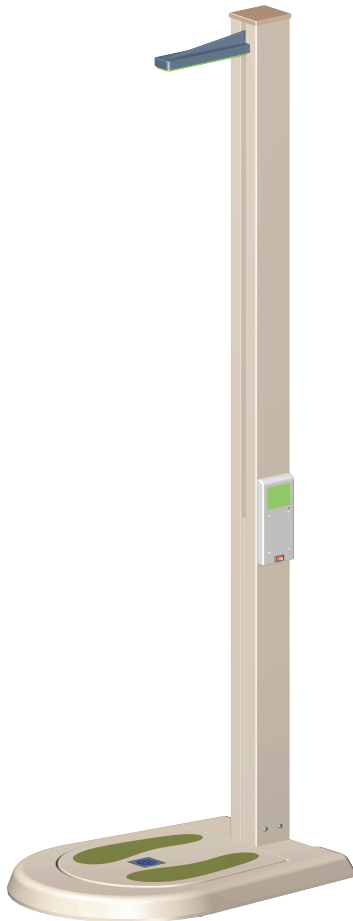


# Height, Weight & Fatness Measuring System

User's Manual for **DS-103**



# Contents

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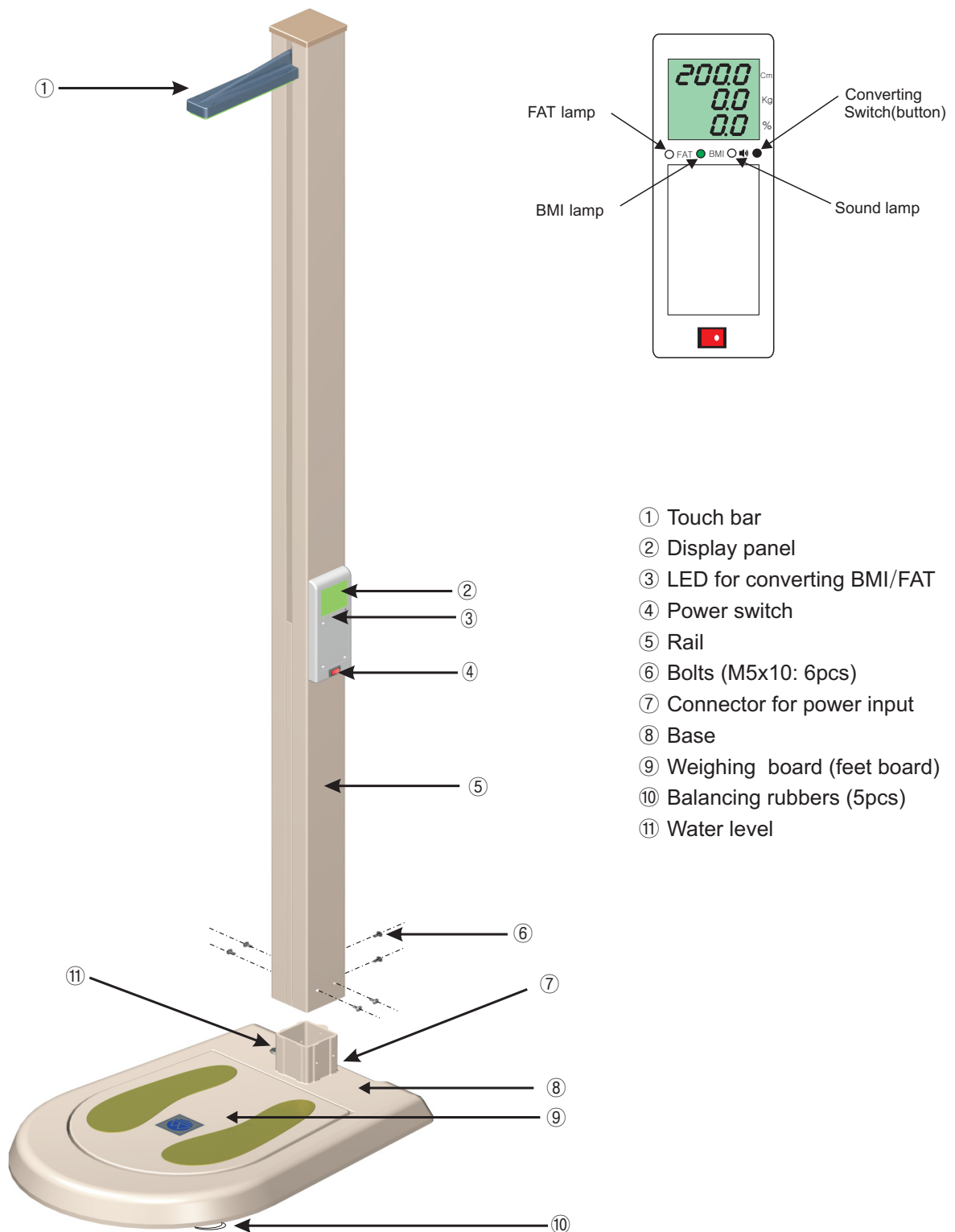
MODEL: DS-103

