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## arboleaf CF10A

# arboleaf Digital Body Tape Measure

MODEL: CF10A - USER INSTRUCTION MANUAL

## 1. Introduction

The arboleaf Digital Body Tape Measure (Model CF10A) is designed to provide precise and convenient body measurements. Featuring a clear LCD display, a retractable tape, and Bluetooth connectivity, this device seamlessly integrates with the arboleaf app to track your fitness progress. It supports measurements in both inches and centimeters, making it a versatile tool for personal health monitoring.



Image 1: arboleaf Digital Body Tape Measure with accompanying mobile application interface.

## 2. Package Contents

Please ensure all items are present in your package:

- 1 x arboleaf Digital Body Tape Measure (Model CF10A)
- 1 x CR2032H Battery (pre-installed or included separately)
- 1 x User Manual

## 3. Setup Guide

### 3.1 Battery Installation

If the battery is not pre-installed, follow these steps:

1. Locate the battery compartment cover on the back of the device.
2. Use a small screwdriver to unscrew the cover.
3. Insert the CR2032H battery with the positive (+) side facing up.
4. Replace the cover and secure it with the screw.



Image 2: Proper installation of the CR2032H battery into the device.

### 3.2 App Download and Bluetooth Pairing

To utilize the smart features and track your measurements, download the arboleaf or feelfit app:

1. Search for "arboleaf" or "feelfit" in your device's app store (Apple App Store or Google Play Store).
2. Download and install the application.
3. Enable Bluetooth on your smartphone.
4. Open the arboleaf app and follow the on-screen instructions to add a new device. The app will automatically detect your tape measure.
5. Once paired, the Bluetooth icon on the tape measure's display will illuminate.

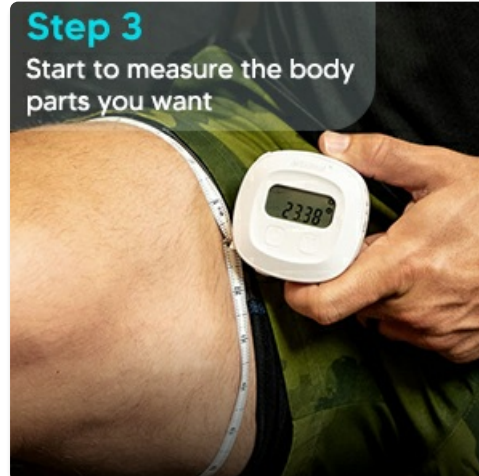


Image 3: Downloading the arboleaf application from a mobile app store.

## 4. Operating Instructions

### 4.1 Power On/Off

Press the power button ( ) to turn the device on or off.

### 4.2 Taking a Measurement

1. Gently pull the tape out from the device using the small tab. The digital display will show the measurement in real-time.
2. Wrap the tape around the body part you wish to measure.

3. Insert the tape's tab into the slot on the side of the device.
4. Press the retract button (R) to tighten the tape snugly around the body part. Ensure it is tight enough to stay in place but not so tight as to compress the skin.
5. Read the measurement directly from the LCD display.

