GERMAN 德國竇

All-Round Electronic Body



在使用之前請詳細閱讀「使用說明書」及「保用條例」,並妥為保存。 Please read these instructions and warranty information carefully before use and keep them handy for future reference.

使用説明書 OPERATING INSTRUCTIONS

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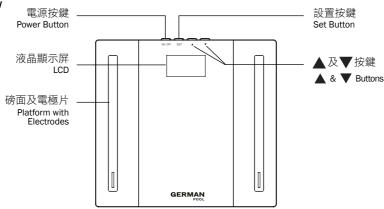
注意事項 Notice Before Use

- 1. 在使用本機前,請仔細閱讀本説明書以熟 悉本產品的功能和操作方法。
- 本產品不適用於體內裝置金屬儀器者,如 起搏器、節育環、金屬片及螺絲等;否則 將有可能導致儀器損壞或量度不準確。如 有疑問,請諮詢您的醫生。
- 3. 本產品透過BIA (BIOELECTRICAL IMPEDANCE ANALYSIS) 技術來量度體重,阻抗及評估身 體脂肪及水分、肌肉及骨頭百分比。本產 品適合家庭使用於10-17歲的健康兒童,以 及生活方式活躍、一般活躍和不活躍的健 康成人。
- 4. 本產品適用於10-85歲人士。
- 5. 請使用規定的電池(請參照"操作説明" 部分)。
- 6. 運動員模式適用範圍為15-85歲。
- 脂肪比率會隨著體內水分而改變,缺水狀態或者溢水狀態都會影響人體內的脂肪比,如喝酒、月經期、生病、劇烈運動等。
- 8. 本產品不適用於孕婦,否則將導致測量結果不準確,且對胎兒的影響尚未可知。
- 9. 使用脂肪水分度量時,請赤腳進行。
- 10. 本產品只供家庭測量體重,不可用於商業或其他用途。
- 11. 請勿拆卸本機,不恰當的操作會導致損傷。
- 12. 當您的身體或腳上帶有很多水時,特別是 剛剛沐浴後請勿稱量,謹防滑到。
- 13. 浮腫、發燒、骨質疏鬆、接受洗腎療程等 病人不可使用本產品。
- 14. 服用血管擴張或收縮藥物或其他心血管有關藥物的人士不可使用本產品。
- 15. 電池有造成窒息的危險, 請勿讓兒童接觸。

- 1. Please read this section carefully to familiarize yourself with features and operations before using the unit.
- Do not use the scale on people who have body implants such as a pacemaker, artificial limbs, contraceptive devices, or metal plates or screws. It may cause the device to malfunction or produce an inaccurate result. When in doubt, consult your medical officer.
- 3. This scale is intended to measure body weight and impedance and estimate percentage of body fat and body water, muscle mass and bone mass using BIA (Bioelectrical Impedance Analysis). It is intended for use by healthy children 10-17 years old and healthy adults with active, moderately active, to inactive lifestyles for body composition assessment in the home environment.
- This product is intended for adults and children (ages 10 to 85).
- Make sure to use only the type of battery stated (see Section "Operating Instructions").
- 6. The "Athlete" mode is applicable only to people 15-85 years of age.
- Body fat percentage estimates will vary with the amount of water in the body, and can be affected by dehydration or over-hydration due to such factors as alcohol consumption, menstruation, illness, intense exercise, etc.
- 8. Do not use on pregnant women. The result is inaccurate and effects on the fetus are unknown.
- For body fat and body water estimates, always estimate in bare feet.
- Do not disassemble the scale as incorrect handling may cause injury.
- 11.Do not step on the scale when your body or feet are wet, especially after bathing or showering to prevent slipping.
- 12. This scale is only used in household for body weight measurement, and not for commercial or other use.
- 13.Edema, fever, osteoporosis and patients receiving dialysis treatment should not use this product.
- 14.People taking blood vessel dilation or contraction drugs or other cardiovascular-related drugs should not use this product.
- Batteries may pose a choking hazard. DO NOT let children handle batteries.

