




HOW TO WORK YOUR WARRIOR® DIGITAL BODY MASS CALIPER

There are 3 buttons for users on the left side of the display: UP , DOWN , and ENTER . UP and DOWN are used to change the measurements that you enter. ENTER is the center button and also functions as the ON / OFF button.

TURNING THE UNIT ON AND OFF

To turn the unit on or off, hold ENTER for about 1 second.

AFTER YOU TURN ON THE UNIT – FLASHING HEADINGS

After turning the unit on for the first time, headings and information will appear for GENDER (M), AGE (25), and WEIGHT (155 LB). WEIGHT will be flashing.

NOTE: When turning on the unit for the second time, the previous entries will appear.

CHANGING AND CONFIRMING THE ENTRIES

When the first digit of each entry flashes, use the UP or DOWN buttons to change or the ENTER button to confirm your selection. When you confirm your selection, the unit will advance to the next entry or digit to change.

NOTE: If you do not need to change an entry, just press ENTER to move to the next selecti

WARRIOR DIGITAL DISPLAY

gender	age	weight
M	25	175 lb
		180
Fat%	20.1	LBM
		139
	24.7	135
Upper	Middle	Lower
22	25	23
28	32	28

Current Weight
Last Recorded Weight
Current Body Fat%
Last Recorded Body Fat%
Current Lean Body Mass
Last Recorded Lean Body Mass
Current 3-Site Measurements
Last Recorded 3-Site Measurements

CHANGING YOUR WEIGHT

When WEIGHT is flashing, press ENTER, then LB (pounds) will flash. Your first choice is to confirm that you want pounds or kilograms. If you want to keep the unit in LB, press ENTER. To change LB to KG, use the UP or DOWN buttons and confirm it by hitting ENTER. Then, the first digit of weight will flash.

Change each digit of your weight by using the UP or DOWN buttons. After each selection, press ENTER to confirm your selection. After your weight is entered, WEIGHT will flash again. You can then use the UP or DOWN buttons to scroll to AGE or GENDER. **Also, the previous weight that was last used to measure will appear in smaller type just below your current reading.**

CHANGING YOUR AGE

To change your age, use the UP or DOWN buttons to move across the top of the display until AGE flashes. Press ENTER and the first digit of AGE will flash. To change each digit of your age, use the UP or DOWN buttons. After each selection, press ENTER to confirm your selection. After your age is entered, AGE will flash again.

CHANGING YOUR GENDER

To change your age, use the UP or DOWN buttons to move across the top of the display until GENDER flashes. Press ENTER and M or F will flash. To change, use the UP or DOWN buttons. After your selection, press ENTER to confirm your selection, and GENDER will flash again.

TAKING A MEASUREMENT

At any time, you can begin to take a measurement. Simply squeeze the caliper arms together until the tips touch, then immediately release, triggering force sensors built into the tips. The unit will "beep," and will be in measurement mode. UPPER will flash near the bottom of the screen, indicating that you can start taking measurements. Note that the unit must have your age, gender, and weight entered to calculate correctly.

You will first take an UPPER measurement, following the instructions suggested above on taking skinfold measurements. At the same time, the previous readings from memory for UPPER, MIDDLE, and LOWER will appear at the bottom of the screen.

NOTE: CHANGING A MEASUREMENT

Once you take a measurement, you can press the UP button to reset it and take another reading (this is a good idea to get used to the unit, or to take several measurements for consistency, as recommended earlier).

- 1) Take your UPPER measurement. To accept it, press ENTER and MIDDLE will flash.
- 2) Take your MIDDLE measurement. To accept it, press ENTER and LOWER will flash.
- 3) Take your LOWER measurement. To accept it, press ENTER and the results for Body Fat % and Lean Body Mass will be flashing. Also, the previous results for Body Fat % and Lean Body Mass are displayed in a smaller type, just below.

NOTE: PERSONAL TRAINER, PROFESSIONAL, OR MANUAL MODE

If you are an advanced user or personal trainer and have or use other body fat measurement sites and formulas, you can use the unit to digitally measure skinfold thickness. Just press the UP button after any measurement to reset it. You can manually record the information

SAVING MEASUREMENTS

When the results are flashing, you must choose to save or discard the readings. Press ENTER while the results are displayed. SA. ? will appear in the display. Press the UP or DOWN button so YES or NO flashes. Press ENTER to select your choice. The unit will then return to the opening display screen, with WEIGHT flashing.

NOTE: If you change your mind after SA. ? is displayed, press DOWN and NO will be displayed. Press ENTER and the unit will return to the opening display screen without saving the results.

NOTE: Results can be saved for 1 MALE and 1 FEMALE user for LB or KG.