Slimpal CS20X2

Slimpal CS20X2 Smart Body Composition Scale User Manual

Model: CS20X2

1. Introduction

The Slimpal CS20X2 Smart Body Composition Scale is designed to provide comprehensive insights into your body's health. Utilizing advanced BIA (Bio-electrical Impedance Analysis) technology, this scale measures 15 key body composition metrics, including body weight, body fat, heart rate, and BMI. It features both Wi-Fi and Bluetooth connectivity for seamless data synchronization with the Slimpal App, allowing you to track your progress over time. The scale is equipped with a large VA LCD display for clear readings and is rechargeable via USB-C.

2. Safety Information

- This scale is intended for general household use only and should not be used for medical diagnosis or treatment.
- Individuals with pacemakers or other internal medical devices should not use this product.
- Do not use this scale on wet or slippery surfaces. Ensure the scale is placed on a hard, flat surface for accurate measurements.
- The maximum weight capacity for this scale is 400 lbs (180 kg). Do not exceed this limit.
- Keep the scale dry. Avoid contact with water or other liquids.
- Do not disassemble or attempt to repair the scale yourself. Contact customer support for assistance.
- Pregnant women should consult their doctor before using this scale.

3. Package Contents

Please check the package to ensure all items are present:

- Slimpal CS20X2 Smart Body Composition Scale
- USB-C Charging Cable
- User Manual

4. Product Features

- **15 Body Composition Metrics:** Measures Weight, BMI, Body Fat, Fat-free Body Weight, Subcutaneous Fat, Heart Rate, Heart Index, Visceral Fat, Body Water, Skeletal Muscle, Muscle Mass, Bone Mass, Protein, BMR, and Body Age.
- **Large VA LCD Display:** Provides clear, easy-to-read measurements directly on the scale, including body fat percentage and heart rate.
- **Dual Connectivity:** Supports both Wi-Fi and Bluetooth for flexible data synchronization with the Slimpal App.
- **Rechargeable Battery:** Built-in lithium polymer battery, charged via USB-C.
- **High Capacity:** Supports users up to 400 lbs (180 kg).
- **Intelligent Auto-Recognition:** Automatically identifies users based on their weight data after initial setup.



Image: The Slimpal scale's display showing various body composition metrics.



Image: Visual comparison of Slimpal's VA LCD display versus a typical LED display.

5. Setup

5.1 Initial Charging

Before first use, fully charge the scale using the provided USB-C cable. Connect the USB-C end to the scale's charging port and the USB-A end to a compatible power adapter (not included) or computer USB port. The display will indicate charging status.



Image: The Slimpal scale being charged via its USB-C port.

5.2 App Installation and Pairing

1. Download the **Slimpal App** from the Apple App Store or Google Play Store.
2. Enable Bluetooth on your smartphone.
3. Open the Slimpal App and follow the on-screen instructions to create an account and pair your scale.
4. During the initial setup, the app will guide you through connecting the scale via Bluetooth and then configuring Wi-Fi for automatic data synchronization.



Image: Diagram showing the scale's WiFi and Bluetooth connectivity.

5.3 User Profile Creation

Within the Slimpal App, create your personal profile by entering details such as age, height, and gender. This information is crucial for accurate body composition analysis. The app also supports adding multiple users, allowing the scale to intelligently recognize each family member after their initial setup.



Image: The scale's auto-recognition feature for multiple users.

6. Operating Instructions

6.1 Taking a Measurement

1. Place the scale on a hard, flat surface. Avoid carpets or uneven flooring for consistent readings.
2. Step onto the scale barefoot and stand still. Ensure your feet are centered on the electrodes for accurate body composition analysis.
3. The scale will display your weight, body fat percentage, and heart rate directly on its VA LCD screen.
4. If connected via Wi-Fi, your data will automatically sync to the Slimpal App. If using Bluetooth, ensure the app is open on your phone nearby for synchronization.



