



TANITA

SR-901

6-pack Analyser

Abdominal Subcutaneous
Fat Thickness Meter

User guide

Thank you very much for purchasing the SR-901 6-pack Analyser, the latest innovative product from TANITA.

This instrument, the abdominal (abs) subcutaneous fat meter, is to measure the subcutaneous fat thickness of the abdomen. Belly fat is a combination of subcutaneous fat and visceral fat. The result that is measured and displayed is the thickness of subcutaneous fat (not visceral fat).

Abdominal subcutaneous fat is a shock absorber, helping to cushion our skin against trauma, and also stores energy, which the body uses during periods of high activity.

To get the defined or ripped 6 or 8 pack it is important to measure the thickness of the subcutaneous fat around the stomach. The lower the number the more defined the six pack will show. The results are measured and displayed in 0.1 cm increments of thickness

The rectus abdominis is an important postural muscle. Three bands of connective tissue called the tendinous intersections traverse the rectus abdominis, which separates this parallel muscle into eight distinct muscle bellies. In the abdomens of people with low body fat these bellies can be viewed externally and are commonly referred to as a “four, six, or eight pack”, depending on how many are visible; although six is the most common.

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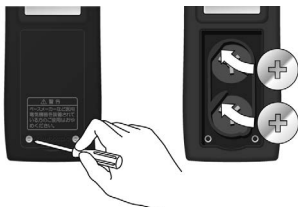
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Getting started

Insert the batteries

1. Open the battery cover by loosening the 2 screws with the supplied screwdriver.
2. Put the + side of the batteries as indicated, close the battery cover and replace the screws.

Note: Do not use other batteries than the specified batteries (CR2032)



Replace the batteries

When the battery power runs out, "Lo" will be displayed. Replace with 2 new batteries (two CR2032).

Take a thin rod, needle, as shown, lift the batteries and take them out.



Replace the batteries and close the battery cover.

Note: Only replace the batteries when the instrument is dry and with dry hands

Always replace the two batteries at the same time

- Keep out of reach of children and pets.
- Included batteries can be less than 100% full
- You can deposit used or discharged batteries at public collecting points

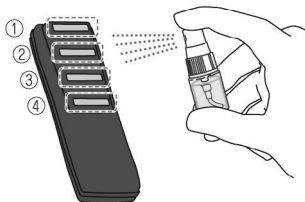
Moistening the electrodes

- Insert water in the spray bottle
- Moisten the 4 electrodes with water from the spray bottle



Note: Only use water to moisten the electrodes

- Always moisten the 4 electrodes before each measurement
- After measurement, wipe the instrument dry with a dry cloth and store the spray bottle for next usage.



When the display shows "Dry"; you will not be able to measure correctly.

Possible issues:

- the skin is keratinized
- there is too much dark hair at the measurement area
- the skin is dry

How to get good readings

- Do not measure directly after excessive eating and drinking, or when dehydrated.
- In order to see the trend; measure at the same time each day under the same conditions
- Do not measure directly after sauna or infrared bath or vigorous exercise.
- Wait 2 hours, then measure.
- Not for professional use (measurements at the hospital, etc.)
- Do not measure in bad physical condition (hangover, fever)
- Take the measurement while standing (not sitting)
- Do not move during the measurement
- Make sure the measurement area is well moistened
- If the measurement area is dry, the device can not measure
- Only press lightly during the measurement

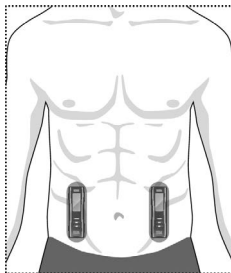


How to take a measurement

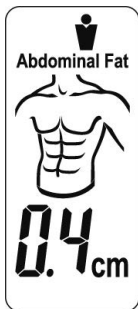
- Turn the power on
- The 6-pack Analyser gives a "Beep" sound
- Select a gender
- Press once on the gender selection button man (m), or woman (f)
- The 6-pack Analyser gives a "Beep" sound



- Now press the SET button and place the instrument with the 4 wet electrodes to the skin as indicated, at the side of your stomach, approx. 5 cm next to the navel



- The electrodes will start to measure. Keep the instrument in place until you have heard the “beep beep” sound. The measurement is completed and the result is shown.



Note

Always measure in a standing position.

All four wet electrodes have to make close contact with the skin.

Please do not push/press too hard against the device, press lightly

Keep on measuring until you hear the Beep Beep sound

If the 6-pack Analyser is not used for 60 seconds, it will turn off automatically

Results table

Through research Tanita has determined a 5 stage indication regarding the thickness of the subcutaneous fat. In order to get that cool six pack, you need to burn the subcutaneous fat that is attached to the top of the stomach.

