

# User Manual

WITH  
QUICK  
START  
GUIDE

ALDI guarantees that our exclusive brand products are developed to our stringent quality specifications. If you are not entirely satisfied with this product, please return it to your nearest ALDI store within 60 days from the date of purchase for a full refund or replacement, or take advantage of our after sales support by calling the supplier's Customer Service Hotline.

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Made in China

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AFTER SALES SUPPORT

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1300 470 038

MODEL: 64001 PRODUCT CODE: 55138 01/2017

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YEAR WARRANTY



## DIGITAL BODY ANALYSIS SCALE



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## Digital Body Analysis Scale

# Repair and Refurbished Goods or Parts Notice

Unfortunately, from time to time, faulty products are manufactured which need to be returned to the Supplier for repair.

Please be aware that if your product is capable of retaining user-generated data (such as files stored on a computer hard drive, telephone numbers stored on a mobile telephone, songs stored on a portable media player, games saved on a games console or files stored on a USB memory stick) during the process of repair, some or all of your stored data may be lost.

**We recommend you save this data elsewhere prior to sending the product for repair.**

You should also be aware that rather than repairing goods, we may replace them with refurbished goods of the same type or use refurbished parts in the repair process.

**Please be assured though, refurbished parts or replacements are only used where they meet ALDI's stringent quality specifications.**

If at any time you feel your repair is being handled unsatisfactorily, you may escalate your complaint. Please telephone us on 1300 470 038 or write to us at:

MCGLOINS-SUPERTEX PTY LTD  
PO Box 6847, Baulkham Hills BC, Baulkham Hills NSW 2153  
Telephone: 1300 470 038 Mon - Fri 8.30am - 5pm EST  
Email: customerservice@mstx.com.au

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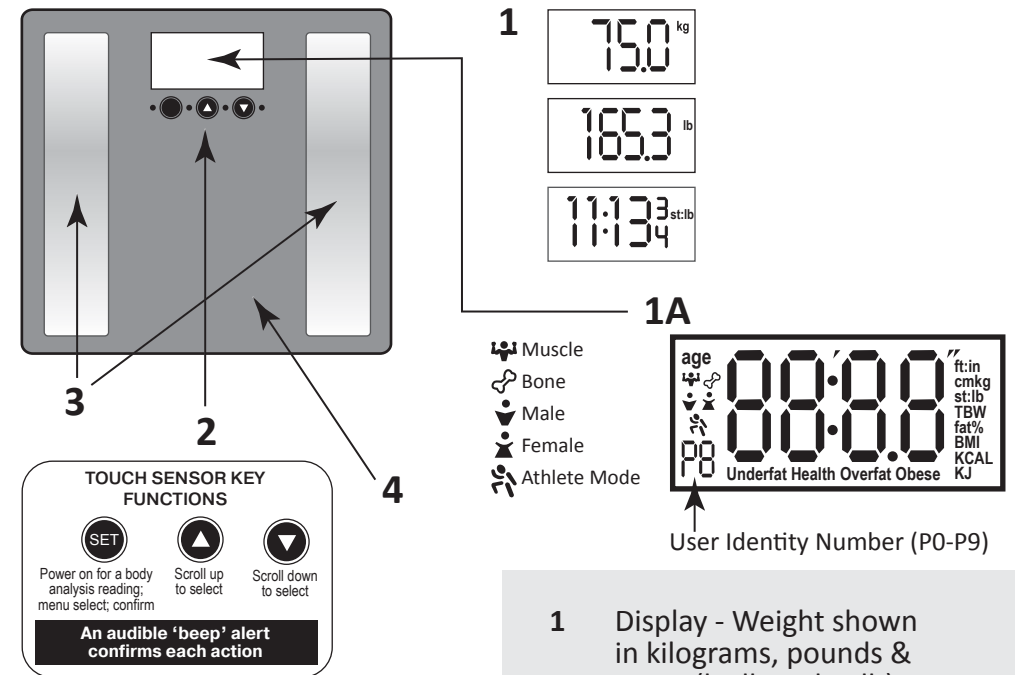
## Digital Body Analysis Scale Warranty Details

The product is guaranteed to be free from defects in workmanship and parts for a period of 12 months (dependant on product) from the date of purchase. Defects that occur within this warranty period, under normal use and care, will be repaired, replaced or refunded at our discretion. The benefits conferred by this warranty are in addition to all rights and remedies in respect of the product that the consumer has under the Competition and Consumer Act 2010 and similar state and territory laws.