Image: The scale providing consistent readings on different surfaces.



Image: Measuring without a phone and viewing data later in the app.

6.2 Understanding Display Readings

The scale's VA LCD display provides immediate feedback:

- **Weight:** Your current body weight.
- **Body Fat %:** Your estimated body fat percentage.
- **Heart Rate:** Your heart rate in beats per minute (BPM).

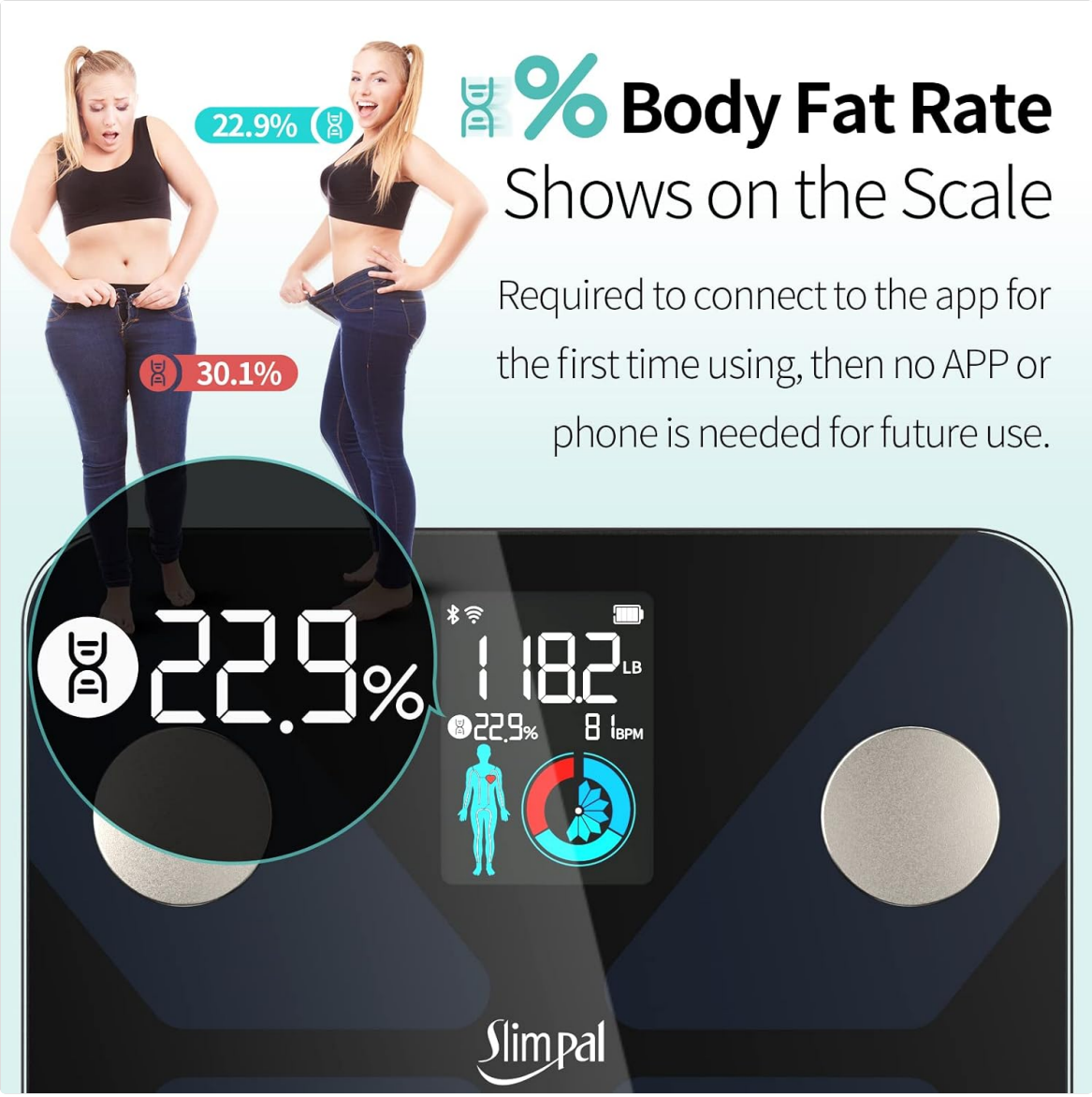


Image: The scale's display showing body fat percentage and other metrics.