產品結構 Product Structure

前視圖 Front View



1. 功能按鍵

ON/OFF

- 開/關機
- 進入脂肪及水分稱重模式

SET

- 確認按鍵

▲或▼

- 稱重模式中調整身高及年齡數值,進行性別、 運動模式或普通模式轉換
- 記憶及回憶模式選擇記憶位置
- 獲取記憶中的數據

1. FUNCTION KEYS

ON/OFF

- Turn the scale on or off
- Enter body fat and total body water estimation mode

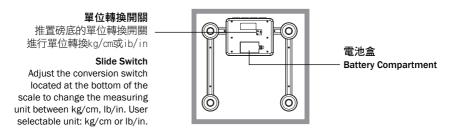
SET

- Confirmation button for selection

▲ or ▼

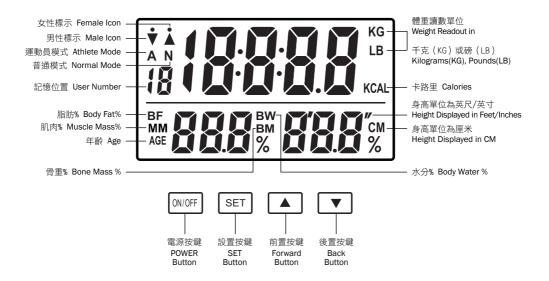
- Changes value of height and age, toggle between Male and Female, toggle between Normal and Athlete mode in Body Fat function
- Select memory 1-12 in Memory mode & Recall mode
- Recall settings of memory locations

背面視圖 Back View



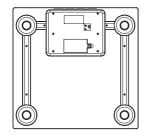
產品結構 Product Structure

液晶顯示屏 LCD



1. 安裝電池

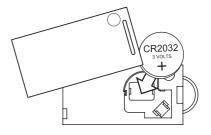
本產品使用一枚CR2032電池(附贈)。 開啟磅秤背面的電池門,移除電池下面的 絕緣條或更換電池。請正確安裝電池的正 負極,以確保磅秤正常工作。如果長時間 不使用本產品,建議您取出電池後保存。



開啟電池門 Open the battery door

1. Insert the battery

This scale operates on 1 x CR2032 lithium battery (included). Open the battery cover on the back of the scale unit. Remove any plastic strip before first use or insert a new battery for replacement. Be sure the polarity of the battery is set correctly for the scale to function properly. If you do not intend to use this unit for a prolonged period of time, it is advisable to remove the battery before storing.



CR2032電池方向 Direction of the CR2032 battery

小貼士 Tips

- 屏幕顯示

οL

時,請更換電池。

- Replace battery when

οL

is displayed.

2. 設置單位

本產品預設單位為磅。您也可以通過磅秤背面的單位轉換開關選擇千克或磅作為稱重單位。



Kg(千克)

3. 有些型號的產品液晶顯示屏上粘有靜電保護 貼紙,使用前請撕除。

2. Set Unit

This scale is set to pounds. You can toggle the unit of measurement switch located on the back of the scale for kilograms or pounds.



Lb(磅)

Some models have a static cling label on the LCD display to prevent scratching. Remove before use.

4. 稱重位置

請把磅秤置於平整、牢固的地方使用, 勿用於地毯上。

4. Set the right position

Always use the scale on a flat and hard floor surface. Do not use on carpets.



⚠ 注意事項 Warning!



- 請勿濕腳磅重或踩踏磅秤邊緣,謹防滑倒。
- To avoid injury, do not step with wet feet or on the edge of the platform. Beware of slipping

5. 初始化

輕按磅面,顯示"0000"後關機,初始化完畢。

5. Start-up the Scale

Press lightly on the scale platform to start-up the scale, the display shows "0000" and then turns off. The scale is ready to use.

⚠ 注 意 PRECAUTION!

- 在插入電池/更換電池或每次移動或磅秤被碰撞後,磅秤必須重新啟動。
- The scale must be started up after battery insertion/replacement of battery or each time it is moved or bumped.

6. 操作指引

為獲取精確的測量結果,如何站在磅上是非常重要的。請儘量保持腳底最大面積接觸磅面上的金屬電極片,這樣能確保腳與金屬電極的最佳接觸。稱重過程中,請保持靜止直至測量完成顯示測量結果。乾淨且輕微潮濕的腳底可獲得最佳測量。

腳居於電極中央 (√) Feet centered on electrodes (√)

6. Operating Guidelines

The accuracy of the results depends on how you stand on the scale. Position your feet with maximum contact on the metal electrodes on the platform. This ensures the best contact between your feet and metal contacts. Stay on the scale until the body fat estimation is completed and the result is displayed. Clean, slightly moist feet will provide the best results.



