



Home » arboleaf » arboleaf CS10E Body Composition Smart Scale User Guide 📆

Contents [hide]

- 1 arboleaf CS10E Body Composition Smart Scale
- 2 Product Description
- 3 Product Specifications
- 4 Screen Display
- 5 Battery Installation
- 6 Take Measurements
- 7 FCC Statement
- **8 WARRANTY**
- 9 CONTACT
- 10 Documents / Resources
 - 10.1 References

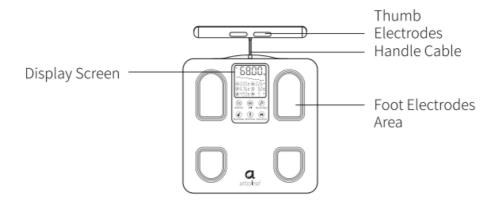


arboleaf CS10E Body Composition Smart Scale

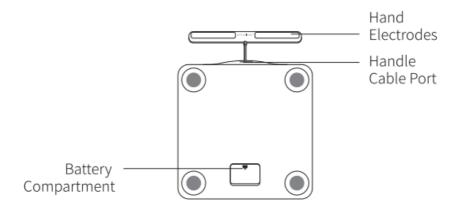


Product Description

Product Front Demonstration



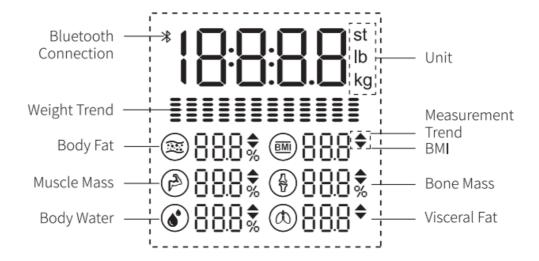
Product Back Demonstration



Product Specifications

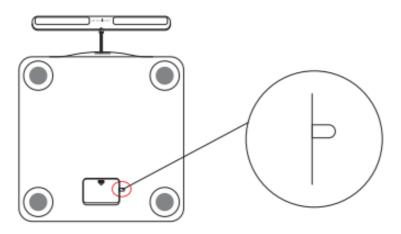
Model	CS10E			
Dimension	12.2 x 13.2 x 1.3 inches / 310 x 336 x 33.8 mm			
Weight	4.5lb (2.05kg)			
Measurement Range	0.4-396lb (0.2-180kg)			
Measurement Resolution	0.2lb (0.1kg)			
Display Type	LED			
Battery	3 X 1.5V AAA Batteries			
Working Current	≤45mA			
Data Transmission	Bluetooth			
Measurement Indicators	Weight、Body Fat、Body Water、Muscle Mass、 Bone Mass、Visceral Fat、BMI,etc			
Accessories	3 x 1.5V AAA batteries, measuring handle, s cale, user manual			

Screen Display

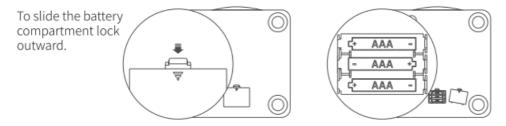


Battery Installation

Remove the rear battery isolation tab to activate the power device.



When the scale displays 'Lo', it indicates low battery and requires timely replacement of batteries (3XL.SV AM).



Initial Setup

Step 1: Download the "arboleaf" app and create an account. From Apple App Store (iOS) or Google Play (Android), search for "arboleaf" and download it to your smartphone. You can also scan the QR code to download.





- Download the "arboleaf" app or scan the QR code
- Register an account

Step 2: Pair the scale with your smartphone.

Make sure Bluetooth is enabled on your phone. For Android 6.0 and above, Location also needs to be enabled. Pairing is done automatically. The Bluetooth icon is displayed on the scale.





- Open the "arboleaf" app
- Apply pressure to turn on the scale

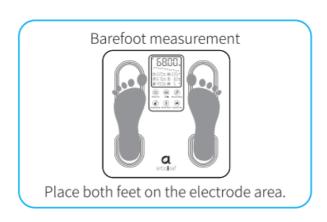
Take Measurements

1. Connecting to the Scale Using the App

 To use the scale for the first time, you need to connect it to the app via Bluetooth (refer to Initial setup). Otherwise, only weight measurements will be displayed.
 Subsequent uses will allow direct measurement without needing to reconnect.

2. Stepping onto the Body Fat Scale

 Please step onto the body fat scale barefoot. Stand upright on the scale and firmly grip the handle with both hands. Wait for the weight to stabilize; a blinking weight indicates the measurement is complete.



After confirming the weight, proceed to measure body fat percentage and other body composition metrics

Ensure that arms are positioned away from the sides of the body, with the inner thighs not in contact, maintaining an upright stance with arms raised until the measurement is complete.

Body Fat Scale Measurement Demonstration Body Illustration

• Stand upright with arms naturally hanging down at an angle from the body, ensuring arms do not touch the waist.



- Avoid bending the hands outward.
- The hands are horizontally for measurement.
- Avoid bending the hands during measurement.
- Wear form-fitting clothing only during the measurement process.









