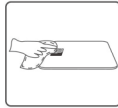
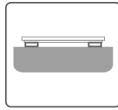


## Care and maintenance

- Always keep the scale horizontal, placed on flat, solid surface
- Never hit or drop the scale
- Do not place heavy objects on scale when not in use
- Do not overload as this may damage sensor
- Treat the scale with care as it is a highly precise electronic instrument
- Do not immerse the scale in water
- Do not place the scale in wet or hot conditions
- Clean the scale with a soft, damp cloth.  
Do not use chemicals or harsh abrasive cleaners
- Do not use with wet feet to avoid slipping
- Keep the scale surface dry and do not use it on a slippery floor
- This scale is not intended for commercial use



## Batteries

- If the scale is not to be used for long periods, it is recommended to remove the batteries to avoid damage to the scale due to possible battery leakage
- Keep the batteries out of reach of children
- Do not mix old and new batteries
- Do not heat or expose the batteries to fire
- Waste batteries should not be disposed of with household waste
- Check with your local authority for battery recycling advice



Go to [www.gofit.com](http://www.gofit.com) for product information.  
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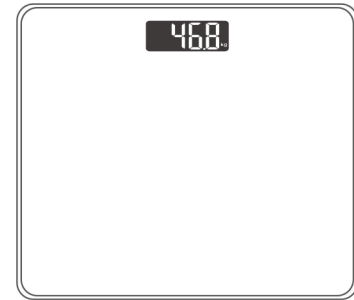


Waste electrical products should not be disposed of with household waste. Please recycle where facilities exist. Check with your Local Authority or retailer for recycling advice.



# Digital High-Capacity Scale

## Operation Manual



Please read the instructions carefully before operating.

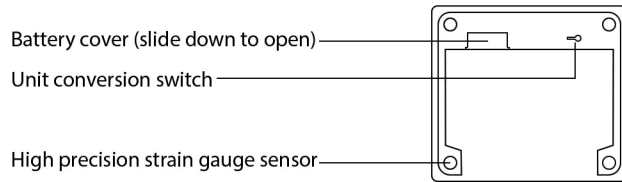
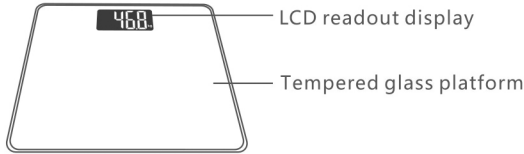
## Product Specifications

Product size	11.75 x 11.75 x .875 inches (30 x 30 x 2.2 cm)
Power	2 x 1.5V AAA batteries
Display	LCD readout display
Max Capacity	397lb (180kg) approximately
Division	0.2lb (90g)
Minimum effective weight	18lb (8kg)

## Product Features

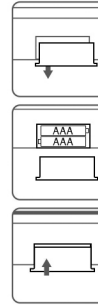
- Auto on/off
- Auto zero resetting
- Weight units: lb, kg
- Low battery/overload indication

## Product Details



## To Insert or Replace Battery

1. On the base of the scale, gently remove the battery cover as per the arrow direction shown
2. Insert 2 x AAA batteries into the compartment, observing the polarity markings in the base
3. After inserting the batteries, replace the battery cover and push the cover backward into place



Please note: Be aware that incorrect polarity may cause permanent damage to the electronic parts.

## Operation

1. Place the scale on a solid, level surface
2. Gently step onto the scale and it will turn on automatically. Once a steady reading is taken the display will flash to indicate final weight.
3. The scale will turn off automatically after approximately 8 seconds of no operation.



Please note:

- Placing the scale on carpet or similar soft surface will cause an inaccurate reading.
- Keep your balance when weighing—stand steady and straight.

## Unit Conversion

Choose measurement units of kg (kilograms) or lb (pounds).

1. Briefly stand on scale to activate.



2. Locate the unit switch key in the upper right of the scale's back side. Press the key to select desired unit; it will appear in the display to the right.



## Error Indication



The "Lo" symbol on the display indicates that the battery power is running low. Please replace batteries.



The "Err" symbol on the display indicates that the scale is overloaded. Please step off the scale to avoid possible damage to the product.



If the "C" symbol is shown on the display as you step off the scale, it indicates that an error in reading has occurred. Please step back and on to weigh again.