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# 1 Structures & Terms

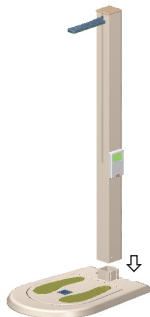


## 2 Assembling Procedures

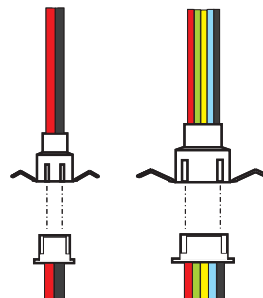


### Sequence

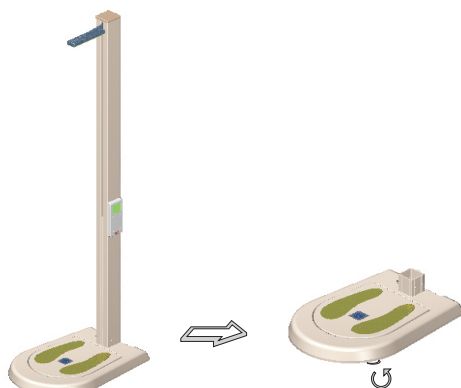
1. Insert a rail ⑤ to a base ⑧, then fasten with bolts.



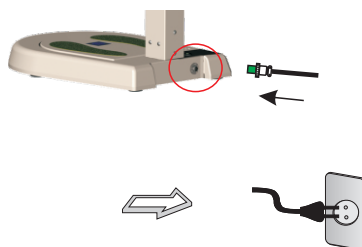
2. Lay down the body on its side and join 2 connectors in the bottom of a base, according to the same colors and shapes.




3. Adjust level with balancing rubbers ⑩.



4. Connect a power cord.



 Correct pose of a body

When stepping on a weighing board with right pose, touch bar will be running down automatically.

Please pay attention not to make any movement and not to lean over the rail while measuring.

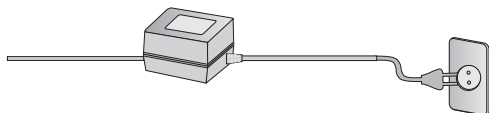


### 3 How to use

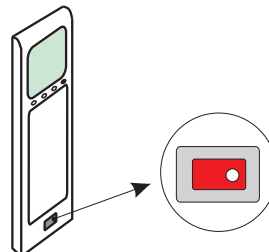


#### Measuring

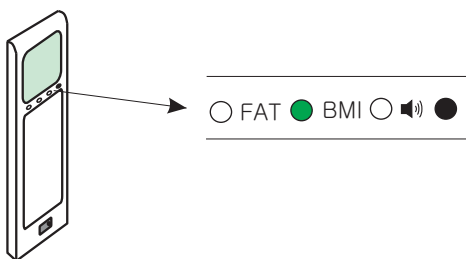
1. Connect DS-103 with power source using a power cord supplied (adaptor).



