

HOW TO USE STRENGTHOMETER

When you connect the battery *Strengthometer* will test and calibrate itself. All the lights in the bar will flash twice if everything is working properly. When the lights have stopped flashing your *Strengthometer* is ready for use.

Place *Strengthometer* on a flat surface and squeeze the plastic tube (SENSOR) with your thumb and finger. The harder you squeeze the more the bar lights up. Try to get all the lights in the bar on. **IMPORTANT** - don't touch the board with your other hand (your body can pick up mains hum which interferes with the operation of *Strengthometer*).

Disconnect the battery when you will not be using *Strengthometer* for any length of time.