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### arboleaf CS20N-black

## arboleaf Smart Bathroom Scale User Manual

Model: CS20N-black

Brand: arboleaf

### INTRODUCTION

The arboleaf Smart Bathroom Scale is designed to provide a comprehensive overview of your body composition, going beyond just weight measurement. Utilizing 4 high-precision sensors and 4 high-sensitivity electrodes, it offers accurate and consistent data. This smart scale seamlessly syncs with the dedicated arboleaf app, allowing you to track 14 essential body composition metrics including Weight, Body Fat %, Body Type, Visceral Fat, Body Water %, Muscle Mass, Bone Mass, BMR, BMI, and Metabolic Age. The app also supports integration with popular fitness platforms like Apple Health, Health Connect, Samsung Health, and the Fitbit app, helping you manage your health goals effectively.



Figure 1: arboleaf Smart Bathroom Scale and companion app interface.

## SAFETY INFORMATION

- Do not use this device if you are wearing a pacemaker or other medical devices inside your body.
- Consult your physician or health professional to determine what is suited for you before using this scale for medical conditions.
- The scale is designed for body weight measurement and body composition analysis only.
- Ensure the scale is placed on a hard, flat surface for accurate readings. Avoid soft surfaces like carpets.
- Do not use 1.2V rechargeable AAA batteries, as the scale may not function correctly. Use 1.5V AAA batteries.
- Keep the scale dry. Avoid contact with water or other liquids.

## SETUP GUIDE

- 1. Unpack the Scale:** Carefully remove the arboleaf Smart Bathroom Scale from its packaging.
- 2. Install Batteries:** Open the battery compartment on the underside of the scale. Insert 4 AAA 1.5V batteries, ensuring correct polarity. The scale comes with batteries included.
- 3. Download the arboleaf App:** Search for "arboleaf" in your device's app store (Apple App Store or Google Play Store) and download the official application.
- 4. Create Your Profile:** Open the arboleaf app and follow the on-screen instructions to create your user profile. You will need to input your age, height, and gender for accurate body composition analysis.
- 5. Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
- 6. Pair the Scale:** Step onto the scale barefoot. The scale display will activate, and the app should automatically detect and pair with the scale. Confirm the pairing within the app if prompted.

## Essential Features



Figure 2: Overview of essential features, including Bluetooth connectivity for app pairing.

# Clear Readings

White text on a black background is a high-contrast combination. And the LED display is very bright, it's easy to see final measurements in low-light situations.



Figure 3: The arboleaf app showing successful Bluetooth connection to the scale.

## Video: Battery Installation and App Pairing Overview

Your browser does not support the video tag.

This video demonstrates the process of installing batteries into the arboleaf scale and provides an overview of how to connect the scale to the arboleaf app via Bluetooth for initial setup.

## OPERATING INSTRUCTIONS

### 1. Weighing Yourself:

- Place the scale on a hard, flat, and stable surface.
- Ensure your feet are clean and dry.
- Step onto the scale barefoot, ensuring your feet are positioned on the metal electrodes.
- Stand still until your weight is displayed and stabilized on the scale's LED screen.
- For body composition analysis, ensure the arboleaf app is open on your smartphone with Bluetooth enabled. The data will automatically sync to your profile.

2. **Understanding Your Metrics:** The arboleaf app provides 14 key body composition metrics. Tap on each metric within the app for a detailed explanation and to view your progress over time.

## 14 Essential Measurements

14 metrics are recorded in the app, check it and gain insight into your body composition.



Icon	Measurement
Weight icon	Weight
BMI icon	BMI
Percentage icon	Body Fat
Two people icon	Fat-free Body Weight
Dot grid icon	Subcutaneous Fat
Body type icon	Body Type
Lungs icon	Visceral Fat
Water drop icon	Body Water
Skeletal muscle icon	Skeletal Muscle
Muscle icon	Muscle Mass
Bone icon	Bone Mass
Protein icon	Protein
BMR icon	BMR
Waist icon	Metabolic Age

