Digital Body Fat Scale
Quick Set-Up Guide

We strongly recommend you read the chapters Safety Instructions and Operation in your User Manual before using your Body Fat Scale to ensure correct set-up and operation of your new Body Fat Scale.

INSERTING BATTERIES
- Open the battery compartment on the rear of the scale.
- Insert the 4 AAA batteries.
- Observe the polarity as shown by the diagram in the compartment.
- Close the battery compartment.

THE DISPLAY

Body fat level
Body muscle level
Age
Male user
Female user
Athletic mode
Display of weight

Body water level
Memory space
Weight in pound

ENTERING PERSONAL DATA

1 ) Select height

2 ) Select age

3 ) Select gender

4 ) Choose athletic mode (on/off)

5 ) Select desired memory preset number. If the selected memory space is already in use, the display shows "HAVE". Replace the chosen preset number or choose another.
**MEASURING WEIGHT, BODY FAT, AND BODY WATER**

To measure body fat and water you have to stand barefoot on the square measuring points on the scale where the electrodes are located. Your feet must be dry and not moist. Stand on the scale with straight legs and without bending your knees; ensure that your knees do not touch each other.

- Press the ON/OFF button. The most recently entered option flashes on the screen.
- When the option is flashing press the UP and DOWN buttons at the same time.
- Select the desired memory preset number. Use the UP button to select the uneven memory preset numbers and the DOWN button to select the even ones.
- Confirm your selection by pressing the SET button. A beep sounds. The saved values are displayed.
- Now stand on the scales and carry out the measurement. Notice that your feet should touch the stainless steel portion.

![Diagram](image)

**ERROR MESSAGES**

- **Lo**: The batteries are low and should be changed.
- **Err****: Error in measuring the weight (overtime). The scale could not measure the weight within 20 seconds. Repeat the measurement and ensure that you stand securely.
- **Err****: Incorrect use or unstable base. Take the measurement again.
- **Err****: The maximum weight (396 lb) has been exceeded.
- **Err****: Error in measuring the body fat percentage. Ensure that you are barefoot and standing securely.
- **Err****: Clean the soles of your feet with a dry cloth and carry out the measurement again; Message will also appear if the maximum body fat percentage has been exceeded.
- **Lo**: Battery level too low. Replace the batteries.

**SUPPORT**

Professional, friendly customer support

We're here to help you.
Please call us TOLL FREE at:
1-866-633-4660
if you have any questions or problems setting up or using your Body Fat Scale.

Customer Care Hours:
8:00 am - 12:00 am Central Time
7 Day/Week

The following is displayed on the screen in quick succession:

- **31.5 lbs**
  - **13.75 %**
  - **220x63.1 lbs**
  - **13.75 %**
  - **425x63.1 lbs**
  - **13.75 %**

Then the scale turns off automatically.