腳沒有居於電極中央 (X) Feet not centered on electrodes (X)

7. 簡單稱重操作

- 站在磅面上,稱重過程中 請保持靜止不動(圖1)。
- 顯示您的體重(圖2)。
- 完成後,磅秤自動閣機。

8. 使用記憶功能進行脂肪及水分測量操作



圖2 (Fig.2)

7. Weighing-only Operation

- Step onto the scale and stand still while the weight is being measured (Fig. 1).
- The screen displays the weight (Fig. 2).
- The scale turns off automatically after use.

8. Body Fat and Total Body Water Estimating Operation with User Memory

⚠ 注 意 PRECAUTION!

- 進行脂肪及水分稱重前,要進行以下幾個步驟。

編輯個人數據

輸入您的性別、年齡、身高。個人信息一旦記憶,只有進行資料更改時才需重新編輯輸入。

- A few steps must be followed before estimating body fat and total body water.

PROGRAM PERSONAL DATA

 Input the user's gender, age and height. Once the information is memorized, it will only need to be reentered if there is a change to the data.

i.按ON/OFF鍵開機。

ii. 設置記憶位置

按【▲】或【▼】鍵選擇記憶位置(1-12)。 按【SET】鍵確認。 $\boldsymbol{i}\,$. Press the ON/OFF key to turn the scale on.

ii. Set Memory

Press the $[\blacktriangle]$ or $[\blacktriangledown]$ key to select a memory location (1-12 users). Press [SET] to confirm.



iii. 設置身高

按【▲】或【▼】鍵調整身高數值。 按【SET】鍵確認。

iii. Set Height

Press the $[\blacktriangle]$ or $[\blacktriangledown]$ key to adjust the height. Press [SET] to confirm.



iv. 設置年齡

按【▲】或【▼】鍵調整年齡數值。 按【SET】鍵確認。

SET SET

v. 選擇性別

按【▲】或【▼】鍵進行性別轉換,男(*), 女(*)。按【SET】鍵確認性別。

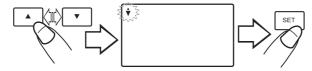
v . Set Gender

iv . Set Age

Press [SET] to confirm.

Press the $[\blacktriangle]$ or $[\blacktriangledown]$ key to toggle between the male $(\dot{\bullet})$ & female $(\dot{\bullet})$ icons. Press [SET] to confirm.

Press the [A] or [V] key to adjust the age.



vi. 選擇普通或運動員模式

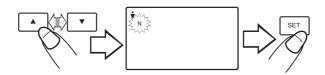
按【▲】或【▼】鍵進行普通和運動員模式轉換。按【SET】鍵確認所有設置。

注:運動員模式只適用於15-85歲的使用者。 14歲或以下使用者本步驟會自動省略。

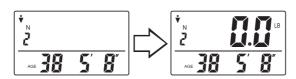
vi. Select Normal or Athlete Mode

Press the [▲] or [▼] key to toggle between normal or athlete. Press [SET] to confirm all settings.

NOTE: Athlete mode is only available for those 15-85 years of age. For those aged 14 or under, this step is automatically by-passed.



- vii. 顯示所有個人信息,幾秒後磅秤自動關機。 您的個人信息已存儲於記憶中。
- vii. All personal information stored to memory will be displayed. The scale will automatically shut off after a few seconds. Your personal information is saved in memory.



- viii. 重複 i-vii步驟設置其他使用者的數據。
- viii. Repeat step (i)-(vii) to set other pre-programmed user numbers.

