runcobo CS20C

Runcobo Smart Scale User Manual

Model: CS20C
Brand: runcobo

Introduction

This manual provides comprehensive instructions for the setup, operation, and maintenance of your Runcobo Smart Scale (Model CS20C). This advanced digital scale is designed to measure and track 14 essential body composition data points, offering a holistic view of your health and fitness progress. It features seamless Wi-Fi and Bluetooth connectivity, multi-user support, and compatibility with popular fitness applications.



Image: The Runcobo Smart Scale, a sleek black digital scale, showing a weight reading and icons for body fat, body water, muscle mass, bone mass, BMI, and BMR. A smartphone next to it displays the Runcobo app interface with detailed body composition data.

Key Features

- **14 Essential Body Composition Metrics:** Measures Body Fat%, Water%, Muscle & Bone Mass, BMI, BMR, Protein, Skeletal Muscle, and more.
- **Wi-Fi & Bluetooth Auto-Switch:** Automatically switches between Wi-Fi and Bluetooth for reliable data synchronization, even when your phone is not nearby.
- **Fitness App Compatibility:** Syncs data with the free "RUNCOBO" app, Apple Health, Google Fit, and Fitbit for comprehensive health tracking.
- **Unlimited Users:** Intelligently identifies and matches data to individual user profiles, supporting multiple users without privacy concerns.
- **Progress Monitoring:** The Runcobo app provides daily, weekly, and monthly progress graphs to visualize changes in your body composition.

Setup Guide

1. Battery Installation

Locate the battery compartment on the underside of the scale. Insert the 4 AAA batteries (included) according to the polarity indicators (+/-). Ensure the compartment cover is securely closed.

2. App Download and Installation

Download the free "RUNCOBO" app from the Apple App Store (for iOS devices) or Google Play Store (for Android devices). Search for "RUNCOBO" and install the application on your smartphone.

3. Initial Pairing and Setup

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the "RUNCOBO" app and create a new user profile. You will be prompted to enter basic information such as gender, height, and age.
3. Step onto the Runcobo Smart Scale with bare feet. The scale will power on and display your weight.
4. The app will automatically detect the scale via Bluetooth. Follow the on-screen prompts within the app to complete the pairing process.
5. Once paired, the app will guide you through connecting the scale to your Wi-Fi network (2.4GHz only). This enables automatic data synchronization without needing your phone nearby.



Image: A graphic depicting the Runcobo Smart Scale with arrows indicating its ability to auto-switch between Bluetooth and Wi-Fi (2.4GHz) connections for seamless data transfer to a smartphone.

Operating Instructions

Taking a Measurement

1. Place the Runcobo Smart Scale on a hard, flat surface. Avoid carpets or uneven flooring, as this can affect accuracy.
2. Step onto the scale with bare, dry feet. Ensure your feet are positioned on the metal electrodes for accurate body composition analysis.
3. Stand still until your weight is displayed on the scale's LCD screen. The scale will then proceed to measure your body composition data.
4. Once the measurement is complete, the data will automatically synchronize with the "RUNCOBO" app via Wi-Fi or Bluetooth.

Viewing Your Data

Open the "RUNCOBO" app on your smartphone. Your latest measurements will be displayed on the main dashboard. You can navigate through different sections to view detailed metrics, historical data, and progress graphs.

