



STEP 1: PRESS BUTTON #3 (AUTO/BMI) UNTIL THE NUMBER 1 IS DISPLAYED IN THE AUTO MODE DISPLAY. 1 IS FOR MALES AND 2 IS FOR FEMALES. PRESS BUTTON #4 (TIME) TO SELECT GENDER.

STEP 2: PRESS BUTTON #4 (TIME) TO SELECT AGE, USE BUTTON #5 TO INCREASE THE AGE AND BUTTON #6 TO DECREASE THE AGE. WHEN YOUR AGE IS DISPLAYED IN THE TIMER DISPLAY, PROCEED TO STEP 3.

STEP 3: PRESS BUTTON #4 (TIME) TO SELECT HEIGHT, USE BUTTON #5 TO INCREASE THE HEIGHT AND BUTTON #6 TO DECREASE THE HEIGHT. WHEN YOUR HEIGHT IS DISPLAYED IN THE TIMER DISPLAY, PROCEED TO STEP 4. (KEEP IN MIND, THE EURO BODY SHAPER MEASURES YOUR HEIGHT AND WEIGHT IN METRICS) ATTACHED IS A CONVERSION TABLE FOR YOUR CONVENIENCE.

STEP 4: PRESS BUTTON #4 (TIME) TO SELECT WEIGHT, USE BUTTON #5 TO INCREASE THE WEIGHT AND BUTTON #6 TO DECREASE THE WEIGHT. WHEN YOUR WEIGHT IS DISPLAYED IN THE TIMER DISPLAY, PROCEED TO STEP 4. (KEEP IN MIND, THE EURO BODY SHAPER MEASURES YOUR HEIGHT AND WEIGHT IN METRICS) ATTACHED IS A CONVERSION TABLE FOR YOUR CONVENIENCE.

STEP 5: PRESS BUTTON #4 (TIME) AND PLACE BOTH HANDS ON THE SENSORS ON THE HANDLE BARS AND YOUR BMI WILL DISPLAY IN THE TIMER LED DISPLAY.