9. 本產品內置12個記憶位置,可供使用者存儲及 獲取身高、年齡、普通/運動員模式設置。根 據上述"編輯個人數據"部分輸入個人信息並 保存記憶。

A. 獲取記憶信息進行脂肪及水分測量

脂肪及水分測量需赤腳進行,測量前請脫掉 鞋子及襪子。乾淨、微微濕潤的腳底可獲得 最佳測量結果。盡可能使腳底最大面積接觸 磅面上的電極片。

- 1. 按ON/OFF鍵開機。
- 按【▲】或【▼】鍵選擇記憶位置(1-12)。 顯示上一次的測量讀數,然後讀數歸零"0.0"

(注:第一次使用後才會 顯示上一次測量讀數。) 9. The scale features 12 personal memory settings. This allows users to store and recall their own height, age, gender and normal/athlete mode selection. Follow steps in the previous section "Program Personal Data" to input your personal information into a memory location.

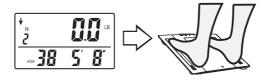
A. To recall Settings from Memory for Body Fat and Total Body Water Estimation

You must be in bare feet for body fat and total body water estimations. Remove your shoes and socks before proceeding. Clean, slightly moist feet will provide the best results. Position your feet for maximum contact with the metal electrodes on the platform.

- 1. Press the ON/OFF key to turn the scale on.
- Press the [▲] or [▼] key to toggle between memory location (1-12). The screen will show the previous reading, then "0.0". (NOTE: The previous reading for that user number will appear after first use.)



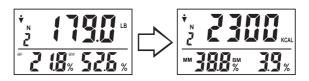
 當顯示"0.0"時,赤腳站在磅 面上,腳底最大面積接觸電極片 並儘量保持平穩。 3. When "0.0" appears on screen, step on the scale with bare feet, positioning your feet evenly on the scale platform with maximum contact with the metal electrodes.



4. 測量過程中請保持靜止不動。

4. Stand still while the scale measures your weight and estimates your body composition.

- 5. 顯示您的體重、脂肪%(BF)及總水分%(BW),接著顯示您的卡路里(KCAL)、 肌肉%(MM)及骨重%(BM),依次連續顯 示兩次。
- 5. Your weight, body fat % (BF) then total body water % (BW) are displayed. Next your Calories (KCAL), muscle mass % (MM) and bone mass % (BM) are displayed sequentially twice.



B. 關機

在編輯個人信息時,按ON/OFF鍵關機; 在無操作狀態下數秒後,磅秤自動關機。

B. To Turn Off the Scale

To turn the scale off, press the ON/OFF key while programming data. Or, if no key has been pressed for a few seconds, the scale turns off automatically.

常見故障及處理 Troubleshooting

無重量顯示 No weight is displayed?	請檢查電池是否有電。如果不是,請參照"操作説明"部分。 Check if the scale is powered up and started up. If not, please refer to the Section "Operating Instructions".
螢幕顯示 "Lo"	低電顯示,請更換電池。
The display reads "Lo"	Battery is running low. Replace the battery.
螢幕顯示 "Err0"	歸零異常。從磅上下來,待自動關機後,請重新輕按磅面進行初始化,螢幕顯示"0000"後自動關機,初始化完成。
The display reads "Err 0"	Initialization error. Step off the scale and wait until the scale is automatically switches off. Start the scale again by pressing lightly on the scale platform to re-initialize the scale. The scale is ready for use again.
螢幕顯示 "Err1"	不穩定異常。從磅上下來,待自動關機後,重新站在磅上進行稱重,並注意在稱重過程中保持靜止不動。
The display reads "Err 1"	Instability error. Step off the scale and wait until the scale automatically switches off. Step on the scale to repeat the measurement again, standing still while computation is in progress.
稱重過程中,螢幕顯示 "Err2"	超重預警。立即從磅上下來,否則將對磅秤造成永久性傷害。
The display reads "Err 2"	Overload warning. Remove the weight immediately; otherwise,
when measuring	permanent damage to the scale will occur.