6.3 Viewing Detailed Data in the App

For all 15 body composition metrics, historical data, and progress tracking, refer to the Slimpal App. The app provides detailed graphs and insights into your health trends.

- **Progress Tracking:** View daily, weekly, monthly, and yearly trends for all metrics.
- **Goal Setting:** Set personal health goals within the app.
- **Third-Party Integration:** Sync your data with popular health apps like Apple Health, Google Fit, and Fitbit.

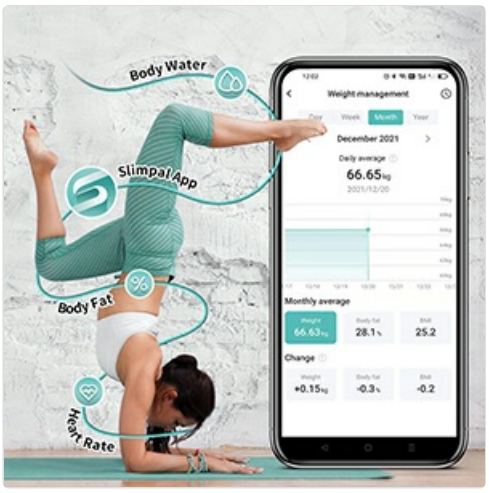


Image: The Slimpal app interface for tracking progress.



Image: The Slimpal app's compatibility with other health platforms.

7. Maintenance

7.1 Cleaning

Wipe the scale surface with a damp cloth and mild detergent. Do not use abrasive cleaners or immerse the scale in water.

7.2 Charging

The scale's battery typically lasts for several months on a single charge. Recharge when the battery indicator on the display shows low power. Use the provided USB-C cable for charging.

7.3 Storage

Store the scale in a cool, dry place away from direct sunlight and extreme temperatures.

8. Troubleshooting

- **Scale not turning on:** Ensure the scale is charged. Connect it to a power source using the USB-C cable.
- **Inaccurate readings:** Place the scale on a hard, flat surface. Ensure you are standing still and barefoot. Recalibrate by stepping on and off the scale quickly.
- **App connectivity issues (Bluetooth/Wi-Fi):**

- Ensure Bluetooth is enabled on your phone.
- Check your Wi-Fi connection and signal strength.
- Restart the Slimpal App and/or your phone.
- Try re-pairing the scale through the app's device management settings.

- **Body composition data not appearing:** Ensure you are stepping on the scale barefoot and standing still. The electrodes require skin contact for BIA measurements. Verify your profile information (age, height, gender) is correctly entered in the app.

9. Specifications

Feature	Detail
Brand	Slimpal
Model Number	CS20X2
Weight Limit	400 Pounds (180 kg)
Readout Accuracy	0.2 pounds (0.1 kg)
Material	Glass
Display Type	VA LCD
Connectivity	Bluetooth, Wi-Fi
Power Source	Rechargeable Lithium Polymer Battery (USB-C)
Product Dimensions	2.5 x 2.5 x 1.6 inches (Note: This dimension seems incorrect for a scale, likely for a component. Actual scale dimensions are typically larger.)
Item Weight	3.68 Pounds

10. Warranty and Support

Slimpal products come with a limited warranty. For detailed warranty information, product support, or any inquiries, please refer to the warranty card included in your package or visit the official Slimpal website. You may also contact Slimpal customer service directly through the contact information provided on their website or within the Slimpal App.

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