

### DOWNLOADING AND USING THE SENCOR HOME APP

This scale can be controlled via the Sencor HOME app. Download the app to your smartphone, register and manage your measurements directly in the app. If you already have the app installed, add the scale to your devices.  
QR code:



### Adding the Scale to the List of Devices via Bluetooth

You can add the scale to the Sencor HOME app by pairing via Bluetooth.

1. Turn on the Bluetooth function on your mobile phone.
2. Open the app and click the "+" icon on the app's home page, then click "Add Device".
3. From the list of categories, select "Exercise and health" and here "Personal fitness scale (Bluetooth)".
4. You will be prompted to reset the device. Long press the UNIT button until "CLR" appears on the display. Then click on "Next" in the app.
5. Confirm that the scale is ready to be connected and click on "Next".
6. The scale will be automatically paired with the mobile phone and the scale will be passed to the list of devices.



#### Note:

If the Bluetooth connection fails or is not possible, make sure there are no solid obstacles between your phone and the scale and that the two devices are close together.

### Adding via QR Code

- You can also add your SBS 9002BK to the Sencor HOME app using the QR code below.
- On the home page of the app, click on the "+" icon.
- On the add device screen, click the "[–]" icon in the top right corner.

### Scan the following QR code:



After scanning the QR code, you will be prompted to add the device.

### Resetting the Scale

- We recommend that you reset the scale before connecting it. Press and hold the UNIT button on the bottom of the scale for at least 3 seconds.
- Reset even if the user changes and is using a phone with an app other than the one paired with the scale.

### Possible Problems and Solutions

It is not possible to display the measured data on the phone:

- Check that the Bluetooth icon is lit.
- Check that you have enabled the Bluetooth feature on your phone.
- Check that you are within the range of the Bluetooth signal.
- Reopen the application.
- Turn the Bluetooth function off and then on again and reconnect with the scale.




Connection failed.

- Ensure that only one Bluetooth device is connected to the scale.
- Check that the Bluetooth version on your device is 4.0 and later.

The scale display goes out.

- Check that the batteries are not discharged and, if necessary, replace them with new ones.
- Contact an authorised service centre.

### ERROR MESSAGES

Error message	Meaning	Solution
	Measurement is ongoing.	Measurement of body weight and values is ongoing. Do not step off the scale and make sure that you are standing barefoot on the electrodes.
	Overload.	You have exceeded the maximum weighing capacity of the scale. Step off the scale carefully.
	Low batteries.	Replace the batteries with new ones.

### CLEANING AND MAINTENANCE

- Use a soft sponge slightly dampened in warm water to clean the scale. Wipe dry with a clean cloth.
- Do not use wire cloths, abrasive cleaners, thinners, etc. for cleaning. Otherwise the surface may be damaged.
- Do not immerse the scale in water or other liquid or rinse it under running water.

### TECHNICAL SPECIFICATIONS

Power source.....4× 1.5 V AAA batteries  
 Weighing capacity.....180 kg / 400 lb / 28 st  
 Weighing accuracy.....100 g / 0.2 lb  
 Choice of units.....kg / lb / st

We reserve the right to change the text and technical specifications.

SENCOR hereby declares that the radio device type SBS 9002BK conforms to the 2014/53/EU directive. The full text of the EU Declaration of Conformity is available at: [www.sencor.eu](http://www.sencor.eu).

### DISPOSAL OF USED BATTERIES



Batteries contain environmentally damaging compounds and therefore do not belong in standard municipal waste. Take used batteries for proper disposal at a designated battery collection point.

### INSTRUCTIONS AND INFORMATION ON DISPOSAL OF USED PACKAGING MATERIAL

Dispose of used packaging material in the designated waste disposal area determined by the municipality.

### DISPOSAL OF USED ELECTRICAL AND ELECTRONIC EQUIPMENT



This symbol on the products or accompanying documents indicates that used electrical and electronic products should not be disposed of with regular municipal waste. For proper disposal and recycling of these products, deliver them to designated collection points. Alternatively, in some European Union states or other European countries the products can be returned to the local retailer when buying an equivalent new product. By properly disposing of this product, you help preserve valuable natural resources and contribute to preventing potential negative impacts on the environment and human health resulting from improper waste disposal. For further details, contact your local authorities or the nearest collection point. Fines may be imposed for improper disposal of this type of waste in accordance with national regulations.

#### For Business Entities in European Union States

If you want to dispose of electric or electronic devices, ask your retailer or supplier for the necessary information.

#### Disposal in Other Countries Outside the European Union

This symbol is valid in the European Union. To dispose of this product elsewhere, request necessary information on the correct disposal method from local authorities or your retailer.



This product complies with all the essential requirements of the applicable EU directives.