常見故障及處理 Troubleshooting

脂肪及水分測量過程中, 螢幕顯示 "Err3" The display reads "Err 3" when estimating body fat and body water values	測量異常。電阻無法測量到。請確保稱重過程中保持靜止並使腳底最大面積接觸電極片。如若仍然不能測量到,請參考"操作説明"部分。您也可以通過微微濕潤你的腳底,促進電極接觸。 Measurement error. Impedance cannot be measured. Please make sure that you are standing still on the scale and maintaining maximum contact between your feet and the metal contacts. If not, please refer to "Operating Instructions" section. You may need to moisten your feet to improve the electrical contact.
Err1至Err3 都試過了, 可仍不能解決問題 After I tried the corrective actions for Err 1 to Err 3, I still can't solve the problem	解決方案都試過了,可問題仍然存在,請移除電池一分鐘後重新安裝。 If Err 1 to Err 3 persists after following the corrective actions, remove and reinsert battery after 1 minute.
我已經試過所有的解決方 案了,仍然不能解決問題 I have tried all corrective actions, but still can't solve the problem	請聯繫德國寶維修中心或授權經銷商。 Please contact German Pool Repair Centre or an authorized dealer.
為什麼我使用不同品牌的 磅秤,測量的脂肪結果 不同? Why do I get a different body fat reading when I use a different brand of body fat scale?	不同的脂肪磅秤運用不同的數學原理測量身體不同部分獲得脂肪百分比。我們建議您無需進行不同產品的比較,只需每次都使用同一款產品進行測量跟蹤。 Different body fat scales take estimations around different parts of the body and use different mathematic algorithm to estimate the percentage of the body fat. The best advice is not to make comparison from one device to another, but to use the same device each time to monitor any change.

清潔與保養 Care & Maintenance

- 除拆裝電池外,請勿私自拆卸本產品,本產品 內部未置用家使用部分。不恰當的操作可能會 導致產品損害。
- 2. 如長期不使用本產品,請將電池取出後保存。
- 3. 請使用潮濕的抹布擦拭磅秤,禁止使用具有腐 蝕性的溶劑或將磅秤浸入水中。
- 4. 請辦免劇烈撞擊或震動本產品,如拋落磅秤。
- 5. 請勿將電池丟入火中,可能會引起電池爆炸或 洩漏。如產品需要兩枚或以上電池,請同時更 換電池,勿混合使用新舊電池,勿混合使用鋰 電池、標準電池或充電電池。

- Do not disassemble the scale other than for replacing the battery; it contains no user serviceable parts.
 Damage to the scale may occur as a result of improper handling.
- Remove the battery when the scale is not used for a prolonged period of time.
- Clean the scale after use with a dampened cloth.Do not use solvents or immerse the unit in water.
- 4. Avoid excessive impact or vibration to the scale, such as dropping it onto the floor.
- 5. Do not dispose of batteries in fire. Batteries may explode or leak. When replacing batteries at the same time; do not mix old and new batteries. Do not mix alkaline, standard or rechargeable batteries. Remove the batteries if the scale will not be used for a long period of time.

技術規格 Technical Specifications

型號 Model	ESB-315
生物電阻分析技術用於測量人體脂肪、水分、 肌肉、骨重百分比及卡路里預測 Bioelectrical Impedance Analysis (BIA) technology for body fat and body water percentage, muscle and bone estimations and calories predictor.	有/YES
高精密的STRAIN GAUGE稱重技術 High-precision STRAIN GAUGE weighing technology	有/YES
運動員(15-85歲)或普通模式選擇 Athlete (for ages 15-85) or Normal Mode selection	有/YES
12個記憶位置 12-user memories	有/YES

技術規格 Technical Specifications

型號 Model	ESB-315
4個按鍵操作 4-button operation	有/YES
自動開關機功能 Auto on/off function	有/YES
節能液晶顯示屏幕 Power-saving LCD display	有/YES
低電量顯示 Low power indicator	有/YES
最大稱重量 Maximum weighing capacity	150kg/ 330lb
年齡範圍 Age range	10-85歲 / 10-85 years
身高量程 Height range	2'5'' - 7'4'' (75-225cm)
人體脂肪量程 Body fat range	4-60%
人體總水分量程 Total body water range	29-70%
電源 Battery	一枚CR2032電池(附贈) 1 x CR2032 lithium battery (included)

產品規格及設計如有變更,恕不另行通知。

Specifications are subject to change without prior notice.

中英文版本如有出入,一概以中文版為準。

If there is any inconsistency or ambiguity between the English version and the Chinese version, the Chinese version shall prevail.

本產品使用説明書以 www.germanpool.com 網上版為最新版本。

Refer to www.germanpool.com for the most up-to-date version of the Operating Instructions.

