

Preparation Before Use

1 INSERT THE BATTERIES

- 2 'CR2032' batteries are included with your scale.

2 YOUR SCALE IS SET AT THE FACTORY TO WEIGH IN POUNDS (LB)

- To switch to other units of please refer to the instruction manual.

3 SET THE SCALE IN THE RIGHT POSITION

- Use only on a flat and hard floor surface. Do not use on carpets.

4 START-UP THE SCALE

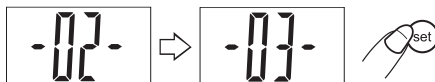
- Press firmly one time on the scale platform to start-up the scale. The display shows "0.0" and then turns off. The scale is ready for use.

Setting Up The User Profile Information

1. Press the "⏻" button to turn the scale on.

2. Set Memory

Press the "▲" or "▼" key to select a memory location (1-8 users). Press the "set" button to confirm.



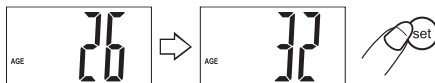
3. Select Height

Press the "▲" or "▼" key to adjust the height. Press the "set" button to confirm.



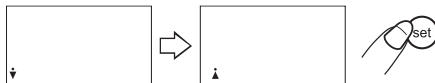
4. Set Age

Press the "▲" or "▼" key to adjust the age. Press the "set" button to confirm.



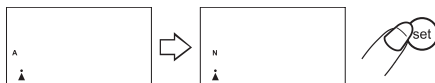
5. Select Gender

Press the "▲" or "▼" key to toggle between the male (♂) & female (♀) icons. Press the "set" button to confirm.



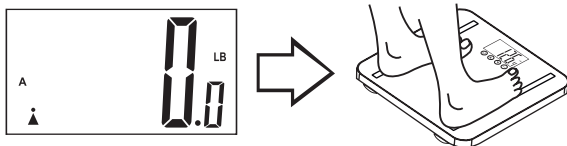
6. Select Normal or Athlete Mode

Press the "▲" or "▼" key to toggle between normal (N) or athlete (A) mode. Press "set" to confirm all settings.



7. Measuring

Then the scale shows "0.0". Step on the scale with bare feet and stand still while the weight is being measured.

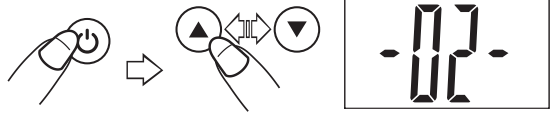


Repeat steps 1-7 to set other pre-programmed Memory Locations

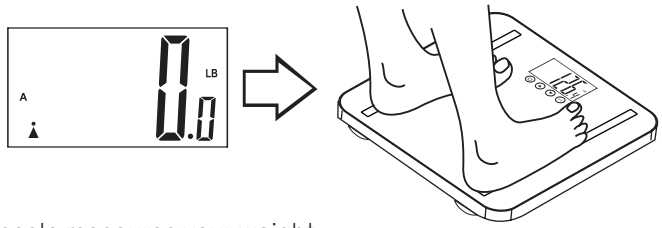
Using the Scale

You must have bare feet for estimation results. Remove your shoes and socks before proceeding. Clean, slightly moist feet will provide the best results.

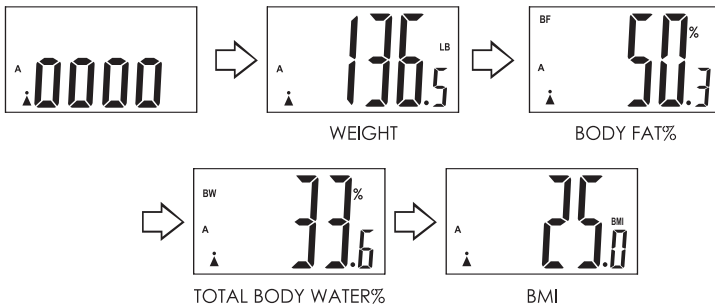
1. Press the "⏻" key to turn on the scale and use the "▲" or "▼" keys to select user memory.



2. Once the correct user memory is selected, the screen will display the height, age, gender and athlete/normal mode.
3. When "0.0" appears on the screen, step onto the scale with bare feet positioning them evenly on the scale platform with maximum contact with the metal electrodes.



4. Stand still while the scale measures your weight.
5. Your weight, body fat percentage, total body water percentage and BMI will display twice sequentially. The scale turns off automatically.



Couple of Reminders...

- After you programmed your personal data into memory the scale will recognize by your weight.
- Only reprogram if age, height, or weight has changed (+/-6.6 lbs/3kgs).

