

[Manuals.plus](#) /

› [RENPHO](#) /

› RENPHO Smart Bluetooth Body Composition Scale User Manual

RENPHO ES-CS20M-RD

RENPHO Smart Bluetooth Body Composition Scale User Manual

Model: ES-CS20M-RD

1. INTRODUCTION

Thank you for choosing the RENPHO Smart Bluetooth Body Composition Scale. This device is designed to help you track your health and fitness progress by providing 13 essential body composition measurements. It connects seamlessly with the Renpho Health app and other popular fitness applications, offering a comprehensive overview of your body data.



Image 1.1: The RENPHO Smart Bluetooth Body Composition Scale, showcasing its sleek design and connectivity with the Renpho Health app and a smartwatch for real-time data display.

2. SETUP GUIDE

2.1. Unpacking and Battery Installation

Carefully remove the scale from its packaging. The scale requires 3 AAA batteries, which are included. Open the battery compartment on the underside of the scale and insert the batteries, ensuring correct polarity.

Large Platform



Image 2.1: Overview of the scale's dimensions (28 cm x 28 cm x 2.5 cm) and the location of the 3 AAA battery compartment.

2.2. App Download and Pairing

1. Download the **Renpho Health** app from the [App Store](#) (for iOS) or [Google Play](#) (for Android).
2. Ensure your smartphone's Bluetooth is enabled. The Renpho Health app requires Bluetooth 4.0 or higher.
3. Open the Renpho Health app and create an account or log in.
4. Follow the in-app instructions to pair your scale. Typically, this involves stepping onto the scale to activate it while the

app is open and searching for devices.

3. OPERATING INSTRUCTIONS

3.1. Taking a Measurement

- Place the scale on a hard, flat surface. Avoid carpets or uneven flooring.
- Step onto the scale barefoot. Ensure your feet are in contact with all four electrode pads for accurate body composition analysis.
- The scale will display your weight. If the app is open and connected via Bluetooth, all 13 body composition metrics will be synchronized to the app.
- You can weigh yourself at any time without your phone. The data will synchronize to the app once it is connected again.

3.2. 13 Key Body Composition Analysis

The Renpho Health app provides detailed analysis of the following metrics:

- Weight
- BMI (Body Mass Index)
- Body Fat Percentage
- Muscle Mass
- Bone Mass
- BMR (Basal Metabolic Rate)
- Body Water Percentage
- Protein
- Visceral Fat
- Skeletal Muscle
- Subcutaneous Fat
- Fat-Free Mass
- Metabolic Age