## Easy to Use

Measure circumference with one hand, easier than loose sewing tape

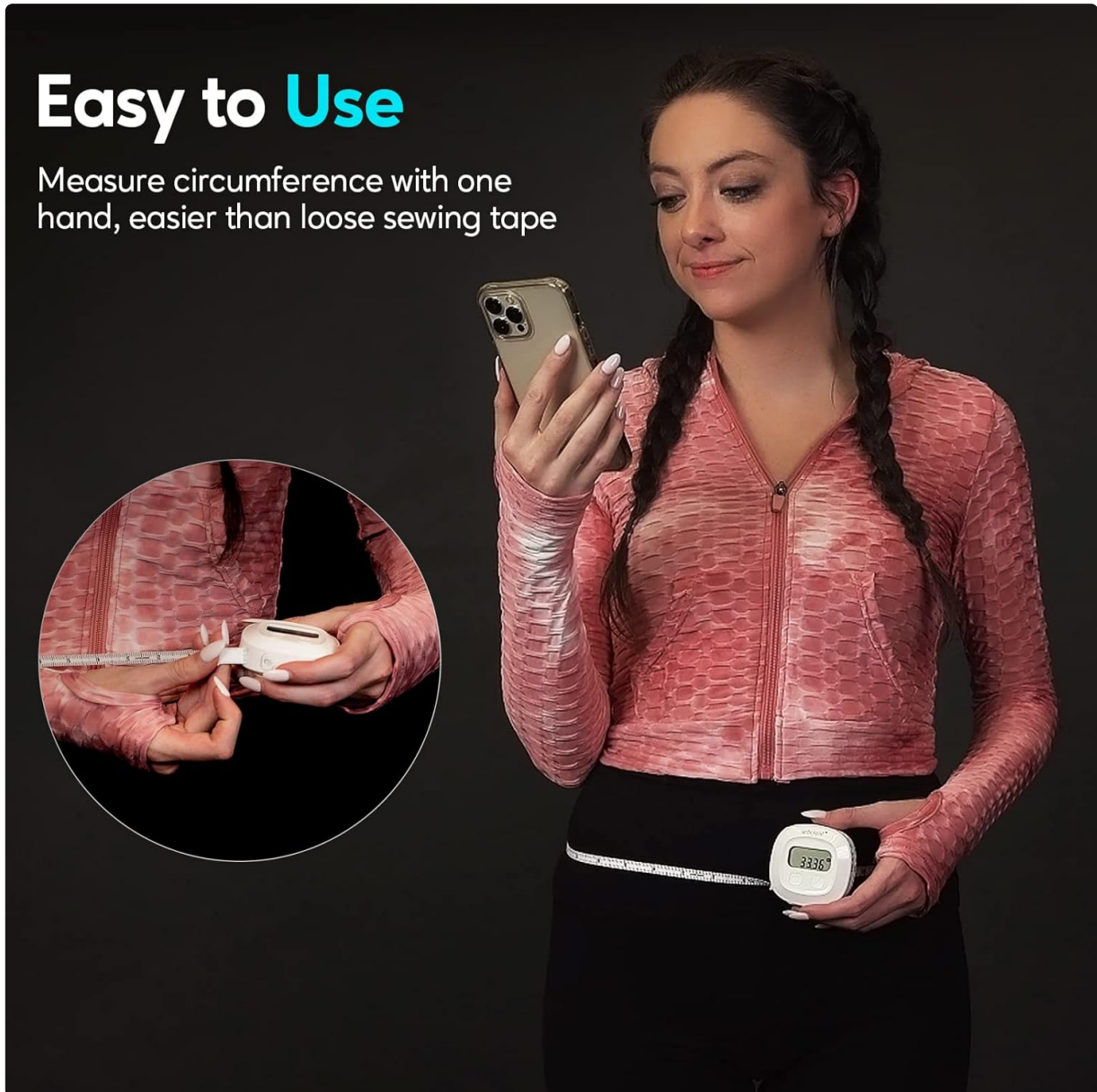


Image 4: Demonstrating how to measure the waist using the arboleaf Digital Body Tape Measure.

### 4.3 Locking and Retracting the Tape

- **Locking:** After wrapping the tape and inserting the tab, the tape will automatically lock in place.
- **Retracting:** Press the retract button (R) to automatically retract the tape back into the device.



Image 5: Detail of the tape measure's locking mechanism for secure measurements.

#### 4.4 Switching Measurement Units (Inches/Centimeters)

To switch between inches and centimeters, press and hold the 'M' button for a few seconds. The unit displayed on the LCD screen will change accordingly.

### Ours



Display readings automatically

Instant measurement saving

Press the R button to retract the tape

### Others



Read measurements by yourself

Manually record

Can't retract

Image 6: The digital display and control buttons for easy operation.



## 4.5 Saving Measurements to the App

After taking a measurement, press the 'M' button on the device. The measurement will automatically sync and be recorded in the connected arboleaf app.

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Video 1: Demonstration of using the arboleaf Smart Body Tape Measure with the app, showing how to take and record measurements.