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

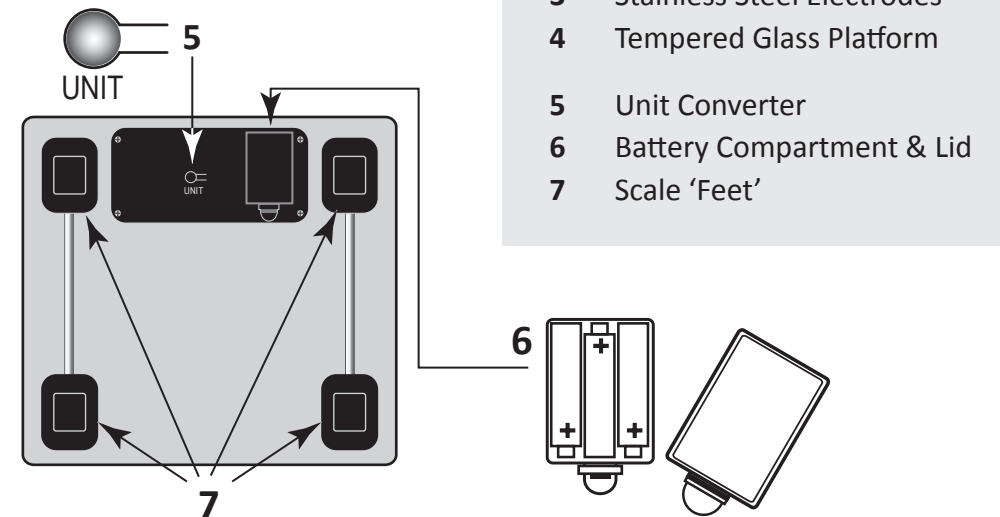


### SCALE COMPONENTS - Top



### SCALE COMPONENTS

- Base



# General Information

## Proper Use

This product is intended for personal household use, and is not intended for commercial, trade, industrial or medical use. **This Digital Body Analysis Scale is not a medical device, it is designed to provide personal readings for indication only. Do not use this scale as a substitute for medical attention. If you have any concerns regarding your health, consult your doctor before using the scale.**

## The User Manual

Remove the bathroom scale from the packaging and check that there has been no damage to the scale or individual parts. If so, refrain from using it, place all items back into its original packaging and contact the Supplier's Customer Service. Details are listed on the Box and the Warranty card.

Before attempting to use the Digital Body Analysis Scale for the first time, we recommend you read through the manual carefully and note the safety instructions and care and handling of the scale. Please also ensure that you keep this manual for future reference.

## Care for your scale

- When necessary, wipe the glass platform with a slightly damp cloth.
- Avoid the use of corrosive cleaners.
- Ensure that the glass top is kept dry as it could become slippery when wet.
- Do not immerse the scale in water.
- Handle the scale with care. Do not jump or pound on it.
- Do not attempt to dismantle the scale. It does not contain parts that may be repaired by the user.
- Do not subject the scale to extreme temperatures.
- Remove the battery if the scale is not being used for a long period of time.

## Battery Warnings

- Non-rechargeable batteries are not to be recharged.
- Only batteries of the same or equivalent type are to be used.
- Batteries are to be inserted with the correct polarity.
- Remove exhausted batteries from the product.
- Remove batteries from the battery compartment when not in use.
- Never throw batteries in a fire or attempt to open up their outer casing.

**BATTERY WARNING:**  
**INTERNAL BURNS / CHOKING HAZARD**  
Swallowing batteries may lead to serious injury or death (severe burns can occur within 2 hours).  
**IMMEDIATELY SEE A DOCTOR**

---

**Emergency Telephone Number**  
000  
**Poisons Information Centre**  
13 11 26

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**KEEP BATTERIES OUT OF REACH OF CHILDREN**  
*Dispose of batteries immediately and responsibly*

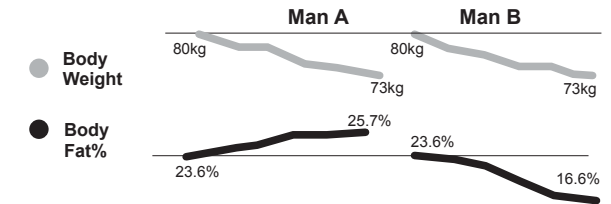
## Why Measure Body Fat and Water?