2. Turn on the power.



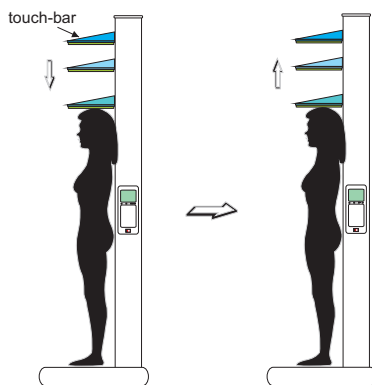
3. Check if BMI lamp is on. (by pushing button, the lamp of BMI or FAT will be on)



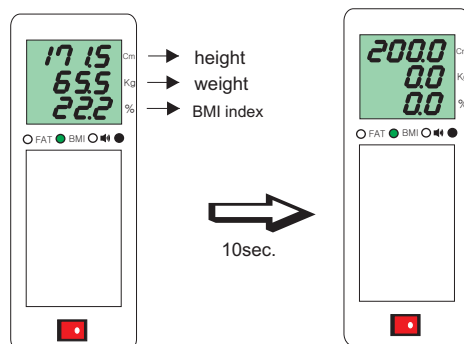
4. Stepping on a weighing board feet shape is marked on. (not to make much movement)



5. Measuring is completed when touch bar touches your head and goes up



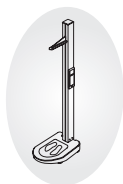
6. All of measured values will disappear about 10 seconds later.



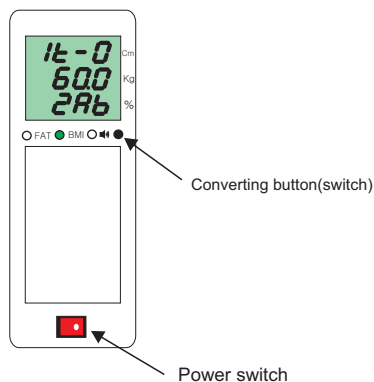
Caution

- If you move out while measuring, touch bar will be back on its first position.
- Please try not to make any movement while you are on the weighing board.
- Measured values will disappear about 10 seconds later.
- To use again, step on a board when there is no flickering in a display window.

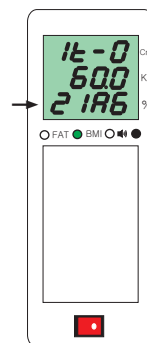
## 4 How to set (Initializing)



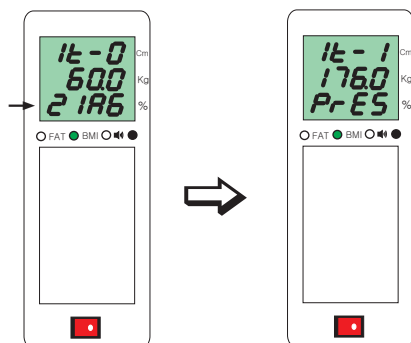
1. Turn the power off. While pushing the converting button, turn on the power. Then, release the button.



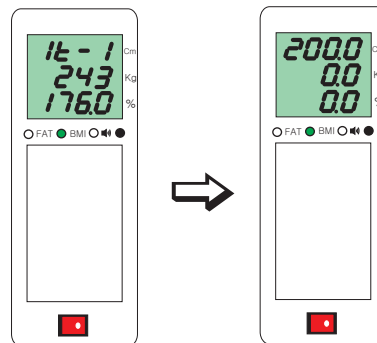
2. Put a 60kg-weight on weighing board. You can see the value (arrow marked) keep changing.



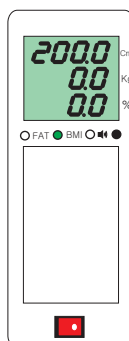
3. When changing time comes to slow, push the button.



4. Take off the 60kg-weight from weighing board, put a 176cm stick so that touch-bar can touch the top of the stick. Push the button for touch-bar to touch the stick.



