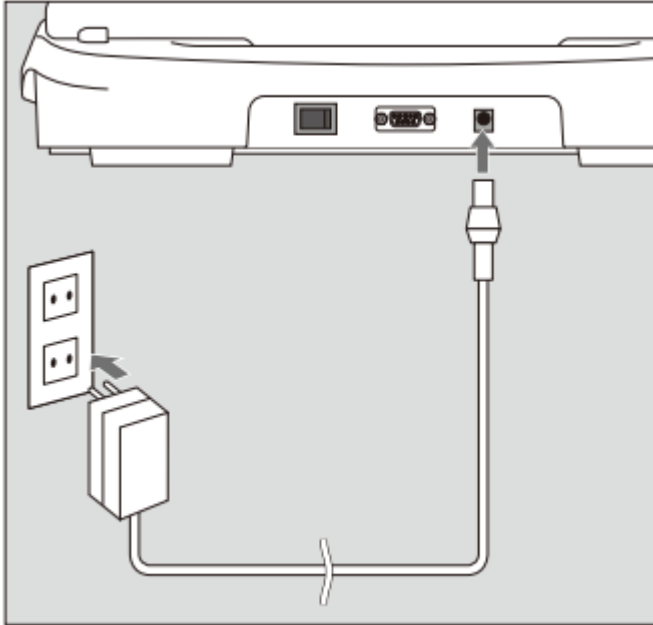




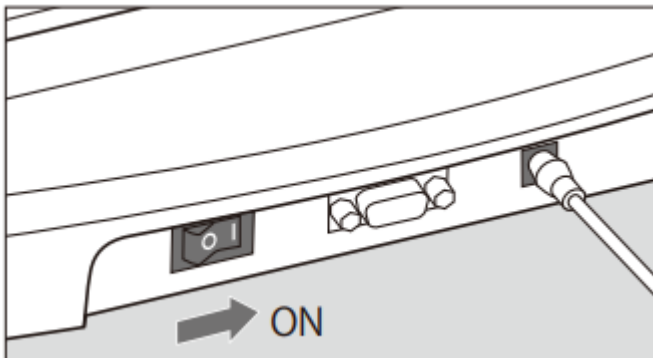
Instruction manual
MC-580 & Printer set up

TANITA

Connect to power supply:



Turn on the main power supply:



Set Location code:

When the power is first turned on with factory settings, the Location Code is displayed. Different locations across the world have varying gravitational pulls. This in turn affects the accuracy of weight readings on this product. By selecting the correct gravity setting according to your geographical location, you are guaranteed the most accurate weight readings.



1. Press the switch on the back to turn the power on. **AREA** is displayed in the Display Screen.
2. Refer to the map enclosed, and press the \wedge \vee buttons to select your location code.
3. Press the **SET** button to enter and save the setting.

TANITA

Set date and time:



SET

MONTH

SET

DAY

SET

HOUR

SET

MIN

1. Select the year using the \wedge and \vee buttons.
2. Press **SET** to confirm.

Set the date and time in the same way.

0.0_{kg} is displayed after displaying the set region, year, month, day and time.

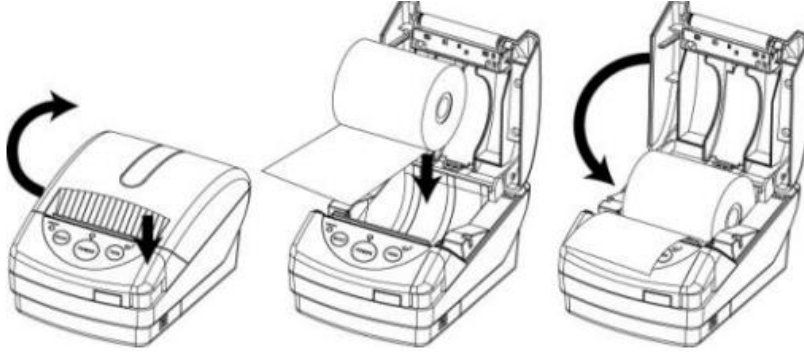
Setting Printer Output:

- Press and hold the 'arrow down' button for 5 seconds
- Select **SETTINGS 9 OUT PUT** (press arrows up and down to scroll through the menu) and press **SET**
- In menu **AUTO PRINT** select **1** for printing results once, select **2** for printing the results twice. Press **SET**

TANITA

Printer Set up:

- Set thermal paper roll



- ① Press the cover open button to open the paper cover.
 - ② Set the paper roll as shown in the picture (Make sure the printing surface is correct, or it does not print properly)
 - ③ Close the paper with the tip end emerging from the tear bar.
- Connect Printer Adapter to main power supply
 - Connect Printer and device with RS-232C cable

TANITA

Taking measurements:

1. Turn on the power supply
2. Set clothes weight:



CLOTHES-WEIGHT

Enter the preset tare value (clothes weight)
The tare value range is 0.0 to 10.0kg / 0 to 20.0lb

Press the **SET** button when **SETTINGS 4 CLOTHES-WT** is displayed.

Select the clothes weight using the **▼** **▲** buttons then press the **SET** button. The product beeps to indicate this is completed.

3. Start measurement:

Make sure the Control Unit reads 0,0 kg then step barefoot onto the platform



Your weight is displayed when you hear the beeping sound.

Note

Do not grip the Control Unit until weight measurements are finished.

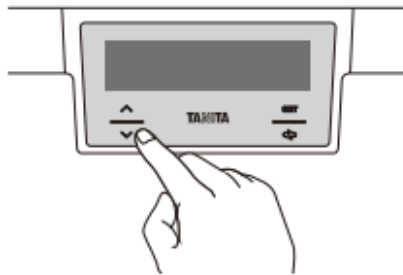
RELEASE GRIP

RELEASE GRIP is displayed when the Control Unit is held during weight measurements.

TANITA

4. Set personal data:



INPUT
PERSONAL DATA



BODY TYPE
- STANDARD -



Enter Personal Data

Set personal data by selecting it with the   buttons and setting it by pressing the **SET** button.

Note

Indicates whether "Standard mode or Athletic mode" is selected as the body type.

Athletic Mode

Recommended for those who are 18 years or older and meet the following conditions.

- People who carry out 12 hours or more of cardiovascular exercise a week.
- People who belong to a sport team or a sport organization with the aim of participation in competition, etc.
- People who are professional athletes.

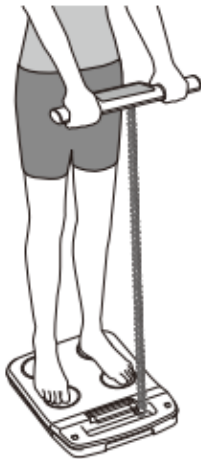
TANITA

5. Step back on the device and lift up the grips:



Measuring Body Composition

Setting is complete when **HOLD GRIP** is displayed.
Hold the Grip in both hands.



40sec▶ 10sec → 5sec

The impedance measurements are completed when you hear the continual beeping sound. Measurement results are displayed.

When the measurement is completed, the display will show 'Please wait' after about 5 seconds the results will be printed.