Obesity is the excess accumulation of fat in the body. Ordinary weighing scales will show if a person is heavy, but not if they are obese. For example, a heavy sportsman probably has a higher proportion of muscle to fat in their body and is not obese. To judge obesity, the amount of body fat needs to be measured.

Losing weight can increase body fat! **Men A & B in the chart below**, were the same height and had the same body fat percentage when they started to diet on a health programme. Each lost a total of 7 kilograms.

Although the results appear identical, Man A simply cut the number of calories he ate. He lost weight, but his body fat percentage actually increased!

Man B combined cutting calories with an exercise program. He lost the same amount of weight as Man A but more importantly, his body fat dropped.



As shown in the accompanying tables on Page 9, the percentage of body fat in the body can vary dramatically depending on gender and age.

## About Body Fat, Water, Muscle, Bone Mass Measurement, BMI and Recommended Daily Calorie Consumption

The EasyHome® Digital Body Analysis Scale applies Bioelectrical Impedance Analysis (BIA) for measuring.

In simple terms, a low electrical impulse (which cannot be felt) is sent through the body.

It passes more easily through fluids in muscle tissue & blood than through fat tissue, which has a higher electrical resistance. Using a formula and the information on your gender, height, age and your calculated weight, the scale is able to compute your body fat, water, muscle and bone mass content, BMI and the amount of calories required to maintain current body composition.

Proper hydration is essential for maintaining a healthy body and a good level of energy and concentration.

It is commonly accepted that if you feel thirsty, your body is already mildly dehydrated and you need to drink some fluid, preferably water. Monitoring your body water percentage helps you maintain a good level of hydration.

The bone mass reading is an estimate of the calcium content in the bones. It is not a precise medical figure and is only meant to give an indication of bone mass.

BMI is defined as the key index for relating a person's body weight to their height and correlates strongly (in adults) with total body fat content. It is a widely used diagnostic tool to identify weight problems and associated health risks. Some muscular people may have a high BMI without undue health risks.

The recommended daily calorie consumption displayed is for maintaining current body composition only.

It is not a recommendation of calories required to lose or gain weight, as this will vary with how much weight you want to lose or gain and your exercise level.

## Using a Body Analysis Scale

To get the most accurate readings, please take into account the following points:

- Take measurements more than 3 hours after waking up in the morning. During sleep in the prostrate position, water distribution changes in the body, so that electrical resistance in the arms and legs increases. Some movement is required after waking up to give a stable water distribution in the body.
- Take measurements more than 3 hours after a meal. It takes 2 to 3 hours for a meal to be digested and distributed in the body.
- Excessive drinking and eating causes the amount of water in the body to increase above the normal level, so take measurements more than 24 hours later.
- Excessive drinking of alcohol or excessive exercise will cause dehydration, so also take measurements more than 24 hours later.
- If the flesh of the legs touch together, a short circuit could result, so the user needs to put some thin form of insulation between the legs to make sure the current goes right up the legs and into the body.
- With the scale being used by many different people, it is advisable to wipe the foot pads clean with methylated spirits between each user.

In general, it is best to measure your body fat, water, muscle and bone percentage in the evening, preferably wearing only underwear, and without having partaken of excessive eating and drinking, alcohol consumption and exercise beforehand. Ensure that you make repeated measurements under the same conditions.

**Q My scale displays 'Err2' when I stand on it to get my body fat reading**

**A1** Once you have entered your personal data and you wish to find out your body analysis (ie. body fat, body water, BMI, bone mass etc.), you must stand on the scale barefooted, with no shoes, socks or stockings. Ensure your feet are correctly aligned with the stainless steel electrodes on the platform. If your feet are not positioned correctly on the electrodes or if you do not have bare feet, the scale will display 'Err2' and then switch off.

