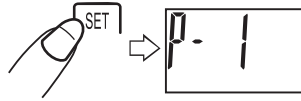


I Want To Use My Scale!

You must have bare feet for estimation results. Remove your shoes and socks before proceeding. Clean, slightly moist feet will provide the best results.

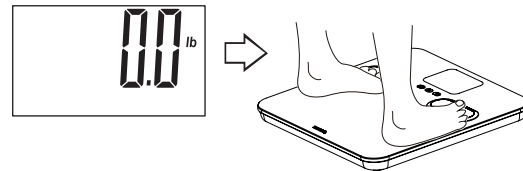
1. Press the "SET" button to turn the scale on. A memory number (P1-P10) blinks.



2. Press the "▲" or "▼" buttons until your memory number appears. Wait for the screen to show "0.0".

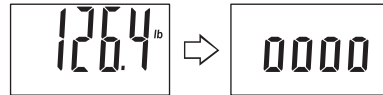


3. When "0.0" appears on screen, step on the scale with bare feet, positioning your feet evenly on the scale platform with maximum contact with the metal electrodes.



4. Stand still while the scale measures your weight.

5. Your weight will display for 2 seconds, and then the scale will begin to estimate your body composition. The screen shows a moving zeros pattern ("0000") while estimating. Continue to stand still on the scale.



6. After a few seconds, your BMI, body fat %, body water %, muscle mass % and weight estimates will display.



BMI

BODY FAT%

TOTAL BODY WATER%



MUSCLE MASS%

PREVIOUS WEIGHT

WEIGHT DIFFERENCE

7. The results are repeated, and then the scale will turn off automatically.

QU5790FD
1.21 WC

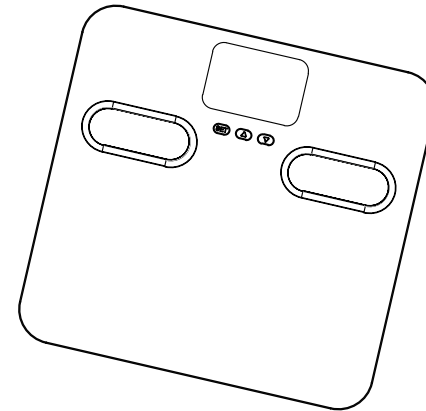
MODEL # 5790F

TAYLOR

Body Composition Scale

with Body Fat, Body Water, Muscle Mass & BMI

QUICK USE GUIDE



CUSTOMER SERVICE INFORMATION PLEASE READ!

For questions regarding this product, please contact us at:

TAYLOR division of Lifetime Brands, Inc.
2220 Entrada Del Sol, Suite A | Las Cruces, New Mexico 88001 USA

1-866-843-3905 | www.taylorusa.com

Email: taylorusa@lifetimebrands.com

We value your thoughts on our product and services. Please post an on-line review to help us continue to meet your needs and expectations.

Please contact us before returning to retailer.

Welcome to the Body Composition Scale

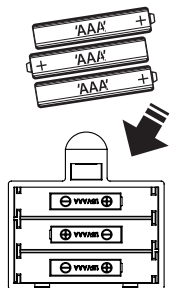
This product is designed to test the body fat, hydration, and muscle mass. The scale is to assist with keeping a close eye on the daily change of your body fat, hydration, muscle mass, BMI and weight. The body composition scale also is equipped with "Athlete Mode" for athletes whose body is built different than non-athletes. Please note that body fat percentages can vary through out the day and day by day. Do not compare your results with other methods. The key is to use one method of calculating composition consistently and track those results with the same device overtime.

Carefully read the instructions before use.

Preparation Before Use

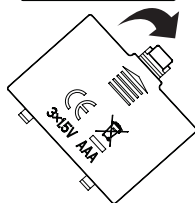
INSERT THE BATTERIES

1. Insert the 3 'AAA' batteries (included).
2. Remove any plastic wrap from the batteries before installing.
3. Place the batteries into the battery compartment according to the "+" and "-" polarity symbols in the battery compartment.
4. Replace the battery compartment cover and screws if applicable.
5. If you do not intend to use the scale for a prolonged period of time, it is advisable to remove the batteries before storing.
6. Do not mix old and new batteries.



WEIGHT UNIT SETTING

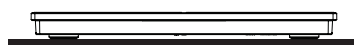
- Your scale is set at the factory to weigh in pounds (lb).
- While the scale is on and press the "kg lb st" button at back of the scale to convert weight unit if needed.



- Some models have a static cling label on the LCD lens to prevent scratching. Remove before use.

SET THE SCALE IN THE RIGHT POSITION

- Always use the scale on a flat and hard floor surface. Do not use on carpets.

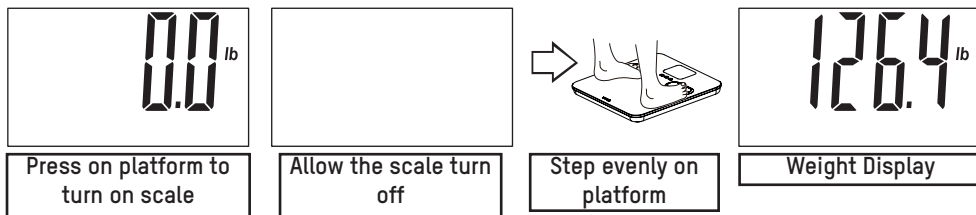


START-UP THE SCALE

- Press firmly one time on the scale platform to start-up the scale. The display shows "0.0" and then turns off. The scale is ready for use.



Note: If you move the scale at all, please repeat the steps above for best accuracy.



Please NOTE:

Select your Activity Level according to the following guidelines:

Level-1 Sedentary / Very Inactive: little or no exercise

Level-2 Limited Activity: exercise/sports 1-3 days a week

Level-3 Moderate Activity: exercise/sports 4-5 days a week

Level-4 Very Active: exercise/sports 6-7 days a week

Level-5 Extremely Active: physically demanding exercise/sports or athletic training

I Want To Enter My Information So I Can Use My Scale!

1. Press the "SET" button to turn the scale on.



2. Select a Memory

Press the "▲" or "▼" button to choose a memory number (P1-P10 users). Press the "SET" button to select the displayed memory number. A gender / athlete mode icon blinks.



3. Select Gender/Athlete

Press the "▲" or "▼" button to toggle between male (♂) / male athlete (♂ with running shoes) / female (♀) / female athlete (♀ with running shoes). Press the "SET" button to confirm. An Activity Level number blinks.



4. Select an Activity Level

Press the "▲" or "▼" button to choose an Activity Level (1-5). Press the "SET" button to select the displayed activity level. The height digits blink.



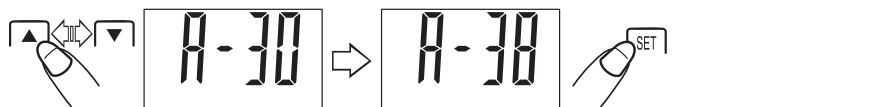
5. Enter Your Height

Press the "▲" or "▼" button to increase/decrease the height digits. Press the "SET" button to select the displayed height. The age digits blink.



6. Enter Your Age

Press the "▲" or "▼" button to increase/decrease the age digits. Press the "SET" button to select the displayed age.



7. The scale shows a dash pattern ("----"), then "0.0". The scale will automatically shut off after a few seconds. Your personal information is saved in memory. Note: You may step on the scale for a reading with bare feet when "0.0" appears on the screen.



Repeat steps 1-7 to set other pre-programmed Memory Locations

DON'T FORGET YOUR MEMORY LOCATION NUMBER!

You will need to know this number every time you take an estimation.