

**TANITA®**  
THE STANDARD

# **BC-554 IRONMAN®**

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## *BODY COMPOSITION MONITOR*



*Tens of thousands sold  
over 8 years*

*9 full-body measurements*

*The highest standard,  
'Dare to Compare'*

*All the data needed to  
attain peak performance*

*Automatic scrolling of  
results*

**BC-554 IRONMAN®**  
*BODY COMPOSITION MONITOR*

Bring out your inner athlete with the BC-554 IRONMAN® Body Composition Monitor from Tanita. The BC-554 features an innovative design while giving you access to all the best information through FDA cleared Bioelectric Impedance Analysis (BIA) technology. Tanita's exclusive technology allows this monitor to not only measure weight and body fat, it also provides muscle mass, body water %, basal metabolic rate (BMR), metabolic age, bone mass, visceral fat and rates body physique! BIA is quick and non-invasive, and is one of the most thorough and reliable ways to measure body composition, clinically comparable to DXA (dual-energy x-ray absorptiometry) and hydrostatic (underwater) weighing.

The BC-554 is one of Tanita's bestselling body composition monitors. This is a great fitness tool to keep on display in your bathroom, it's as fashionable as it is functional. The platform has a weight capacity of 330 pounds, and operates for greater than 2 years on four AA batteries (included).

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**Measurements Include:**

- ✓ Weight
- ✓ Body Fat %
- ✓ Muscle Mass
- ✓ Physique Rating
- ✓ Body Water %
- ✓ Basal Metabolic Rate (BMR)
- ✓ Metabolix Age
- ✓ Bone Mass
- ✓ Visceral Fat Rating

**Specifications:**

- ✓ Capacity: 330lb (150 kg)
- ✓ Weight increments: 0.2lb (0.1kg)
- ✓ Body Fat Increments: 0.1%
- ✓ Power: 4 x AA batteries (included)
- ✓ 8 mm square glass platform
- ✓ 4 person memory
- ✓ Easy-to-read 2.25" LCD display
- ✓ Recall function: weight, body fat %, body water %, and muscle mass