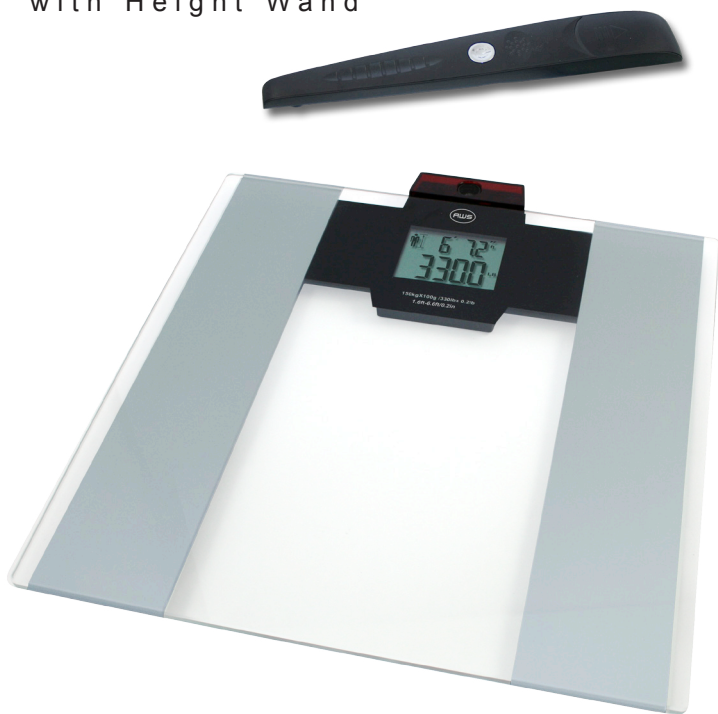


# 330HRS

BMI Fitness Scale  
with Height Wand



**330lb x 0.2lb**  
**150kg x 0.1kg**

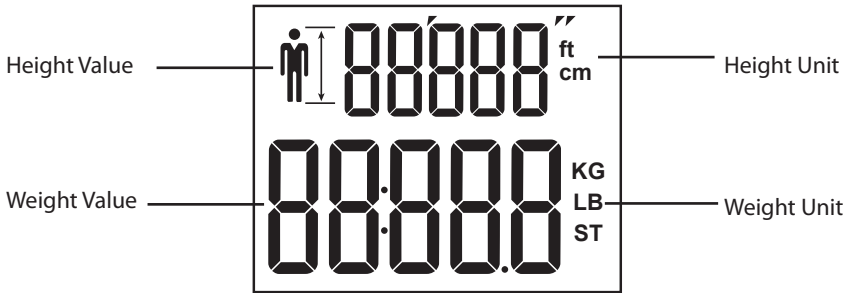


## 330HRS Manual

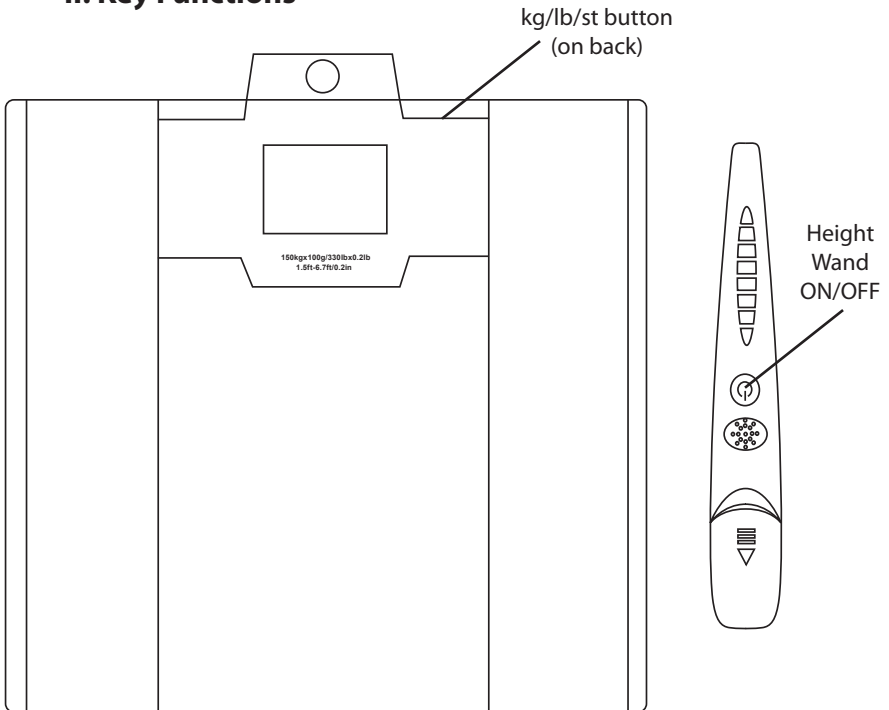
Thank you for purchasing the American Weigh 330HRS Fitness Scale with Height Wand Scale. Please read all operating instructions carefully before use. Scales are precision instruments and should always be handled with proper care. To ensure years of reliable service, keep these simple tips in mind:

- Do not exceed the scales maximum capacity. Overloading your scale can permanently damage it!
- Avoid exposure to extreme heat or cold. Scales perform best at normal room temperature. If temperatures have changed dramatically, recalibration may be necessary.
- Store your scale in a clean, dry location. Dust, dirt, and moisture can accumulate on the weighing sensors and electronics causing innacuracy or malfunction.
- Avoid using your scale in close proximity to strong radio wave emitting devices such as cordless phones.
- Always weigh on a flat and level surface, free from vibrations and drafts. The corner of a room is usually the most stable.
- Avoid dropping your scale. The warranty does not cover damage due to rough treatment or overload.
- To avoid slipping, do not step on the scale with wet feet.
- Do not use the scale on carpet.

## I. Display Overview



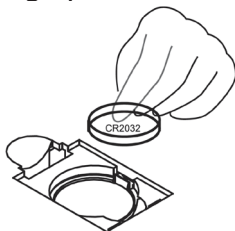
## II. Key Functions



### III. Battery Installation

This scale should come with batteries installed. However, you must first remove the plastic insulator strip from the battery compartment before using the scale for the first time. To install new batteries:

- Flip the scale over and locate the battery compartment.
- Insert 2 (two) new CR2032 batteries into the compartment, making sure to insert them with the positive side facing up.



### IV. Operation

This scale is ready to weigh, and does not require tapping first before stepping on the platform.

#### **To obtain just a weight reading:**

- Step onto the scale platform.
- The LCD will lock the weight on the display once stable.
- The scale will turn off automatically after 30 seconds.

## To obtain a weight and height reading with BMI:

- Step onto the scale platform.
- The LCD will lock the weight on the display once stable.
- Hold the thick end of the Height Wand on top of your head with the thin end pointing forward.
- With the Height Wand level like Fig.2 below, press and hold the ON/OFF button on the Height Wand.
- The Height Wand will beep if it is not level.
- After 3 seconds your height and BMI will be displayed on the LCD above your weight.
- After the display cycles 4 times, it will turn off automatically.

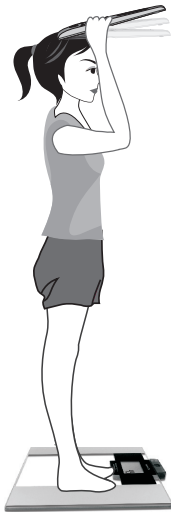


Fig.1

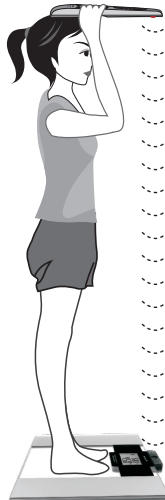


Fig.2

Model	330HRS
Capacity	150kg / 330lb / 23st:8lb
Resolution	0.1kg / 0.2lb / 0.2lb
Weighing Units	kg, lb, st:lb
Height Ranges	Imperial Range: 1.5ft-6.6ft Imperial Readability: 0.2in  Metric Range: 50cm-200cm Metric Readability: 0.5cm
Temperature Display	range: 14°F ~ 104°F (-10°C ~ 40°C)
Scale Dimensions (inches)	13.0 x 14.0 x 0.7"
Power	2 x CR2032 Batteries (included)
Warranty	10 Year Warranty

**American Weigh Scales, Inc.**

2 Carriage Ln, Suite 2

Charleston, SC 29407

Tel: 866-643-3444 (toll free)

Fax 843-225-7284