請填妥以下空格並與發票一併保存,以便維修時核對資料。用戶提供本公司之所有資料必須正確無誤,否則免費保用將會無效。 Please fill out the form below. This information and the purchase invoice will be required for any repairs. Warranty will be invalid if information provided is found to be inaccurate.

型號 Model No.: □ ESB-315	
機身號碼 Serial No.:	發票號碼 Invoice No.:
購買商號 Purchased From:	購買日期 Purchase Date:

保用條款

此保用提供德國寶產品之機件在正常使用下壹年 保用(自購買日起計算)。

- * 貴戶須在購機十天內,以下列其中一種方式向本公司登記資料,保用手續方正式生效:
- 1)填妥本公司網頁內之保用登記表格 www.germanpool.com/warranty。
- 2)填妥保用登記卡,並連同購機發票之副本一 併郵寄到客戶服務部(本公司將不發還發票 副本或登記卡)。
- 1. 未能出示購買發票正本者,將不獲免費維修服務。
- 2. 用戶應依照説明書的指示操作。本保用並不包括:
 - 上門安裝、檢驗、維修或更換零件之人工以及一 切運輸費用;
 - 因天然與人為意外造成的損壞(包括運輸及其他);
 - 仟何塑膠附件及輔助裝置;
 - 電源接合不當、不依説明書而錯誤或疏忽使用本機所引致之損壞。
- 3. 於下列情況下,用戶之保用資格將被取消:
 - 購買發票有任何非認可之刪改;
 - 產品被用作商業或工業用途;
 - 產品經非認可之技術人員改裝或加裝仟何配件;
 - 機身編號被擅自塗改、破壞或刪除。
- 4. 總代理有權選擇維修或更換配件或其損壞部份。
- 5. 產品一經被轉讓,其保用即被視作無效。

維修部 - 小型電器

德國寶(香港)有限公司 香港九龍紅磡暢通道 1 號 中旅貨運物流中心8樓

電話: +852 2333 6249 傳真: +852 2355 7100

電郵: repairs@germanpool.com

Warranty Terms & Conditions

Under normal operations, the product will receive a 1-year full warranty provided by German Pool (effective starting from the date of purchase).

- * This warranty is not valid until Customer's registration information is returned to and received by our Service Centre within 10 days of purchase via one of the following methods:
- Visit our website and register online: www.germanpool.com/warranty.
- Complete all fields on the attached Warranty Card and mail it back to our Customer Service Centre along with a photocopy of the purchase invoice (Warranty Card and invoice copy will not be returned to Customer).
- Customer who fails to present original purchase invoice will be disqualified for free warranty.
- Customer should always follow the operating instructions. This warranty does not apply to:
 - labour costs for on-site installation, check-up, repair, replacement of parts and other transportation costs;
 - damages caused by accidents of any kind (including transport and others);
 - plastic parts and accessories;
 - operating failures resulted from incorrect voltage, improper operations and unauthorized installations or repairs.
- 3. This warranty is invalid if:
 - purchase invoice is modified by unauthorized party;
 - product is used for any commercial or industrial applications;
 - product is repaired or modified by unauthorized personnel, or unauthorized parts are installed;
 - serial number is modified, damaged or removed from the product.
- 4. German Pool will, in its discretion, repair or replace any defective part.
- This warranty will be void if there is any transfer of ownership from the original purchaser.

Repair Centre - Small Appliances

German Pool (Hong Kong) Limited 8/F, China Travel (Cargo) Logistics Centre 1 Cheong Tung Road

Hung Hom, Kowloon, Hong Kong

Tel: +852 2333 6249 Fax: +852 2355 7100

Email:repairs@germanpool.com



德國寶(香港)有限公司 German Pool (Hong Kong) Limited

中國香港總代理 Hong Kong, China Sole Agent

九龍土瓜灣馬頭角道116號新寶工商中心高層地下2-4號室 Room 2-4, Upper G/F, Newport Centre, 116 Ma Tau Kok Road, Tokwawan, Kowloon







最佳拍檔大獎

中國內地總代理 Mainland China Sole Agent

廣東省佛山市順德區大良南國東路德順廣場三層 3/F, Takshun Plaza, Nanguo East Road, Shunde, Foshan, Guangdong







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www.germanpool.com