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

SELECTING THE WEIGHT UNIT
Changing the weight unit before weighing:
- Put a little weight on the scale by pushing your hand on the weighing area, but don't stand on the scale. "- - -" is shown in the display.
- Push SET to choose the desired unit kg, lb or St.
- Stand on the scale.

You can also set the weight unit permanently. For further details, please read the instruction manual.

MEASURING WEIGHT

The scales switch on automatically to simply give a weight measurement.
- Stand on the scales.
- The scales switch on automatically and measure your weight.
- The weight is displayed for around 5 seconds.
- The scales switch themselves off again automatically.

REFER TO THE USER GUIDE FOR MORE DETAILED INSTRUCTIONS

Helpline No. UK/Northern Ireland 0870 727 0370
Rep. Ireland 1 800 922 508
Web Support www.medion.co.uk
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