

Proper Posture Gives the Most Accurate Results

- Step on the scale with BARE FEET
- Stretch both arms and spread them 30 degrees from the body
- Press start buttons with thumbs for 2-3 seconds*
- Once started, release start buttons. Hold the same posture until testing is complete
- Do not speak or move during testing
- The measurement will stop if contact is not made with all eight electrodes

*not required on D1000 model

