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> arboleaf Smart Bathroom Scales User Manual

arboleaf CS20M

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Model: CS20M

INTRODUCTION

Welcome to the arboleaf Smart Bathroom Scales user manual. This guide provides comprehensive instructions for setting up, operating, and maintaining your new smart scale. The arboleaf scale is designed to help you monitor your body composition with high precision, offering 14 key measurements to support your health and fitness journey.



Image: The arboleaf smart scale, a smartphone displaying the arboleaf app, and a smartwatch showing health data. This illustrates the connectivity and data tracking capabilities of the device.

SAFETY INFORMATION

Please read all safety instructions carefully before using the scale. Improper use may result in injury or damage to the device.

- Do not use if you have a pacemaker or other internal medical device.
- Do not use if you are pregnant.
- Place the scale on a hard, flat surface for accurate measurements. Avoid carpets or uneven floors.
- The scale surface is glass; step on and off carefully to prevent slipping.
- Keep the scale dry. Do not immerse in water or use in extremely humid environments.
- Keep out of reach of children.

PACKAGE CONTENTS

Verify that all items are present in the package:

- arboleaf Smart Bathroom Scale
- 3 x AAA 1.5V batteries (included)
- User Manual (this document)

SETUP

1. Battery Installation

The arboleaf scale requires 3 AAA batteries, which are included. Locate the battery compartment on the underside of the scale. Open the cover, insert the batteries according to the polarity indicators (+/-), and close the cover securely.

2. App Download and Initial Connection

To unlock the full features of your smart scale, download the "arboleaf" app on your smartphone. The app is available on both the Apple App Store and Google Play Store.

1. Search for "arboleaf" in your device's app store.
2. Download and install the app.
3. Open the app and follow the on-screen instructions to sign up for an account.
4. Ensure Bluetooth is enabled on your smartphone.
5. Step on the scale briefly to turn it on. The scale will automatically attempt to pair with the app.
6. Confirm the connection within the app.