**A2** Another reason could be that your feet are very dry or you have cracked heels. Consequently there is insufficient contact between your feet and the electrodes and conduction is not taking place. Moisten your feet slightly with a warm face washer before you step onto the scale or use after a warm bath or shower. This will help the pulse go through to measure your body composition. Ensure you remove any excess water from the scale to prevent slipping or water entering inside the scale causing damage.

**A3** A 'short circuit' also results if the flesh of your thighs touch. Place some thin form of insulation' (like a piece of paper or cardboard) between to ensure the current goes right up the legs and into the body.

**Q I want to weigh in kilograms (kg) but the display has changed to stones and pounds. How do I change it back to kilograms?**

**A** You can select the unit of measurement when the scale is turned on by pressing the small 'UNIT' button located underneath the scale near the battery compartment. Turn the scale on by pressing very firmly on the platform or step onto the platform. When the 0.0 display shows, pick up the scale and press the 'UNIT' button underneath the scale – you will see the 3 different weight measures change in the display screen. When you see your preferred option, you can put the scale on to the floor and weigh as usual. The chosen weight option will remain unless you change it again.

**Q My scale has erratic differences in weight**

**A** If you are using the scale on carpet or a flexible floor material such as a chair mat, it will show different, inaccurate weights due to the instability of the floor. Please ensure you place the scale on a flat and level, solid surface.

**Q The display on my scale is blank, even after I have changed the batteries**

**A1** Ensure that the battery cover is tightened and closed securely. If the cover is not closed securely, it may mean that the batteries have been dislodged.

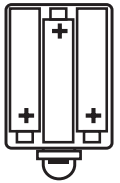
**A2** If your scale is using 3 x AAA batteries, you must ensure they are inserted in the compartment with the '+' terminals facing the correct direction. The scale will not receive power if battery installation has not been completed properly.

**Q My scale displays 'Lo'**

**A** The batteries need to be replaced. Replace with a fresh set of new batteries. Do not mix old and new batteries.

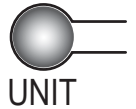
## Quick Start Guide

1. **Insert the 3 x AAA Batteries** (provided) in the scale compartment. Make sure the positive (+) and negative (-) terminals correspond with the markings inside. Close the cover securely.



2. **Turn the scale on** by placing it on a hard surface, then pressing firmly or gently stepping onto the platform.

3. **Select the unit measure** for kilograms (kg), pounds (lb) or stone pounds (St:lb). When the scale is still on, repeatedly press the 'Unit' button found on the base till you see the option you want. The chosen weight option will remain unless you change it again.



4. **For a simple weight reading**, place the scale on a hard, flat even surface then gently step onto the scale and keep still. The scale will display your weight and turn off automatically if left idle.

5. **For body analysis**, you must programme the scale by entering your personal details (eg. gender, whether you are a physically active person for Athlete mode, age, height). You must first select a personal user number (P0 - P9) and remember this for future use.

After every entry, press 'SET' to lock your details in.



'0.0' indicates that the scale is ready for measuring.

Once programming is completed, the scale shows 'zero' indicating it is ready to analyse your body composition.

Gently step onto the scale and remain still.

The scale will display your body fat, water, muscle percentage, bone weight, BMI and the calorie guide to maintain current body composition.

6. **To review your last body analysis results (Results Recall function)**, turn the scale on. Then find your personal user number by using the 'Up' or 'Down' Arrow keys. Once found, wait a second (DO NOT PRESS 'SET' THIS TIME). Your details will automatically display. The scale will then 'Zero' ready for you to step on for another body analysis reading. If left idle, the scale turns itself off.

7. **Frequently asked questions (FAQ)**

Please refer to pages 10 and 11 for further information

## OPERATING INSTRUCTIONS

Before attempting to operate the scale, please read the instructions carefully to familiarise yourself with the scale and its components. Please ensure that you follow each step for successful use of the scale's functions.