13 Key Body Composition Analysis

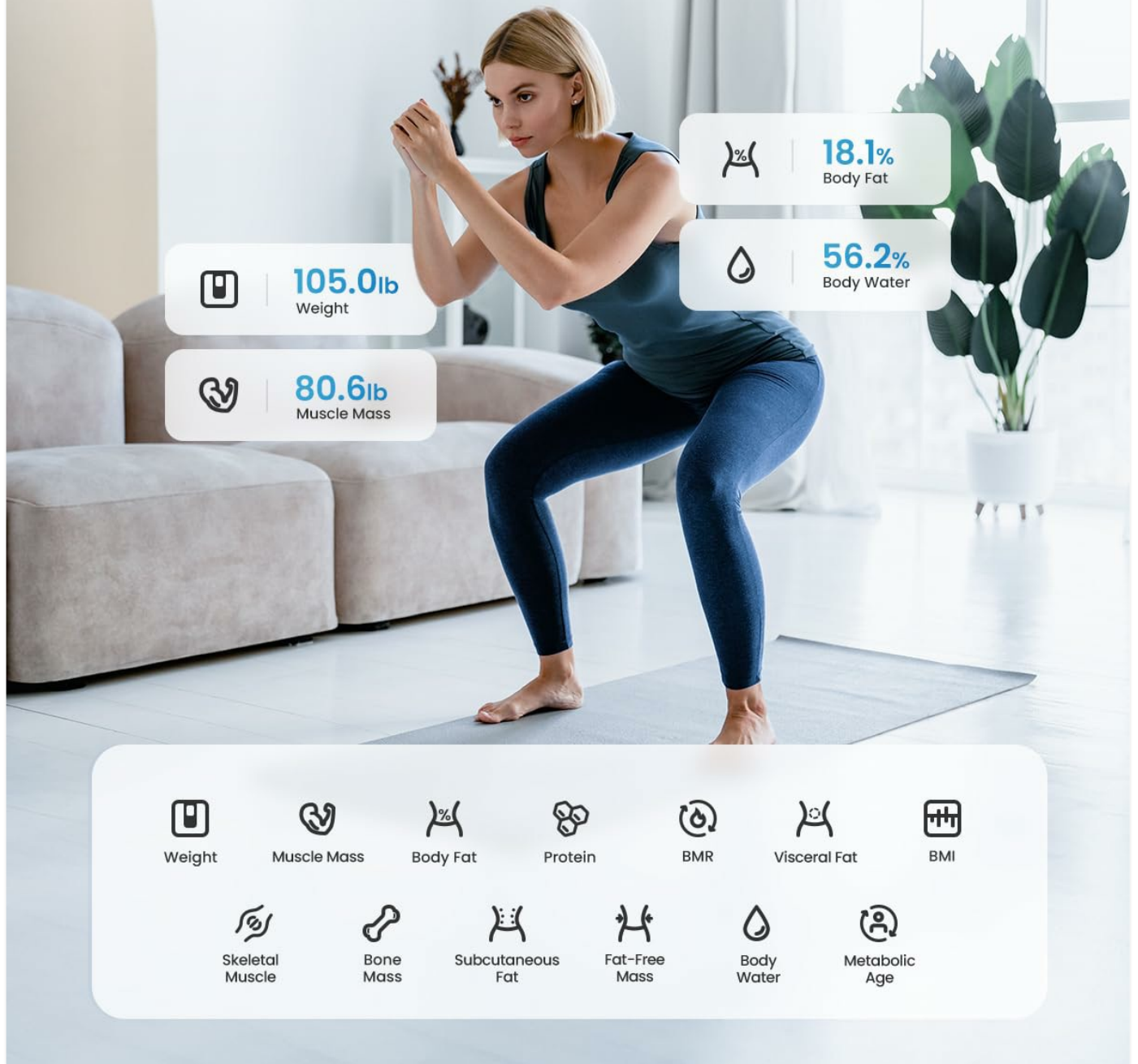


Image 3.1: Visual representation of the 13 key body composition metrics analyzed by the RENPHO scale and displayed in the app.

3.3. App Features and Integration

The Renpho Health app allows you to track trends, set goals, and view detailed weighing reports. It also synchronizes with popular fitness applications such as Samsung Health, Apple Health, Google Fit, MyFitnessPal, and Fitbit, providing a centralized platform for your health data.

Embrace a Healthier You with RENPHO



Image 3.2: Screenshots of the Renpho Health app displaying various features like weight trends, goal setting, and comprehensive weighing reports.

Sync with Leading Fitness Apps & Apple Watch



RENPHO Health



MyFitnessPal



Samsung Health



Apple Health



Apple Watch

*Exclusively available for Apple devices

Image 3.3: The RENPHO scale integrates with leading fitness apps and Apple Watch for seamless data synchronization.

3.4. Baby Mode

The Renpho Health app includes a "Baby Mode" feature, allowing you to weigh infants or pets. Simply hold your baby or pet in your arms, step on the scale, and the app will calculate their weight by subtracting your own.

Baby Mode

Simply hold your baby or pet in your arms for hassle-free weighing.



Image 3.4: The "Baby Mode" feature enables easy and hassle-free weighing of babies and pets.

4. MAINTENANCE

- **Cleaning:** Wipe the scale surface with a damp cloth. 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.

5. TROUBLESHOOTING

Problem	Solution
Scale does not turn on.	Check battery installation. Ensure batteries are correctly inserted and not depleted. Replace if necessary.
No body composition data in app.	Ensure you are standing barefoot on the scale, making contact with all four electrode pads. Confirm Bluetooth is enabled on your phone and the app is open and paired.
App not connecting to scale.	Restart your phone's Bluetooth. Close and reopen the Renpho Health app. Ensure the scale is activated (step on it briefly). Check if the app has necessary permissions.
Inaccurate weight readings.	Place the scale on a hard, flat surface. Avoid carpets. Ensure the scale is clean and free from obstructions. Recalibrate by stepping on and off the scale quickly.

6. SPECIFICATIONS

Brand: RENPHO
Model Number: ES-CS20M-RD
Color: Red
Product Dimensions (L x W x H): 28 x 28 x 2.5 cm
Item Weight: 1.2 Kilograms
Weight Limit: 180 Kilograms
Reading Accuracy: ± 0.05 kg
Material: Tempered glass, Acrylonitrile Butadiene Styrene, Metal
Display Type: LCD
Batteries: 3 AAA (included)
Special Features: Backlit display, Automatic shutdown, High load capacity, Precise measurement, Non-slip platform
Recommended Uses: Adult
Manufacturer: RENPHO

Accurate Measurements

Created with 4 high-responsive sensors,
it can measure precisely in **0.2 lb. (0.05 kg)** increments.

