

HOW TO WORK YOUR TONUS BODY MASS CALCULATOR

There is only 1 switch to use on the Tonus, with 4 positions, like a compass:

NORTH = UP = +

EAST = ENTER = ↵, which triggers the storage of your input and prompts to the next screen

SOUTH = DOWN = -

WEST = ON/OFF = ⏻

TURNING ON THE UNIT

To turn the unit on, hit ⏻ and the display will show FAT % - TAPE as the first option for measurements. If you hit + OR - to scroll up or down, you will see selections for BMI or FAT % - CALI (for caliper).

Hit ↵ to ENTER your choice and the display will show M for MALE.

CHANGING MALE TO FEMALE (AND BACK AGAIN)

If you need to change from MALE to FEMALE, hit + OR - to change M to F and back again.

Hit ↵ to ENTER your selection, and the display will show AGE 25 for age in years.

CHANGING YOUR AGE

If you need to change your AGE, hit + OR - to scroll up or down to the first digit of your AGE.

Then hit ↵ to ENTER

Hit + OR - to scroll up or down to the second digit of your AGE.

Hit ↵ to ENTER your selection, and the display will show LB for POUNDS, which is the starting point for WEIGHT.

CHANGING POUNDS TO KILOGRAMS

If you need to change from LB TO KG, hit + OR - to change.

Hit ↵ to ENTER your selection and the display will now show WEIGHT 155 LB (or 070 KG).

NOTE: selecting KG assumes that you are using metric numbers for weight, height, and tape measure measurements.

CHANGING YOUR WEIGHT

To change each digit of your WEIGHT measurement, hit + or - followed by ↵ to ENTER.

NOTE: if you select KG and you weigh less than 100 KG keep the first digit set to 0.

After entering the last digit of your WEIGHT, the display will show HEIGHT 65.0 IN (or 165 CM for CENTIMETERS if KG was selected above), which is the starting point for HEIGHT.

CHANGING YOUR HEIGHT

To change each digit of your HEIGHT measurement, hit + or - followed by ↵ to ENTER.

NOTE: when using inches, the tenths digit will change by 0.5 only, displaying numbers like 65.0 or 65.5.

After entering the last digit of your HEIGHT:

IF YOU SELECTED BMI, THE DISPLAY WILL SHOW BODY MASS INDEX as BMI xx.x

Hitting **←** or ENTER, will take you back to the main screen.

IF YOU SELECTED FAT % - TAPE or FAT % - CALI see the appropriate section below:

BODY FAT % - TAPE

Note that there are 2 readings for MALE – UPPER and MIDDLE corresponding to the NECK and ABDOMEN locations; and 3 readings for FEMALE - UPPER, MIDDLE, and LOWER, corresponding to the NECK, WAIST, and HIPS locations.

After entering your height the display will show UPPER 15.0 IN (or 038 CM), which is the starting point for NECK circumference.

CHANGING YOUR NECK MEASUREMENT

To change each digit of your NECK measurement, hit **+** or **-** followed by **←** to ENTER.

NOTE: when using inches, the tenths digit will change by 0.5 only, displaying numbers like 15.0 or 15.5.

After entering the last digit of your NECK circumference, the display will show MIDDLE 35.0 IN (or 089 CM), which is the starting point for ABDOMEN circumference.

CHANGING YOUR ABDOMEN or WAIST (FEMALE) MEASUREMENT

To change each digit of your ABDOMEN or WAIST measurement, hit **+** or **-** followed by **←** to ENTER.

If you are FEMALE, skip the next paragraph.

If you are MALE:

After entering the last digit of your ABDOMEN measurement, the display will show FAT % xx.x

Hit **+** again and the display will show xxx, your Lean Body Mass in LB or KG.

Hit **+** again and the display will show BMI.

Hitting **←** or ENTER, will take you back to the main screen.

If you are FEMALE, after entering the last digit of your WAIST circumference, the display will show LOWER 35.0 IN (or 089 CM), which is the starting point for HIPS circumference.

CHANGING YOUR HIPS MEASUREMENT

To change each digit of your HIPS measurement, hit **+** or **-** followed by **←** to ENTER.

After entering the last digit of your HIPS circumference, the display will show FAT % xx.x

Hit **+** again and the display will show xxx, your Lean Body Mass in LB or KG.

Hit **+** again and the display will show BMI.

Hitting **←** or ENTER, will take you back to the main screen.

BODY FAT % - CALIPER

NOTE that you will only ENTER caliper readings in millimeters (mm).

There are 3 readings – UPPER, MIDDLE, and LOWER corresponding to the CHEST, ABDOMEN, and THIGH locations for MALES and TRICEPS, SUPRAILIAC, and THIGH locations for FEMALES.

After entering your height the display will show UPPER 15, which is the starting point for your upper caliper measurement (CHEST for MALE, TRICEPS for FEMALE).

CHANGING YOUR UPPER MEASUREMENT

To change each digit of your UPPER measurement, hit **+** or **-** followed by **↵** to ENTER. The display will show MIDDLE 15, which is the starting point for your MIDDLE caliper measurement (ABDOMEN for MALE, SUPRAILIAC for FEMALE).

CHANGING YOUR MIDDLE MEASUREMENT

To change each digit of your MIDDLE measurement, hit **+** or **-** followed by **↵** to ENTER. The display will show LOWER 15, which is the starting point for your LOWER caliper measurement (THIGH for MALE and FEMALE).

CHANGING YOUR LOWER MEASUREMENT

To change each digit of your LOWER measurement, hit **+** or **-** followed by **↵** to ENTER. After entering the last digit of your LOWER measurement, the display will show FAT % xx.x
Hit **+** again and the display will show xxx, your Lean Body Mass in LB or KG.
Hit **+** again and the display will show BMI.
Hitting **↵** or ENTER, will take you back to the main screen.

MODIFYING PRIOR ENTRIES

The numbers you entered will remain in the calculator in case you want to modify any of the entries.

HIT **↵** or ENTER until you need to change or review a number.

Note that the numbers will be stored for a period of time depending on the available battery life.