

Still using a traditional weight scale? Can it answer these questions?

- 1) Is your *metabolism* increasing or decreasing?
- 2) How effective is your *workout* routine?
- 3) How well *hydrated* are you?

The Tanita™ **IRONMAN™ BC-548**

will answer these questions,
plus many more.



Tanita and **IRONMAN** have joined forces to provide a superior level of detail to high-performance fitness monitoring. The **IRONMAN** name represents dedication to peak performance and athletic accomplishment. The **BC-548** being part of the co-branded line of monitors uses the most advanced technology available to examine total body composition for top tier athletes or those striving to take their performance to the next level.

Using FDA cleared Bioelectric Impedance (BIA) the **BC-548** will determine body fat %, body water %, muscle mass, basal metabolic rate (BMR) and analyze your physique; in addition to your weight. **Monitoring these values over time allows you assess the relationship of fat to lean tissue in your body as you adjust your nutrition and activity.**

No other product on the market today is as effective in checking the level of water in your body, **staying hydrated will keep your body feeling great and performing at its best.**

Body Composition Readings:

IRONMAN Readings:

✓ Weight	✓ Basal metabolic rate (BMR)
✓ Body fat %	✓ Muscle mass
✓ Body water %	✓ Physique rating

Functions:

- ~ 4 Person memory
- ~ Athlete mode
- ~ Weight only and Guest modes
- ~ Recall - weight and body fat%

Specifications:

- ~ Capacity: 330 lb (150kg) x 0.2lb (0.1kg)
- ~ Platform: 8 mm tempered glass
- ~ Power supply: 4 x AA Batteries (included)
- ~ Warranty: 3 years

The BC-548 is the perfect companion in your quest to achieve your fitness and health goals.