TANITA®
THE STANDARD

RD-545IM IRONMAN®

BLUETOOTH SEGMENTAL BODY COMPOSITION MONITOR WITH EXCLUSIVE MULTI-FREQUENCY BIA TECHNOLOGY
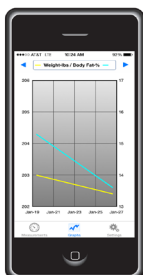
FDA Cleared "Multi-Frequency" BIA Technology

Integrated Bluetooth 4.0 long battery life allowing instant data transmission to your iPhone 4S and above or Android 4.4 and above
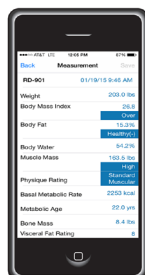
User recognition - just step on and the scale will start taking a measurement

26 Body Composition Measurements, including muscle quality score and heart rate

Graph　Measure

Free Tanita Healthy Edge® Mobile App

Automatically upload your measurements to Tanita Healthy Edge® Mobile App.

✓ **iPhone 4S or above**　　✓ **Android 4.4 or above**

Provides a powerful tool to track your progress with easy-to-read graphs and helpful assessments. Set your own targets and achieve your personal fitness and wellness goals.
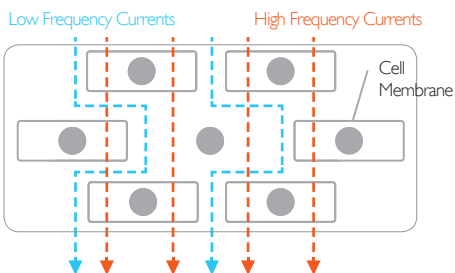
*RD-545IM Only Available in the USA

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Bluetooth Segmental Body Composition Monitor with Exclusive Multi-Frequency BIA Technology

Tanita is the World's First Company to use **multi-frequency** BIA in consumer scales. This advanced technology provides an additional level of accuracy to the body composition analysis process by providing essential data of a person's intracellular and extracellular status. Allowing us to analyze cellular structure, and determine the 'quality' of the muscle tissue, in addition to its mass. Both 'quantity' & 'quality' of muscles are important for achieving high levels of performance in many sporting events.

The RD-545IM provides an in-depth analysis of 26 body composition readings. Measurements include: weight, body fat, muscle mass, muscle quality score, physique rating, bone mass, visceral fat, basal metabolic rate, metabolic age, total body water, and BMI. The addition of the hand electrodes allows the RD-545IM to perform a segmental fat and muscle analysis of the arms, legs, and trunk. Analyzing the balance of muscle mass and muscle quality between the arms and legs is essential for athletes competing in speed sports such as biking and swimming.

A newly developed pulse measurement function provides a resting heart rate value that can be tracked along with body composition, linking cardiovascular health to body composition values and fitness.

Specifications:

- ✓ Capacity: 440lb (200 kg)
- ✓ Weight increments:
  0-200lb / 0.1lb, 200-440lb / 0.2lb
  0-100kg / 0.05kg, 100-200kg / 0.1kg
- ✓ Body Fat Increments: 0.1%
- ✓ 4 user memory
- ✓ Weight only function
- ✓ Guest Mode & Athlete Mode
- ✓ Power Supply: 4 x AA *(included)*
- ✓ Dimensions: 13.7" x 12.6" x 2.2"
- ✓ Weight: 6.1lb

Measurements Include:

- ✓ Weight
- ✓ Body Mass Index (BMI)
- ✓ Total Body Fat %
- ✓ Total Muscle Mass
- ✓ Total Body Water %
- ✓ Bone Mass
- ✓ Visceral Fat Level
- ✓ Metabolic Age
- ✓ Basal Metabolic Rate (BMR)
- ✓ Physique Rating
- ✓ Segmental Body Fat %
- ✓ Segmental Muscle Mass
- ✓ Segmental Muscle Quality
- ✓ Heart Rate

Low Frequency Currents   High Frequency Currents

Cell Membrane

What is "Multi-Frequency"?

Research has shown that using multiple bio-electrical impedance (BIA) frequencies provides essential data of a person's **intracellular** and **extracellular status**. This advanced technology allows greater accuracy when calculating body composition measurements, including muscle quality score.
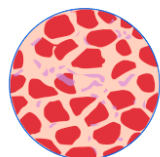
Muscle Quality Score

Muscle   Muscle Fiber
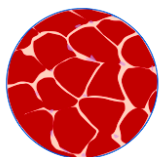
HIGH

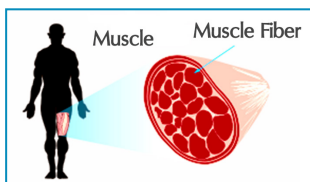Higher density of muscle fiber with little fat, water and connective tissue, etc.

⇨ **Maintain regular exercise to ensure your Muscle Quality stays within the healthy range.**

LOW

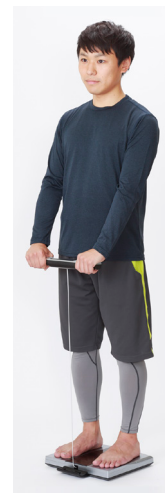Muscle fiber is thinner and fewer as compared with other substances

⇨ **Increase exercise on a regular basis to improve your Muscle Quality Score**

Exclusive NEW Technology!

Standing Heart Rate.
Track your heart rate along with your body composition.

Only on the RD-545IM

TANITA®
Monitoring Your Health