### Operating Modes

This body analysing scale has two operating modes:-

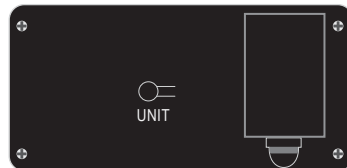
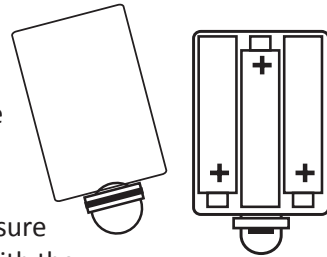
1. **WEIGHING ONLY**
2. **BODY ANALYSIS** for Body Fat, Water, Muscle, Bone Content, BMI and Recommended Daily Calorie Intake

*\*Personal data must be set for this function. This scale is able to store data including gender (male, female or male athlete or female athlete), height and age for 10 people].*

### Preparing Your Scale

1. Before attempting to use your Digital Body Analysis Scale, please remove all packaging.
2. Open the battery compartment cover on the base of the scale. Do this by placing your finger under the tab to lift and dislodge it.
3. Insert the 3 x AAA batteries (provided) – making sure the positive (+) and negative (-) terminals correspond with the markings. Then replace the cover securely.
4. Place the scale on a hard, flat, even surface such as a hard timber floor or flat tiles. **Do not** use on carpets, rugs or even chair mats as the scale will not give you accurate readings.
5. The scale can weigh in kilograms (kg), stones and pounds (st:lb) or pounds (lb). You can select the unit of measurement when the scale is turned on by pressing the small "UNIT" button located underneath the scale near the battery compartment.

Turn the scale on by pressing very firmly on the platform or step onto the platform. When the 0.0 display shows, pick up the scale and press the 'UNIT' button underneath the scale – you will see the 3 different weight measures change in the display screen. When you see your preferred option, you can put the scale on to the floor and weigh as usual. The chosen weight option will remain unless you change it again.



75.0 kg

165.3 lb

11:13 st:lb

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## SPECIFICATIONS

Tempered glass platform; LCD with backlight illumination  
Touch sensor keys with audible 'beep' alert

Two high precision strain gauge sensor strips

Capacity - 180kg / 397lb / 28st; Graduation - 0.1kg / 0.1lb  
10 person memory

Body fat percentage range 5 - 75%; Graduation 0.1%

Water percentage range 20 - 70%; Graduation 0.1%

Muscle range 15 - 75%; Graduation 0.1%

Bone weight range 1 - 11.7kg / 2.2 - 25.8lb

Age range 10 - 80 years

Height range 100 - 240cm / 3'3" - 7'2"; Graduation 1cm / 1"

BMI - <18.5 (underweight) to 30 - 39 (obese)

Athlete mode

Recommended calories required to maintain current body composition

Results recall

Step on Start

Powered by 3 x AAA batteries (included)

## FREQUENTLY ASKED QUESTIONS (FAQ)

### Q Is the Body Analysis Scale safe to use if you have a medical device or implant?

**A** Persons with pacemakers or other electronic medical implants should not use the scale. Persons with non-electronic medical implants may safely use the scale. Any metallic implant in your body could affect the body fat reading, giving a slightly lower than normal reading. However, since the metal will continue to have the same effect on the reading each time you use the scale, you can still use it to successfully track the relative change in body fat over time.

### Q My scale displays 'Err' when I stand on it to weigh myself

**A1** You might be standing on the scale before '0.0' is displayed. When the scale is switched off, quickly and firmly tap the centre of the scale platform with your foot to activate it. Wait a few seconds, then '0.0' will display. You should then stand on the scale – never stand on the scale before '0.0' appears.

**A2** The 'Err' message will also display if the weight on the scale exceeds the scale's capacity which is 180kg / 397lb / 28st. Remove the load immediately to prevent damage to the scale.

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## REFERENCE TABLE

Body Fat %									
Female	Under Fat	Healthy	Over Fat	Obese	Male	Under Fat	Healthy	Over Fat	Obese
AGE					AGE				
12 - 20	< 18	18 - 28	28 - 33	> 33	12 - 20	< 15	15 - 21	21 - 26	> 26
21 - 42	< 20	20 - 30	30 - 35	> 35	21 - 42	< 17	17 - 23	23 - 28	> 28
43 - 65	< 21	21 - 31	31 - 36	> 36	43 - 65	< 18	18 - 24	24 - 29	> 29
66 - 100	< 22	22 - 32	32 - 37	> 37	66 - 100	< 19	19 - 25	25 - 30	> 30