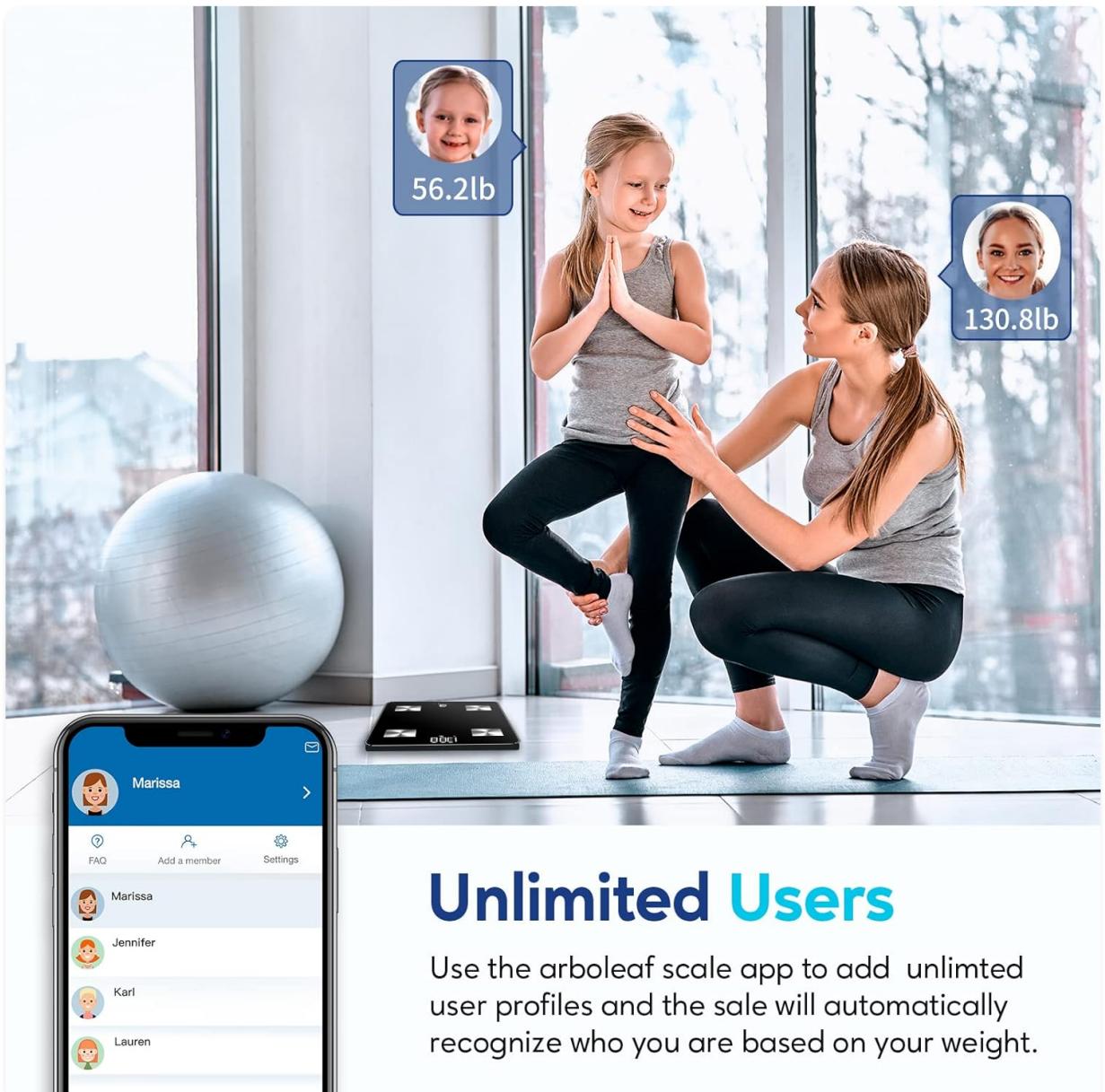
Figure 4: The 14 essential body measurements tracked by the arboleaf scale.

3. **Multi-User Support:** The arboleaf app supports an unlimited number of users. Each family member can create their own profile. The scale will automatically recognize the user based on their weight, and data will sync to the correct profile.



Figure 5: The arboleaf scale supports unlimited user profiles for family tracking.

4. **Tracking Progress:** Use the app's trend graphs to view your body composition data daily, weekly, monthly, or annually. This visual representation helps in monitoring progress and staying motivated towards your health goals.



## Unlimited Users

Use the arboleaf scale app to add unlimited user profiles and the scale will automatically recognize who you are based on your weight.

Figure 6: Track your progress over time with detailed graphs in the arboleaf app.

### MAINTENANCE

- **Cleaning:** Wipe the scale's surface with a damp cloth and mild detergent. Avoid abrasive cleaners or harsh chemicals. Ensure the scale is completely dry before storage or next use.
- **Battery Replacement:** When the low-battery indicator appears on the scale's display, replace all 4 AAA 1.5V batteries. Refer to the "Setup Guide" for battery installation steps.
- **Storage:** Store the scale in a cool, dry place away from direct sunlight and extreme temperatures. Avoid placing heavy objects on the scale when not in use.

### TROUBLESHOOTING

Problem	Possible Cause	Solution
Scale does not turn on or display is blank.	Low or dead batteries; incorrect battery installation.	Replace batteries with new 1.5V AAA batteries, ensuring correct polarity.
Inaccurate or inconsistent readings.	Scale on uneven/soft surface; not standing still; feet not clean/dry; incorrect user profile selected in app.	Place scale on a hard, flat surface. Stand still with bare, clean, dry feet. Ensure the correct user profile is active in the app.
App not syncing data or connecting to scale.	Bluetooth off; app not open; scale not paired; app permissions.	Ensure Bluetooth is enabled on your phone. Open the arboleaf app before stepping on the scale. Re-pair the scale if necessary. Check app permissions for Bluetooth access.
"Err" or "OL" (Overload) message on display.	Weight exceeds maximum capacity.	The scale supports up to 400 lbs (180 kg). Do not exceed this weight.

## SPECIFICATIONS

- Model Number:** CS20N-black
- Product Dimensions:** 11.8 x 11.8 x 1 inches
- Product Weight:** 3.31 Pounds
- Weight Capacity:** Up to 400 lbs (180 kg)
- Power Source:** 4 x AAA 1.5V batteries (included)
- Display Type:** LCD with Backlit Display
- Special Features:** Body Fat, Bone Mass, Auto Shut Off, Smart Connectivity (Bluetooth)
- Manufacturer:** arboleaf
- First Available:** March 13, 2019

## WARRANTY

For detailed warranty information regarding your arboleaf Smart Bathroom Scale, please refer to the official arboleaf website or the warranty card included with your product packaging. Keep your proof of purchase for any warranty claims.

## SUPPORT

As a U.S. company, arboleaf is committed to providing excellent customer support. If you encounter any issues or have questions not covered in this manual, please visit the official arboleaf store on Amazon or their dedicated support channels for assistance.

**arboleaf Store:** [Visit the arboleaf Store on Amazon](#)

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