Body Fat Scale Measurement Demonstration – Foot Placement Illustration

Stand with feet parallel on the scale electrodes, ensuring inner thighs do not touch each other.

- The heels of both feet should not touch each other.
- The feet should not be placed in a heel-to-heel stance.







Body Fat Scale Measurement Demonstration - Hand Demonstration Image

Thumb touching the oval electrode, four fingers touching the elongated electrode, with the handle connector wire facing downwards.

- Hands should not be clenched.
- The handle connector wire should not face upwards.







Displaying Measurement Results

The scale displays weight, body fat, body water, muscle mass, bone mass, visceral fat, BMI, and rotation (switching between weight and BMI data, each displayed for 3 seconds). For additional metrics, please refer to the app after measurement.

Display Screen Icon Guide

*	Bluetooth icon: Illuminates when Bluetooth is enabled.
	Body fat percentage icon: Illuminates when disp laying body fat percentage measurement results.

۵	Body water icon: Illuminates when displaying body water measur ement results.
	Muscle icon: Illuminates when displaying muscle mass measure ment results.
5/2	Bone mass icon: Illuminates when displaying bone mass measur ement results.
0	Visceral fat level icon: Illuminates when displaying visceral fat lev el measurement results.
ВМІ	BMI icon: Illuminates when displaying BMI measurement results.
%	Percentage unit
Lo	Low battery
	Upward arrow illuminated: Indicates the measurement value is hi gher than the previous measurement.

•	Downward arrow illuminated: Indicates the measurement value i s lower than the previous measurement.
E/EE-	Overload
E 1	Weight instability warning
	Weight detected after stepping off
====	Please return the handle to the scale when this icon is scrolling.

CAUTION

- Do not use with implanted medical electronic devices such as pacemakers, artificial hearts, or life-supporting medical electronic devices, or wearable medical electronic devices like electrocardiographs.
- 2. Individuals with limb defects cannot use (measurement requires good contact with all eight electrode pads).
- 3. Do not jump on the scale.
- 4. It is recommended to measure at the same time each day under the same conditions.
- 5. For accurate measurement, place the scale on a hard, flat surface.

WARNING

Please read carefully before use

- Do not use if you have a pacemaker or any other internal medical devices in your body.
- Do not use if you are pregnant.
- Do not use on slippery floors.
- Do not use when your body is wet.
- Do not use rechargeable 1.2V AAA batteries.

FCC Statement

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

- 1. This device may not cause harmful interference, and
- This device must accept any interference received, including interference that
 maycause undesired operation. Any changes or modifications not expressly approved
 by the party responsible for compliance could void the authority to operate the
 equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to

provide reasonable protection againstharmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used following the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that towhich the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help. FCC ID: 2AN DX-CSX00

WARRANTY

- Arboleaf Corporation warrants this product purchased from an authorized seller to be free from defects in workmanship and materials, under normal use and conditions, for a period of one year following the date of purchase.
- Proof of purchase is required.
- This warranty does not cover failures due to misuse, abuse. accidental damage or unauthorized repair.

CONTACT

ARBOLEAF CORPORATION

- HM REVENUE AND CUSTOMS
- RUBY HOUSE
- 8 RUBY PLACE, ABERDEEN, ABIO IZP GB 450744596
- Manufactured by Shenzhen Yolanda Technology Co., Ltd.
- Address: Room 201, Jinfulai Building, No.49-I, Dabao Road, Dalang Area,
- Xinan Street, Baoan, Shenzhen, China

- service@yolanda.hk
- Custom Support Service (EU)
- support.eu@arboleaf.com
- Custom Service (US)
- Arboleaf Corporation
- 5465 Legacy Drive, Suite 650, Plano, TX 75024, USA
- 1-800-658-1148
- support@arboleaf.com
- www-arboleaf.com

UK REP Company: YH Consulting Limited

- Address: C/O YH Consulting Limited, Office 147, Centurion House, London Road, Staines-upon-Thames, Surrey, TW18 4AX
- E-mail: <u>H2YHUK@gmail.com</u>
- +44 07514-677868
- EU REP E CrossStu GmbH
- Mainzer Landstr. 69
- 60329 Frankfurt am Main
- Mail: E-CrossStu@web.de

Documents / Resources



arboleaf CS10E Body Composition Smart Scale [pdf] User Guide CS10E, CS10E Body Composition Smart Scale, Body Composition Smart Scale, Composition Smart Scale

References

User Manual

- arboleaf
- arboleaf, Body Composition Smart Scale, Composition Smart Scale, CS10E, CS10E Body Composition Smart Scale, Smart Scale

Leave a comment

Your	email	address	will	not	be	published.	Requ	uired	fields	are	marked*

Comment *
Name
Email
Website
☐ Save my name, email, and website in this browser for the next time I comment.
Post Comment
Search:
e.g. whirlpool wrf535swhz

Manuals+ | Upload | Deep Search | Privacy Policy | @manuals.plus | YouTube

This website is an independent publication and is neither affiliated with nor endorsed by any of the trademark owners. The "Bluetooth®" word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. The "Wi-Fi®" word mark and logos are registered trademarks owned by the Wi-Fi Alliance. Any use of these marks on this website does not imply any affiliation with or endorsement.