Body Water %			
AGE	Female	Male	Corresponding Hydration Level
< 30	66.0 - 59.9	66.0 - 60.5	Optimal Hydration
	59.8 - 56.4	60.4 - 57.1	Slight Hydration
	56.3 - 53.0	57.0 - 53.6	Moderate Hydration
	52.9 - 48.6	53.5 - 50.2	Dehydration
> 30	48.5 - 37.8	50.1 - 37.8	Severe Dehydration
	66.0 - 55.0	66.0 - 59.1	Optimal Hydration
	54.9 - 51.6	59.0 - 55.7	Slight Hydration
	51.5 - 48.1	55.6 - 52.3	Moderate Hydration
	48.0 - 44.7	52.2 - 48.8	Dehydration
	44.6 - 37.8	48.7 - 37.8	Severe Dehydration

Muscle %		
Female	Male	
> 34%	> 40%	Moderate

Bone Mass Normal Reading					
Female	Body Weight	Bone Weight	Male	Body Weight	Bone Weight
	Below 45kg	> 1.8kg		Below 60kg	> 2.5kg
	45 - 60kg	> 2.2kg		60 - 75kg	> 2.9kg
	Over 60kg	> 2.5kg		Over 75kg	> 3.2kg

Body Mass Index (BMI chart)			
Under weight	Healthy	Over weight	Obese
< 18.5	18.5 - 24.9	25.0 - 29.9	30 - 39

**BMI** is defined as the key index for relating a person's body weight to their height and correlates strongly (in adults) with total body fat content. It is a widely used diagnostic tool to identify weight problems and associated health risks. Some muscular people may have a high BMI without undue health risks.

**BMI = Body weight in kilograms ÷ height in meters squared.** The recommended daily calorie consumption displayed is for maintaining current body composition only. It is not a recommendation of calories required to lose or gain weight, as this will vary with how much weight you want to lose or gain and your exercise level.

**1 kilocalorie = 4.19 kilojoules; 1 kilojoule = 0.24 kilocalories**

### WARNING

**Do not use this product if you have a pace maker or other internal electronic devices. Artificial joints may contribute to a skewed reading but the scale can still be safely used.**

**Using the scale whilst pregnant: Whilst there is no known, documented health risk, we would advise pregnant women to use the body analysis scale for weighing only and use the full range of body analysis functions after delivery of the baby.**

The data tabled were gained by sampling and are only for reference. If you have any questions about your health, please consult your doctor.

### IMPORTANT:

If your body fat exceeds 75%, this scale cannot process any of the body analysis functions. In this case, use the scale for weighing only until body fat is reduced to below 75% of total weight.

## WEIGHING ONLY

1. This is a 'Step on Start' scale.
2. Gently step onto the scale making sure your feet are evenly apart, your weight is distributed evenly between your feet and you stand perfectly still. Movement, leaning backward or forward and not standing evenly will affect the accuracy of the weight displayed.
3. Stand still and steady and your weight will then flash up on the screen
4. If the scale is left idle, it will automatically turn itself off

### Overloading

If the scale is overloaded (over 180kg / 397lb / 28st), 'ERR' appears on the display. Remove the weight immediately or damage to the scale may occur.

### Low Battery Indicator

If you see 'LO' on the display screen, the batteries must be replaced. Remember, always use fresh, good quality lithium batteries

## BODY ANALYSIS

### Entering Personal Data for Body Analysis

(the digits P0 - P9 represent each of 10 users)

1. Press 'SET'.
2. At the bottom left of the screen you will see a personal user number flashing (if the number stops flashing, press 'SET' again).
3. Use the arrow keys to scroll through to choose a personal number (you can do this only when the number is still flashing).
4. Once you have selected your personal number, press 'SET' to lock it in. You must remember this number for your future body analysis.
5. Next, you will see the Gender/Athlete symbol flashing. You have four options:-  
Use the arrows to make your selection, then press 'SET' to 'lock' it in.

### TOUCH SENSOR KEY FUNCTIONS



Power on for a body analysis reading; menu select; confirm



Scroll up to select



Scroll down to select

**An audible 'beep' alert confirms each action**



An "Athlete" is defined as a person involved in approximately 12 hours of intense physical activity per week and who has a resting heart rate of approximately 60 beats per minute or less. The Athletic body has greater muscle mass and tends to be more dehydrated than the standard adult body, and will result in a higher body fat reading if measured in standard adult mode.

