How to Use the Omron to Get Your Stats

1. Turn on Omron
2. Wait for Omron to Display 0.0 lb
3. Pick up Omron Handle (Do Not Step on Scale)
4. Press Guest ▲
5. Enter Age (Using ▲▼)
6. Click Set
7. Select Male or Female Icon (Using ▲▼)
8. Click Set
9. Enter Height (Using ▲▼)
10. Click Set
11. Step on Scale While Holding Handle on Metal Plates (See Image Below)
12. Wait for Scale to Display your Weight
13. Wait for Handle to Read your Body Fat % (You know it’s done when you see your weight again)
14. Press on Body Fat/Muscle to See your Body Fat %
15. Record your Numbers
16. If You Receive Error, Turn Off Omron and Repeat

- After you measure your weight.
- Raise your arms horizontally, and extend your elbows straight.
- Stand with your knees and back straight and look straight ahead.
- Step on the Main Unit bare-footed.
- Hold the display unit so that you can see the display.
- Extend your arms straight at 90° angle to your body.
- Make sure each of your heels is positioned on a heel electrode. Stand with your weight evenly distributed.