5. Setting is now completed.

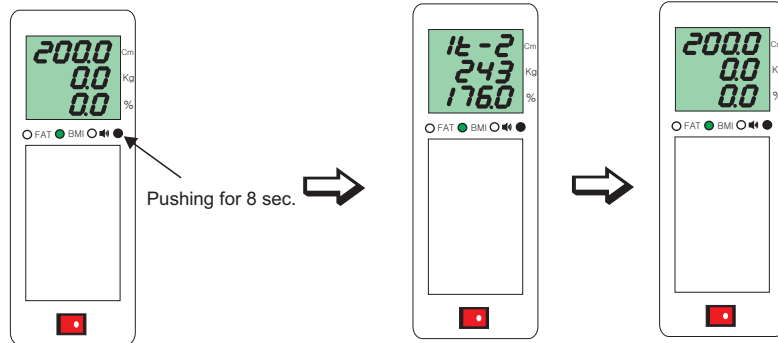


## 5 How to reset (correction)



### Height reset

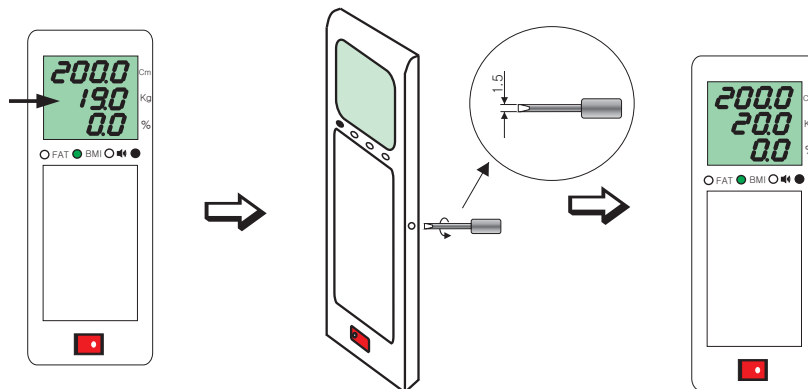
- ① Turn on the power.
- ② Put a 176cm stick on weighing board.
- ③ Keep pushing switch button for about 8 seconds.(touch-bar moves)
- ④ Height setting is now completed.



### Weight reset

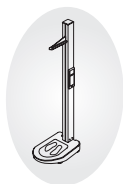
- ① Turn on the power.
- ② Put a 20kg-weight on weighing board.
- ③ Wait about 10 seconds, then adjust the volume that is on a side of the display. Turn the volume left or right using a small(1.5mm width) driver until the value(arrow marked) become same (20kg).

※ If you use a weight of 15kg, then the adjusted value should be 15kg. You can use any weight that has its weight range is between 11kg and 200kg, and adjusted value should be same as the weight's.



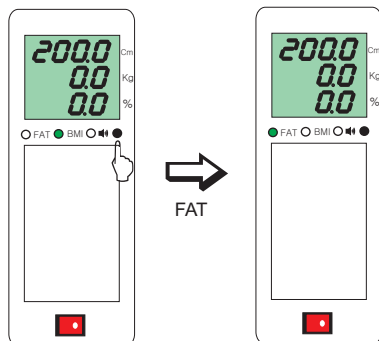
- Please do this reset only when DS-103 shows different values of weight or height
- If different values are still displayed regardless of upper procedure, it should be repaired by a special technician.
- Please pay attention not to use another way that is not commented on this manual.

## 6 Converting to BMI, FAT and Sound

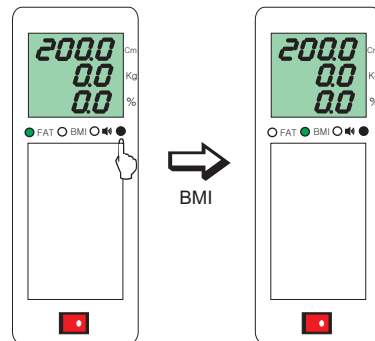


### BMI, FAT Converting

► Pushing switching button once, FAT lamp is on.

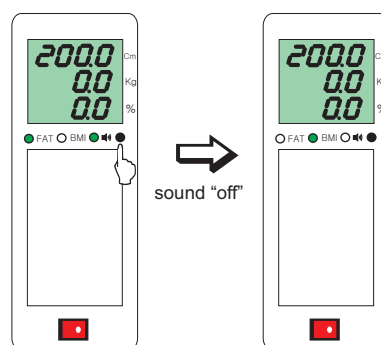
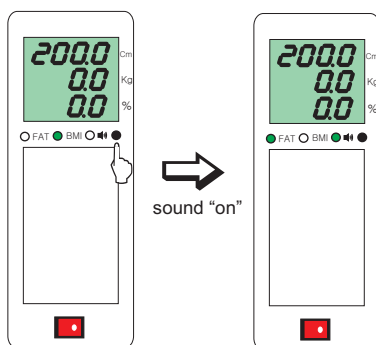


► Pushing switching button one more time, BMI lamp is on.