When the subcutaneous fat is about 4mm the six pack becomes clearly visible (Tanita survey).

So measure, get motivated, train, diet and measure again.

Measurement in cm	Rating
0.3 - 0.4	
0.5 - 0.9	
1.0 - 1.4	
1.5 - 2.9	
3.0 - 5.0	

Note: If you measure more than 5.1cm, the display will show OVER, as it is over “5.0cm”

Specifications

Measuring technology	BI method (reactance technology) Liquid crystal display No. patented No. 5314099
Gender	Male / female
Display content	Abdominal subcutaneous fat thickness. Thickness of 0.3cm - 5.0cm (0.1cm units and 5 stage decision)
Power supply	DC6.0V Two CR2032 coin-type lithium battery
Dimensions	D138cm W44cm H26mm
Weight	90 grams
Main Material	PC / ABS, silicon rubber, stainless steel lens: PC
Battery life	About 6 months (when measuring three times a day)
Operating temperature	5°C - 35°C

Contents

- Instruction manual (with warranty)
- Water spray bottle
- Screwdriver
- Batteries
(Two CR2032 coin-type lithium battery)
- Warranty
1 year from the date of purchase

Note: Design and product specifications are subject to change without notice.

Useful information

The parts

Front
Display
Power on/off button
Gender selection button
Set button
Back
Electrodes (4)
Battery cover

Troubleshooting

Error sound: When the measurement area (the skin and the 4 electrodes) is dry, the 6-pack Analyser can not measure, you will hear an error sound. Use the spray bottle and moisturize the 4 electrodes
Measure again.

“Dry” is displayed

The skin or device is not sufficiently wet. Always perform measurement with wet electrodes.

“Over” is displayed

If you measure more than 5.1cm, the display will show OVER, as it is over “5.0cm”

The 6-pack Analyser is not working

Check that the batteries are placed correctly.
Check the orientation of the “ \ominus · \oplus ” of the battery.

“Low” is displayed

The batteries are exhausted. Promptly place 2 new batteries
Please replace the two CR2032 batteries

“Er” is displayed

This is a measurement error. Please measure again.

Check if the electrodes are dry, always measure with 4 moist electrodes.

Too much dark body hair; make sure to wet the measurement place well

Fluctuation in values after repeated measurement

Are the measurement conditions the same each time?

Is enough water sprayed on all 4 electrodes?

Precaution

Please read this manual carefully to avoid any harm to yourself or others

In order to prevent damage to this instrument, read the manual

Carefully read the text, for correct and safe usage

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 The device

Forbidden

This mark indicates actions that are prohibited.

Protection

This mark indicates instructions that must always be followed.

Please note

When not in use store the instrument in a safe dry place, away from children and pets

Warning

Keep this instrument, the batteries and accessories out of reach of children and pets
Keep the small parts out of reach of children and pets to avoid swallowing

Place the batteries as indicated.

Do not use this instrument when you have a Pacemaker or another electronic medical implant. The instrument passes a low level electrical signal through the body which may interfere.

Never use when pregnant

This instrument passes a weak electrical current through the body,

Please follow the instructions of a professional/expert for evaluation of diet and exercise plans

Weight loss and exercise by self-judgment can harm the health

Always follow the instructions in this manual

Caution

Keep this instrument out of reach of children and pets

Do not drop, there is a risk of injury.

Do not disassemble or modify, do not submerge in water

Do not use in bath or shower

Do not mix new and old batteries or different types of batteries at the same time

Do not give excessive shocks or vibrations to this instrument

Do not use in the vicinity of equipment that emits radio waves such as mobile phones and microwave ovens; there is a possibility that measurements are not accurate

If you have metal allergy symptoms, do not use this instrument, as the electrodes are made of stainless steel.

Handling, storage, cleaning

Do not place in water, do not submerge in water, this may cause malfunction.

Do not leave water droplets on the instrument for a longer period of time

Do not place in direct sunlight, this may cause deformation, discoloration and spots

Do not store near heating appliances or air conditioner

Do not use alcohol, hot water, thinner, benzene, etc. for cleaning. This may cause cracking, discoloration or failure or malfunction

When dirty, take a soft cloth with a minimum of water or a mild household detergent, wring, and gently wipe off.

After sales service

About the Warranty

The warranty period is one year from the date of purchase.

Please keep your receipt for warranty

For more information and contact details go to www.tanita.eu

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