

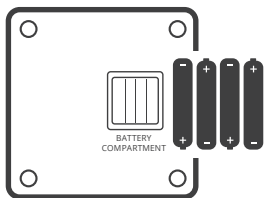


HOW TO USE YOUR MZ-20 HOME SCALE



step 1

Remove the MZ-20 from the box.

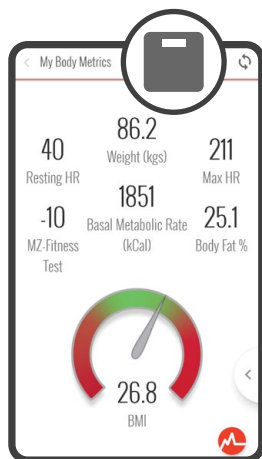
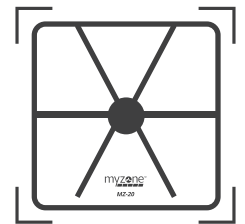


step 2

The batteries will be included within the packaging, undo the batteries from the wrapping. Remove the door of the battery compartment and install the enclosed batteries.

step 3

Place scale on the ground on an even tiled / firm surface.

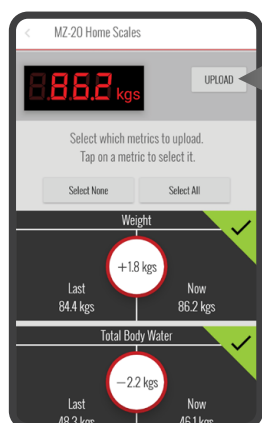
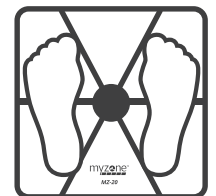


step 4

- Ensure Bluetooth is active on your phone.
- Migrate to the My Body Metrics page in the Myzone App.
- Tap the scale icon on the top of the app.

step 5

Step on the scale until you see the upload notification (000's scrolling).



step 6

- After biometrics have been transferred, tap the "Upload" button to save data.
- Swipe the arrow to the left to see historical data.

Download the Myzone App from the App store, you will be required to set up a Myzone account to see the full results. If you require further support please email clubsupport@myzone.org