### Converting to sound function

► Pushing switching button for about 3 seconds, sound function will be active or inactive (🔊 lamp is on)



While sound function is active, when you step on weighing board, a message, "Measuring is beginning" will speak out. When you step out of the weighing board, you can hear the sound "Measuring is completed".

! Note: English version of this sound function is not available now. (only Korean)

## 7 BMI & FATNESS



### BMI Criterion

$$\text{BMI} = \frac{\text{Weight (Kg)}}{\text{Height}^2 (\text{m}^2)}$$

#### ◆◆◆ Adult ◆◆◆

under 20: under weight  
20 ~ 25: normal  
25 ~ 30: over weight  
over 30: obese

#### ◆◆◆ Baby ◆◆◆

under 15: under grown  
15 ~ 18: normal  
18 ~ 20: over weight  
over 20: obese

### Fatness Criterion

<Male only>

$$\text{Fatness} = \frac{\text{Weight}}{\text{Height}-100} \times 100(\%)$$

For the person whose height is over 130cm(4.26 ft)

under 100: under weight  
100 ~ 110: normal  
110 ~ 120: over weight  
120 ~ 130: Light fat  
130 ~ 140: Medium fat  
over 140: High fat (obese)

※ As fatness rate for female doesn't display in model DS-103, we recommend you to use only BMI at all times.

### Body mass index

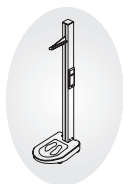
From Wikipedia, the free encyclopedia

The body mass index (BMI), or Quetelet index, is a statistical measure of body weight based on a person's weight and height. Though it does not actually measure the percentage of body fat, it is used to estimate a healthy body weight based on a person's height.

Due to its ease of measurement and calculation, it is the most widely used diagnostic tool to identify weight problems within a population, usually whether individuals are underweight, overweight or obese.

It was invented between 1830 and 1850 by the Belgian polymath Adolphe Quetelet during the course of developing "social physics. Body mass index is defined as the individual's body weight divided by the square of his or her height.

## 8 Trouble shooting



Touch-bar doesn't move at all

Make sure a power cord connection is loose or unplugged.  
Make sure you stepped on weighing board while display flicking.  
Please check the power switch is working well.

Touch-bar stopped in the middle of moving

Turn the power off and on again.  
Make sure nothing is on the weighing board area.

Height or weight values measured are different. (accuracy problem)

After turning off and on, try measuring 5~10 times more.  
Adjust level again.  
Reset height or weight according to the page 6 (correction).

Others

As it is sensitive system, please use in a fixed place, if possible.



Caution

This product is designed for AC220V only.  
Do not touch the power cord with wet hands.  
(Electric shock can be caused)

As it is sensitive, please do not impact against touch-bar.  
Please use in a measurable range.  
Only after finishing flickering, you can use the system.

Please be careful not to spill any liquid or something inflammable.  
Plug out before cleaning and do not use water, benzene, thinner or alcohol onto the product but only use dry duster.

## 9 Specifications

Item	Contents
Model	DS-103 (Fatness Measuring System)
Measurement	Height, Weight and BMI
Measurable range	Height: 90~200 cm (2.9~6.6 ft)
	Weight: 10~200 kg (22~440 lb)
Dimensions in mm	410x550x2190 (WxDxH)
Product weight	12kg
Voltage	AC220V, 50/60Hz (Adaptor: DC12V)
warranty	12Months

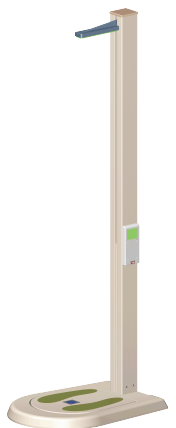


# JENIX



**DONGSAHN JENIX CO LTD.**

**DS-103**



285-1, Gung-dong, Guro-Gu, Seoul, Korea ● web: [www.jenix.co.kr](http://www.jenix.co.kr) ● e-mail: [jenix@jenix.co.kr](mailto:jenix@jenix.co.kr)  
● tel: ++82-2-2625-2222 ● fax: ++82-2-2625-2228