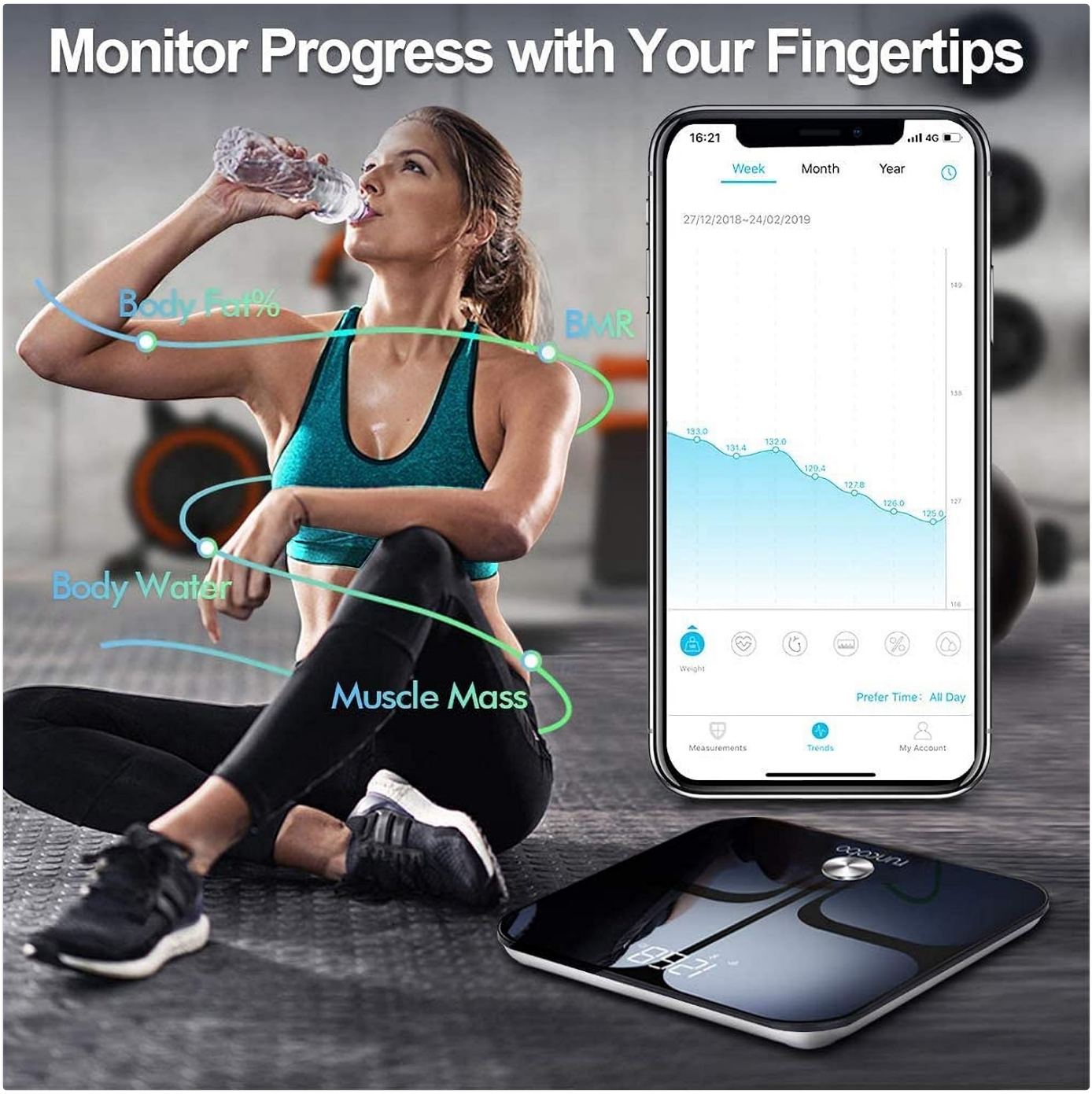


Image: A user viewing their progress on the Runcobo app, which displays graphs of body composition metrics over time, while the Runcobo Smart Scale rests nearby.

Multi-User Functionality

The Runcobo Smart Scale can intelligently identify and track data for an unlimited number of users. Each user should create their own profile within the "RUNCOBO" app. When a user steps on the scale, it will automatically recognize them and send the data to their corresponding profile. If multiple users have similar weight, the app may prompt you to select the correct user.



Image: A group of people standing together, symbolizing the multi-user capability of the Runcobo Smart Scale. A smartphone in the foreground shows the Runcobo app with various user profiles and their individual weight readings.

Understanding Your Body Composition Data

The Runcobo Smart Scale provides 14 key body composition metrics to help you understand your health beyond just weight. These include:

- **Weight:** Your total body mass.
- **Body Fat %:** The percentage of your total body weight that is fat.
- **Body Water %:** The percentage of your total body weight that is water.
- **Muscle Mass:** The total weight of muscle in your body.
- **Bone Mass:** The total weight of bone in your body.
- **BMI (Body Mass Index):** A measure of body fat based on height and weight.
- **BMR (Basal Metabolic Rate):** The number of calories your body needs to perform basic, life-sustaining functions.
- **Protein:** The percentage of protein in your body.

- **Skeletal Muscle:** The amount of muscle attached to bones, responsible for movement.
- *Additional metrics may include Visceral Fat, Subcutaneous Fat, Metabolic Age, etc., as detailed in the app.*

Refer to the "RUNCOBO" app for detailed explanations of each metric and personalized insights based on your data. The app's graphing feature allows you to track trends and monitor your progress over time.

Maintenance

Cleaning

Wipe the surface of the scale with a soft, damp cloth. Do not use abrasive cleaners or immerse the scale in water. Ensure the scale is completely dry before storage or next use.

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.

Battery Replacement

If the display becomes dim or the scale does not power on, it may be time to replace the batteries. Follow the battery installation steps in the Setup Guide.

Troubleshooting

Problem	Possible Cause	Solution
Scale does not turn on.	Batteries are dead or incorrectly installed.	Check battery polarity. Replace with new AAA batteries.
Weight reading is inaccurate or inconsistent.	Scale is on an uneven surface; user is not standing still; scale needs calibration.	Place scale on a hard, flat surface. Stand still during measurement. Step on and off the scale quickly to re-calibrate (zero out).
Body composition data is not displayed or seems incorrect.	Feet are not bare or dry; feet are not making proper contact with electrodes.	Ensure bare, dry feet are making full contact with all four metal electrodes on the scale surface.
Data not syncing to the app (Wi-Fi/Bluetooth).	Bluetooth/Wi-Fi is off on phone; app is closed; scale is out of range; Wi-Fi network issue.	Ensure Bluetooth is on. Open the "RUNCOBO" app. Move closer to the scale. Check your Wi-Fi router and network connection. Re-pair the scale if necessary.
App cannot identify correct user for data.	Multiple users with similar weight profiles.	The app will prompt you to select the correct user. Ensure each user has a distinct profile.

Specifications

Model Number: CS20C

Product Dimensions: 12.2 x 12.2 x 1 inches

Item Weight: 4.08 Pounds

Power Source: 4 AAA batteries (included)

Display Type: LCD

Readout Accuracy: 0.2lb or 0.05kg

Color: Black

Connectivity: Wi-Fi (2.4GHz), Bluetooth

Body Composition Metrics: 14 essential metrics (e.g., Weight, Body Fat%, Body Water%, Muscle Mass, Bone Mass, BMI, BMR, Protein, Skeletal Muscle)

Warranty and Customer Support

Your Runcobo Smart Scale is covered by a **1-year warranty** from the date of purchase. This warranty covers manufacturing defects and issues arising from normal use.
For any questions, concerns, or technical assistance, please contact Runcobo's U.S. local customer service:

Phone: 1-866-786-5988

Hours: Monday - Friday, 9 AM - 5 PM (U.S. Central Time)

Runcobo is committed to 100% customer satisfaction and strives to provide prompt and effective support.

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question