

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