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- Next to program will be your age (10 - 80yrs). Use the arrows to scroll up and down to find your age. Press 'SET' to 'lock' it in.
- Last to program in is your height (100 - 240cm). Use the arrows to find your height, then press 'SET' to 'lock' it in. (If 'kg' was chosen as the measurement unit, then your height will be shown in 'cm'. If 'stone pounds' or just 'pounds' were chosen, then height would display in 'feet and inches').
- The programming of personal data is now completed. The scale then 'zeroes', indicating it is ready for use. You may step on it for a body analysis reading or...
- You may continue to enter data for another user or modify data (for example when you have a birthday) by repeating Steps 1 - 7. Remember that each other person will have a different identifying user number.  
**\* You cannot delete any personal number from the scale; you can only re-programme information in. The scale is pre-set with the age 30 and height of 170cm.**

## Weighing to analyse your body fat, water, muscle, bone content, body mass index (BMI) and recommended calories to maintain current body composition

**To ensure successful analysis, shoes, socks or stockings MUST be removed when using the scale**

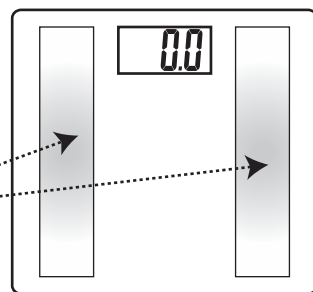
- Activate the scale on by firmly pressing the platform.
- The scale displays '0.0'. Immediately scroll the arrows to find your personal user number. **DO NOT press 'SET'.**
- Your pre-programmed personal details are shown and then 'zero' indicating it is ready for use.

4. Place the scale on the floor, then gently step onto the scale.

**Note that your bare feet MUST be centred over and on the electrodes (metal strips).**

Keep still whilst computation is in progress. Your weight will then flash on the display screen.

Continue next page

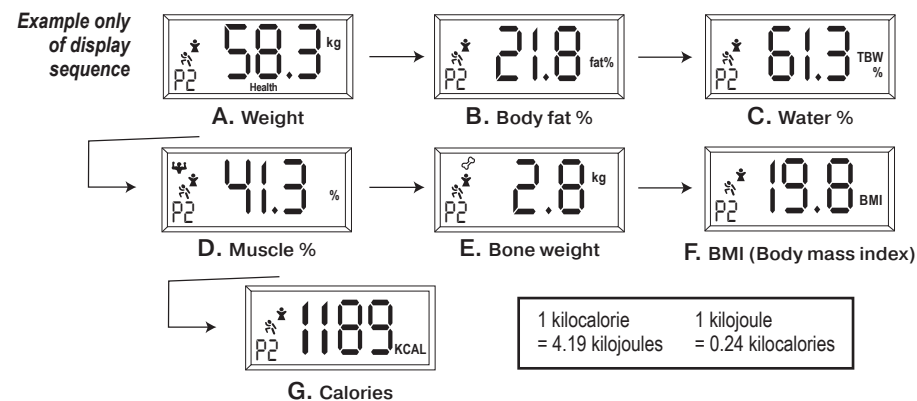


These electrodes allow a very low electrical impulse (which cannot be felt) to pass through the body. The scale applies Bioelectrical Impedance Analysis (BIA) to compute the measurements.

## Error Indication

'Err2' indicates that body analysis has been unsuccessful. If this occurs, please refer to 'Frequently asked questions' on page 10  
 'FATL' means that body fat content is less than 5%.  
 'FATH' means that body fat is more than 75%.

- If there are no error indicators, continue to stand still for your other information to be displayed which will be in this order:-  
 Body fat, water, muscle percentage, bone weight, BMI, followed by the recommended daily calorie intake to maintain this body composition. This will be displayed 2 times sequentially.



- The scale automatically turns off after that.

## Last Results Recall Function

After measuring weight, body fat, water, muscle, bone, BMI and kilocalories, the scale automatically stores the data into memory

- To view these results, press firmly on the scale to turn it on, then use the arrow keys to select your personal user number (DO NOT press 'SET' after that). The scale will scroll through your last recorded measurements.
- It will then display 'zero' ready for use again.
- When you re-measure yourself, the scale will record the new results and this will replace the old data.