

General Programming

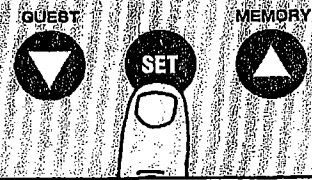
The unit will prompt you through the set up.
 The display will highlight the function and the unit will beep after each step has been completed.
 Use the Up/Down buttons to scroll through data.
 Use the Set button to store data.



Set and Store Data

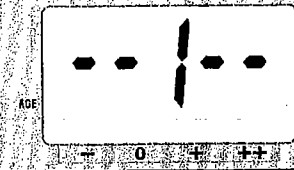
Turn on Power

Use the Set button to activate the unit.



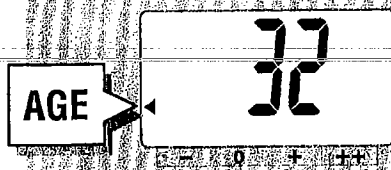
Select Personal Data Number

Personal data numbers store your personal data.
 Use Up/Down buttons to select a personal data number.
 Press Set.



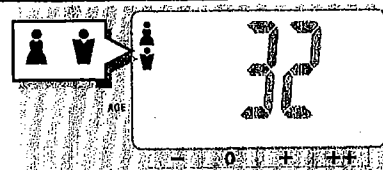
Set Age

Use Up/Down buttons to select age.
 Press Set.



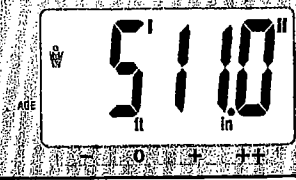
Select Female or Male

Use Up/Down buttons to select Female or Male.
 Press Set.



Specify Height

Use Up/Down buttons to select height.
 Press Set.



The unit will beep twice and the display will flash all data three times to confirm the programming. The power will then shut down automatically.

Warning

Do not use the body fat reading feature of this product if you have a pacemaker or other electronic implanted medical device.