## 5. App Features

The arboleaf app enhances your measurement experience with several features:

- **Body Area Tracking:** Track 12 preset body areas (e.g., biceps, calves, hips, thighs, waist, shoulders, bust, neck, abdomen) and add up to 6 customized parts.
- **Progress Monitoring:** View historical data and progress graphs over weekly, monthly, or yearly periods.
- **Multi-User Support:** The app supports an unlimited number of users, making it suitable for families or fitness groups.
- **Fitness App Integration:** Seamlessly syncs data with popular fitness applications like Apple Health, Google Fit, and Fitbit.

# Full Spot Measurement

12-preset body measurements and custom measurements motivate anyone trying to either lose weight or gain muscle.

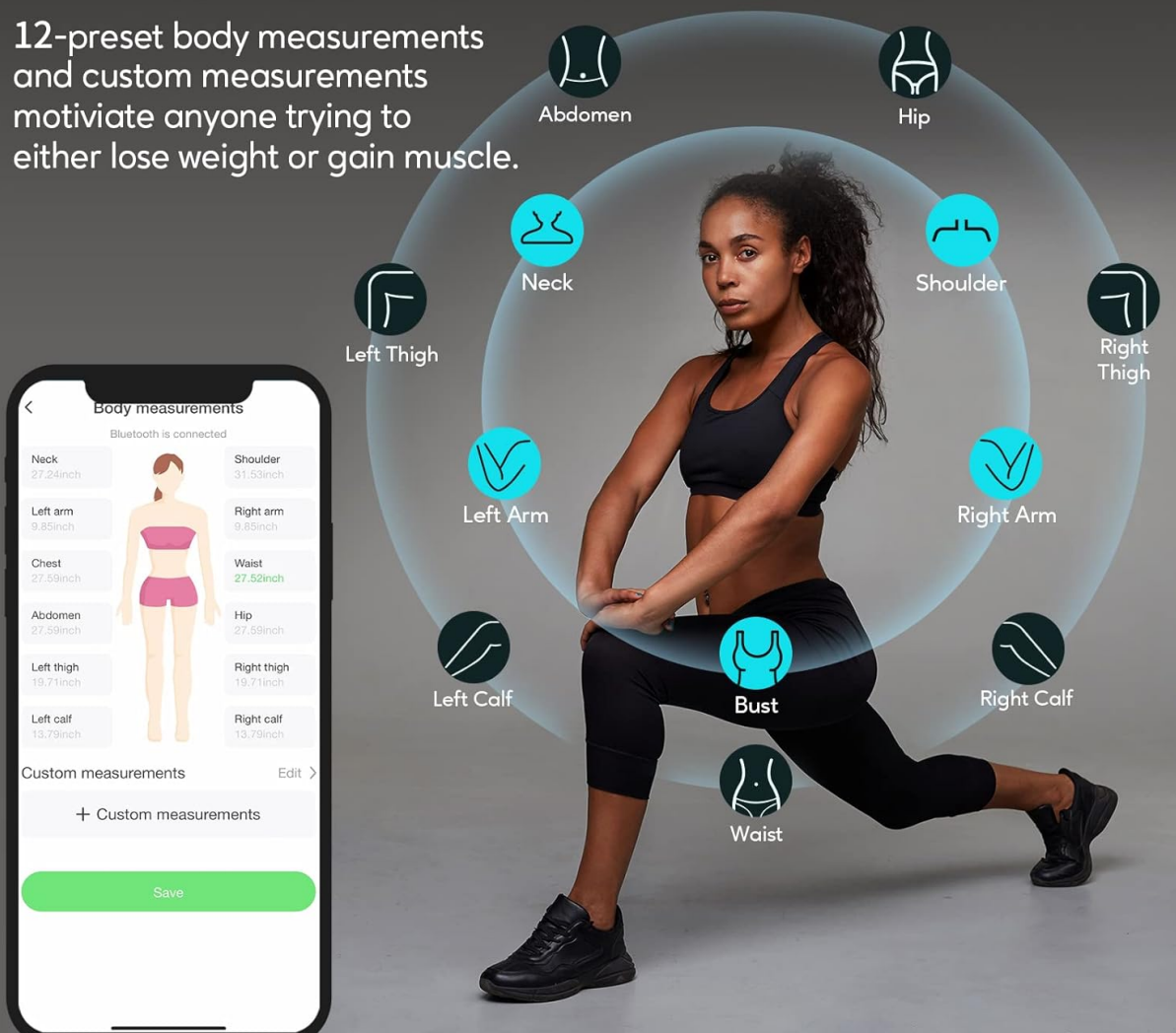


Image 7: Visual representation of the 12 body measurement points tracked by the arboleaf app.



