

TANITA

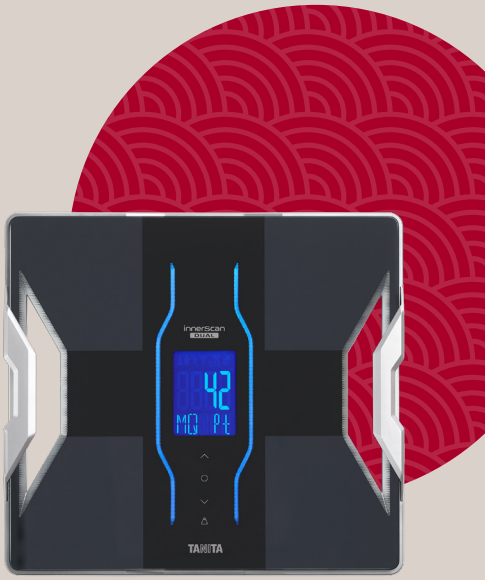
Healthy Habits for Happiness

# RD-953

## Smart body composition scale with unique muscle quality measurement

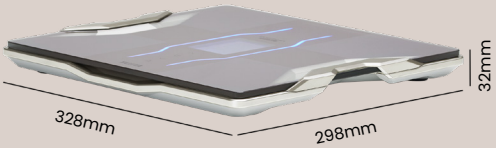
**The TANITA RD-953 is unique for its qualitative and innovative measurement of muscle quality. The body analysis scale gives the quality of your muscles a score, which also depends on age and gender. With this score you can work in a targeted way on improving your muscle quality. Quality is at least as important as the quantity of your muscle mass.**

Anyone who does a lot of strength training or wants to do so, will benefit greatly from the RD-953. The RD-953 helps to monitor the quality of your muscles, so you know exactly if and when it is good to pick up the weights.




### Key Features

- **Highly accurate** through dual frequency and 50 gram graduation in weight
- More than **10 body composition measurements**
- **Integrated** Bluetooth technology
- **3 years** warranty
- Connected through **free My TANITA App** for Android and iPhone
- **Recognition mode**, just step on
- **Color coded** indicators




### Measurements

- Weight
- Body Fat (%)
- Muscle Mass (kg)
- Muscle Quality (kg)
- Muscle Score
- Visceral Fat
- Total Body Water (TBW) %
- Basal Metabolic Rate (BMR) kcal
- Metabolic Age
- Physique Rating
- Bone Mass (kg)
- Body Mass Index (BMI)
- Measurements for children

### Colours

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MY TANITA

**www.tanita.co.uk**