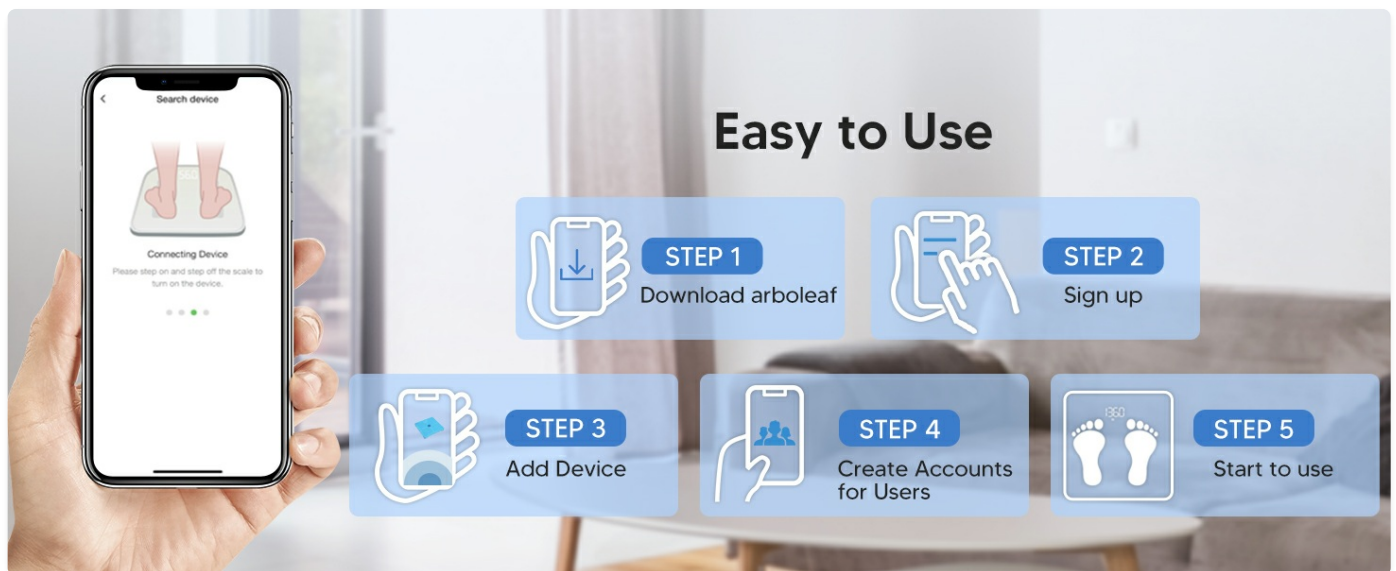


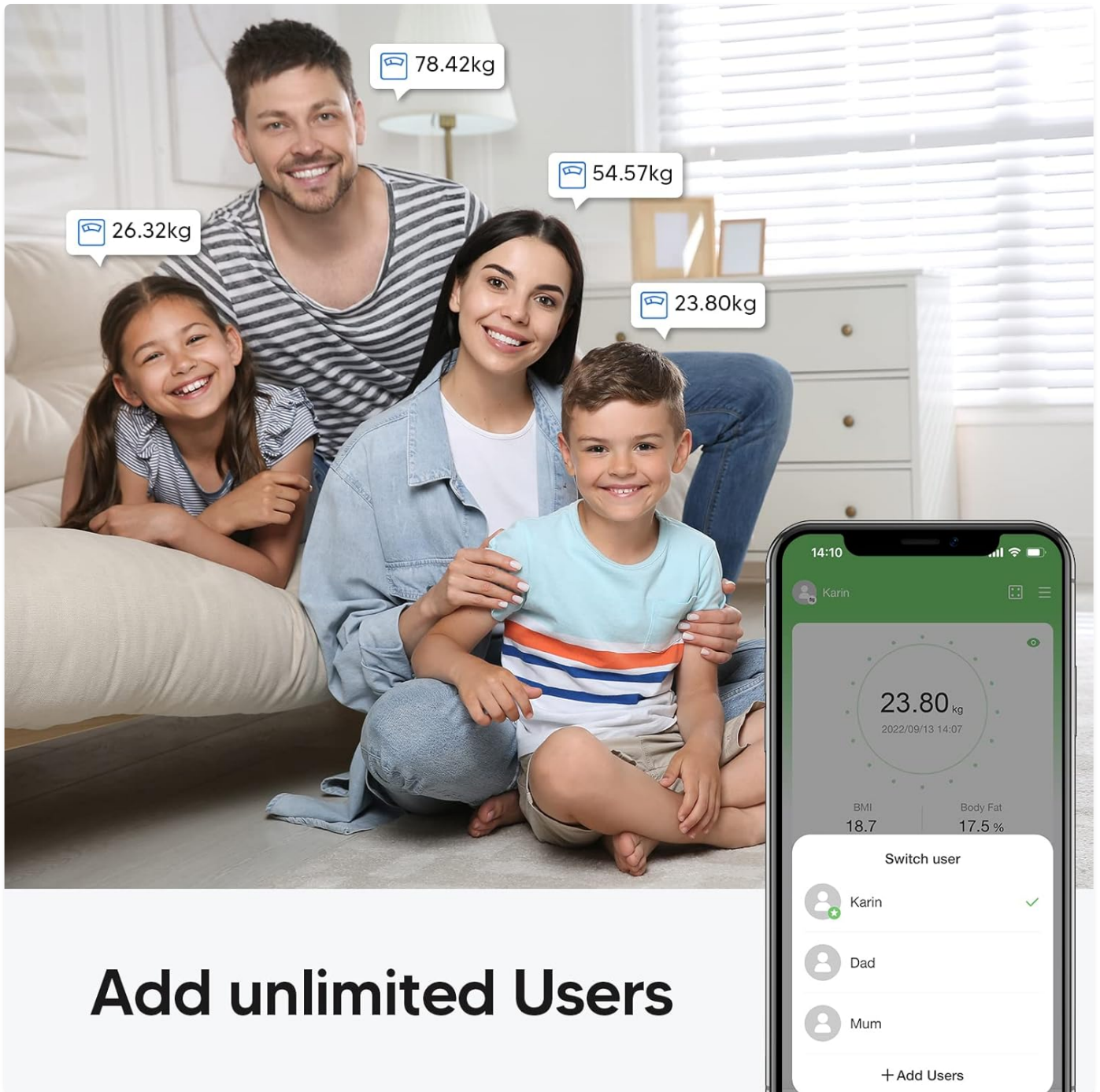
Image: A visual guide showing the five easy steps to set up the arboleaf scale: Download arboleaf app, Sign up, Add Device, Create Accounts for Users, and Start to use.

3. User Profile Setup

The arboleaf app supports multiple user profiles, allowing your entire family to track their data separately. The scale can automatically recognize users based on their weight within a certain range.

- Within the app, navigate to the user management section.
- Add new users by entering their details (e.g., name, age, height, gender).

- The app can support up to 8 custom profiles.



Add unlimited Users

Image: A family sitting together, with a smartphone displaying the arboleaf app's user selection interface, highlighting the ability to add unlimited users.

OPERATING INSTRUCTIONS

1. Taking Measurements

For accurate readings, ensure your feet are bare and placed directly on the four electrode areas of the scale. Stand still until the measurement is complete.

Precise Measurements

4 sensors with the latest technology provide accurate and stable measurements



Image: An illustration of the arboleaf scale's internal components, highlighting the four precision G-sensors and electrodes that ensure accurate measurements.

2. Understanding Display Readings

The scale's large display (48x60mm) directly shows 7 key measurements after initial app connection:

- Weight
- Body Fat
- Muscle Mass
- Visceral Fat
- Body Water
- Bone Mass
- BMI (Body Mass Index)

All 14 body analysis data points are available within the arboleaf app.

7 Measurements show on the Scale

View your Weight, Body Fat, Muscle Mass, Visceral Fat, Body Water, Bone Mass and BMI on the scale without having to open the mobile app.