Image 8: Example of progress tracking graphs available within the arboleaf application.

# Syncs with **Fitness Apps**



Image 9: The arboleaf app integrates with popular fitness platforms for comprehensive data management.

## 6. Specifications

Feature	Detail
Brand	arboleaf
Model Number	CF10A
Product Dimensions	2"L x 2"W
Item Weight	2.24 Ounces
Measurement Accuracy	0.01 inch / 0.1 cm
Case Material	Plastic
Lock Type	Pin
Blade Width	2 Inches
Batteries	1 C battery required (included)



## 7. Maintenance

- **Cleaning:** Wipe the device with a soft, dry cloth. Do not use abrasive cleaners or immerse in water.
- **Storage:** Store the tape measure in a cool, dry place away from direct sunlight and extreme temperatures.
- **Battery Replacement:** If the display becomes dim or unresponsive, replace the CR2032H battery following the installation steps in Section 3.1.



## 8. Troubleshooting


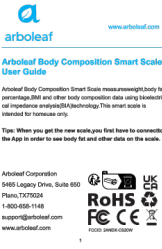
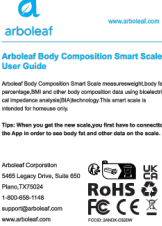

- **Device not turning on:** Check if the battery is correctly installed and has sufficient charge. Replace if necessary.
- **Bluetooth connection issues:** Ensure Bluetooth is enabled on your smartphone and the device is within range. Restart both the tape measure and the app.
- **Inaccurate readings:** Ensure the tape is pulled snugly and straight around the body part. Avoid twisting the tape.
- **Tape not retracting:** Ensure there are no obstructions preventing the tape from retracting. Press the 'R' button firmly.

## 9. Warranty and Support

The arboleaf Digital Body Tape Measure typically comes with a 1-year manufacturer's warranty. For warranty claims, technical support, or any product-related inquiries, please contact arboleaf customer service through their official website or the contact information provided in your product packaging. For more information, visit the official [arboleaf Store](#).

### Related Documents - CF10A

	<p><a href="#">Arboleaf Smart Body Tape Measure User Guide</a></p> <p>Learn how to set up and use your Arboleaf Smart Body Tape Measure. This guide covers powering up, initial app setup, pairing the device, and taking accurate body measurements.</p>
	<p><a href="#">Arboleaf Smart Body Tape Measure CF10A: Quick Start Guide &amp; Specifications</a></p> <p>Comprehensive guide for the Arboleaf Smart Body Tape Measure (Model CF10A). Learn about setup, taking measurements, device specifications, troubleshooting, warranty, and safety information. Connects via Bluetooth for accurate body measurements.</p>

	<p><a href="#">Arboleaf Scalp Massager CM11B Quick Start Guide</a></p> <p>Quick start guide for the Arboleaf Scalp Massager, Model CM11B. Learn about product overview, specifications, warranty, troubleshooting, and cautions.</p>
	<p><a href="#">Arboleaf Body Composition Smart Scale User Guide</a></p> <p>User guide for the Arboleaf Body Composition Smart Scale, detailing its features, setup, measurement tips, troubleshooting, and specifications. The scale measures weight, body fat percentage, BMI, and other body composition data using bioelectrical impedance analysis (BIA) technology for home use.</p>
	<p><a href="#">Arboleaf Body Composition Smart Scale User Guide: Setup, Measurement, and Troubleshooting</a></p> <p>Comprehensive user guide for the Arboleaf Body Composition Smart Scale, covering setup, pairing, measurement tips, troubleshooting, specifications, and safety precautions.</p>
	<p><a href="#">Arboleaf Body Composition Smart Scale User Guide</a></p> <p>User guide for the Arboleaf Body Composition Smart Scale, detailing setup, measurement tips, troubleshooting, specifications, and safety precautions for home use.</p>