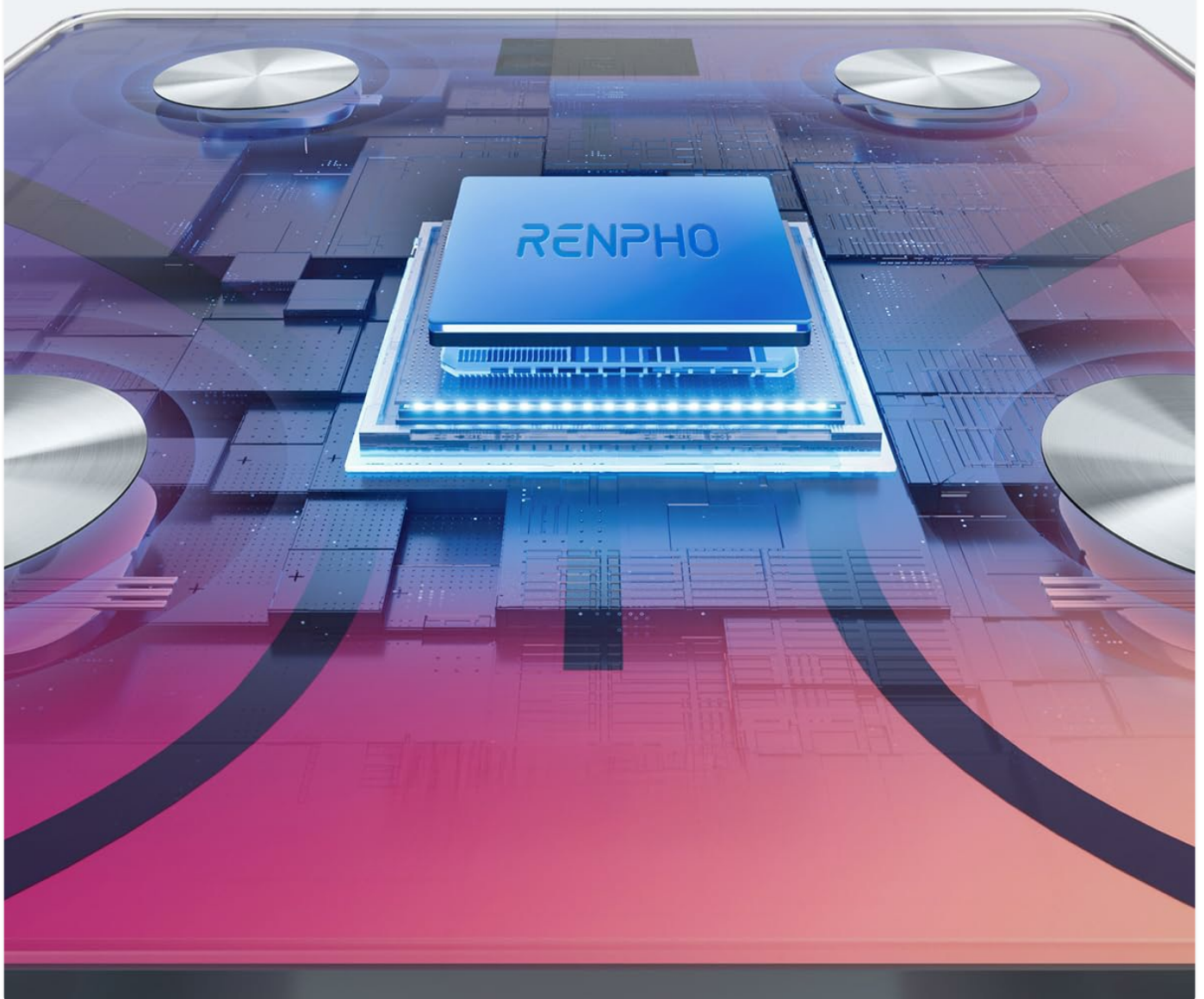


Image 6.1: Illustration of the scale's high-responsive sensors, ensuring precise measurements down to 0.05 kg.

7. WARRANTY AND SUPPORT

RENPHO provides a 2-year availability for spare parts for this product. For further assistance, technical support, or warranty claims, please visit the official RENPHO website or contact their customer service directly. You can find more information and support resources on the [RENPHO official website](#).



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