Image: The arboleaf smart scale displaying 7 key measurements on its screen, including weight, body fat, muscle mass, visceral fat, body water, bone mass, and BMI.

3. Using the arboleaf App

The arboleaf app provides a comprehensive overview of your body composition and allows for detailed tracking and analysis.

14 Body Analysis Data Points:

Beyond the 7 displayed on the scale, the app provides:

- Fat-free Body Weight
- Subcutaneous Fat
- Protein
- BMR (Basal Metabolic Rate)
- Skeletal Muscle

14 Body Composition Measurements



Weight



Skeletal Muscle



BMI



Muscle Mass



Body Fat



Bone Mass



Fat-free Body Weight



Body Water



Subcutaneous Fat



Protein



Visceral Fat



BMR



Image: A woman meditating next to the arboleaf scale, surrounded by icons representing the 14 body composition measurements tracked by the device, such as weight, BMI, body fat, muscle mass, and more.

Progress Tracking:

The app allows you to visualize your progress over time with trend charts for various metrics (weight, body fat, BMI). You can view data by week, month, or year.

Track Your Progress

Record your progress by week, month or year.
Choose AM or PM measurements to see trends.



Image: A graph illustrating body composition progress over several months, showing changes in weight, body fat, and BMI, demonstrating the app's tracking capabilities.

Multi-User Support:

The app supports up to 8 custom profiles and automatically distributes data to the correct user. You can also add family members to your account or have them create their own.

Data Syncing:

Sync your arboleaf data with other popular fitness apps such as Apple Health, Google Fit, and Fitbit for a centralized health overview.

Fonctionne avec les applications de fitness



Fitbit



Apple Health



Google Fit

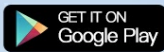


Image: A woman looking at her smartphone, with logos for Fitbit, Apple Health, and Google Fit displayed, indicating compatibility and data syncing capabilities of the arboleaf app.

4. Athlete Mode

The app includes an "Athlete Mode" designed for individuals engaged in regular, intense physical activity. This mode adjusts the measurement algorithm for more accurate readings for athletes. It is generally not recommended for individuals with an average activity level.

Additional Athlete Mode

Athlete mode is designed for people who are engaged in physical activities Ordinary people are not recommended to open this mode

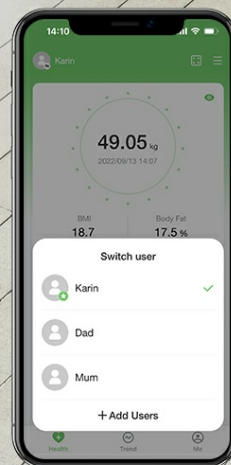


Image: A woman running outdoors, with a smartphone displaying the arboleaf app interface that includes an "Athlete Mode" option, indicating specialized tracking for active individuals.

MAINTENANCE

- **Cleaning:** Wipe the scale surface with a damp cloth and mild detergent. Do not use abrasive cleaners or immerse the scale in water.
- **Storage:** Store the scale in a cool, dry place. Avoid extreme temperatures and direct sunlight.
- **Battery Replacement:** Replace batteries when the low battery indicator appears on the display or in the app.

TROUBLESHOOTING

Problem	Possible Cause / Solution
Scale does not turn on.	Check battery installation. Ensure batteries are inserted correctly and are not depleted. Replace if necessary.
Inaccurate readings.	Ensure scale is on a hard, flat surface. Stand still with bare feet on electrodes. Recalibrate by stepping on and off the scale quickly.
Scale not connecting to app.	Ensure Bluetooth is enabled on your phone. Restart the app and the scale. Make sure the app has Bluetooth permissions.
App not displaying all 14 measurements.	Ensure you are standing on the scale with bare feet for full body composition analysis. Check app settings for data display.
Scale cannot automatically assign weight to user (if weight difference is < 2KG).	As noted in product features, if the weight difference between two users is within 2KG (4.4lb or 0.31st), the scale cannot automatically assign the weight. You will need to manually select the correct user in the app to view all measured values.

SPECIFICATIONS

Feature	Detail
Model Number	CS20M
Dimensions	280 x 280 x 25 mm (11 x 11 x 1 inch)
Item Weight	1.43 kg
Maximum Weight Capacity	180 Kilograms (400 lbs / 28 stone)
Display Type	Digital LCD (48*60mm)
Material	Tempered Glass
Power Source	3 x AAA 1.5V batteries (included)
Body Composition Measurements	14 (Weight, BMI, Body Fat, Fat-free Body Weight, Subcutaneous Fat, Visceral Fat, Body Water, Skeletal Muscle, Muscle Mass, Bone Mass, Protein, BMR, etc.)
User Profiles	Up to 8 custom profiles + guest profile
Offline Data Storage	20 sets of data

WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the arboleaf official website or contact their customer service directly. Details are typically provided on the product packaging or within the arboleaf app.

Seller: arboleaf

Return Policy: 30-day refund/replacement (as per Amazon policy)



