

arboleaf CS20G

arboleaf CS20G Smart Bluetooth Body Composition Scale User Manual

1. INTRODUCTION

This manual provides essential information for the safe and effective use of your arboleaf CS20G Smart Bluetooth Body Composition Scale. Please read it thoroughly before first use and retain it for future reference. This scale is designed to measure body weight and analyze various body composition metrics, providing insights into your health and fitness journey.

2. SAFETY INFORMATION

- **Important:** Individuals with pacemakers or who are pregnant should avoid using this digital personal and body fat scale. The bioelectrical impedance analysis (BIA) technology used by the scale sends a small electrical current through the body, which may interfere with medical devices or pose risks during pregnancy.
- Do not use the scale on slippery surfaces. Ensure the scale is placed on a hard, flat surface for accurate measurements and to prevent falls.
- Do not jump on the scale. Step on and off gently.
- Keep the scale dry. Avoid exposure to water or excessive moisture.
- This scale is for household use only and not intended for medical diagnosis or treatment. Consult a healthcare professional for medical advice.

3. PACKAGE CONTENTS

- 1 x arboleaf CS20G Smart Bluetooth Body Composition Scale
- 3 x AAA Batteries
- 1 x User Manual (this document)

4. PRODUCT OVERVIEW

The arboleaf CS20G Smart Bluetooth Body Composition Scale is designed to provide comprehensive insights into your body's health. It features a large LED display and connects to your smartphone via Bluetooth for detailed

tracking.



Figure 4.1: arboleaf CS20G Smart Bluetooth Body Composition Scale. This image shows the sleek black tempered glass surface of the scale with its integrated LED display and four silver electrode pads.

Key Features:

- **Large LED Display:** A bright 13.5 cm LED screen displays 8 key fitness metrics directly on the scale.
- **14 Body Composition Metrics:** Tracks weight, body fat, BMI, muscle mass, water, visceral fat, bone mass, body type, fat-free body weight, subcutaneous fat, skeletal muscle, protein, BMR, and metabolic age.
- **High Precision Sensors:** Equipped with 4 high-precision sensors for accurate measurements up to 0.05 kg (0.1 lb).
- **High Capacity:** Supports a maximum weight of 180 kg (400 lb).
- **Bluetooth Connectivity:** Seamlessly connects to the Arboleaf app on your smartphone.
- **Multi-User Support:** Supports up to 8 users, allowing multiple family members to track their progress.
- **Tempered Glass Platform:** Durable and easy to clean 28 cm platform.

All on Color Display Screen

13.6 cm LED screen for easy reading
and intuitive data visualization



Please Note: After your first app connection, you'll see the other 7 indicators, except weight

Figure 4.2: The scale's LED display showing various body composition metrics. The display is illuminated, showing weight in kilograms, BMI, body fat rate, muscle mass, body water, bone mass, and visceral fat levels, along with a color-coded body type indicator.

Reach Your Goal with arboleaf

arboleaf app can intelligently analyze weight, fat percentage, BMI trends weekly monthly yearly



Figure 4.3: Illustration of the scale's 28cm platform and its 180kg (400lbs) capacity. A person is shown standing on the scale, demonstrating its size and use, with an inset diagram highlighting the dimensions and weight limit.

5. SETUP

5.1. Battery Installation

1. Turn the scale over to access the battery compartment on the underside.
2. Open the battery compartment cover.
3. Insert the 3 AAA batteries, ensuring correct polarity (+/-).
4. Close the battery compartment cover securely.

5.2. App Download and Initial Pairing

1. Download the "Arboleaf" app from the Apple App Store or Google Play Store.
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the Arboleaf app and create a user profile.

4. Step onto the scale to activate it. The scale's display will light up.
5. Follow the in-app instructions to pair your smartphone with the scale. This initial pairing is required once.
6. After successful pairing, your measurements will synchronize with the app and can also be viewed directly on the scale's display.



Figure 5.1: Bluetooth connection and app integration. This image displays two smartphones showing the Arboleaf app interface for tracking weight and body composition, alongside icons for Apple Health, Google Fit, Fitbit, and Samsung Health, indicating compatibility.

6. OPERATING INSTRUCTIONS

6.1. Taking a Measurement

1. Place the scale on a hard, flat surface. Avoid carpets or uneven floors.
2. Ensure your feet are clean and dry.
3. Step onto the scale barefoot, placing your feet on the electrode pads. Stand still until the measurement is complete.

4. The scale's LED display will show your weight and other 8 key metrics.
5. If the app is open and Bluetooth is connected, all 14 metrics will synchronize to your profile in the Arboleaf app.

6.2. Using the Arboleaf App

- **Tracking Progress:** The app allows you to view your fitness history over weekly, monthly, or annual periods.
- **Multi-User Management:** The app supports up to 8 user profiles. It can automatically recognize different users based on their weight.
- **Athlete Mode:** If you engage in intensive physical activity (e.g., 6+ hours/week), activate Athlete Mode in the app for more accurate body composition analysis tailored to your activity level.
- **Guest Mode:** For privacy, use Guest Mode when someone else uses the scale without saving their data to a profile.
- **Data Synchronization:** The Arboleaf app can synchronize data with Apple Health, Google Fit, Fitbit, and Samsung Health.



Figure 6.1: Tailored functions for every user's needs. This image shows four scenarios: a person using the scale in a bathroom, athletes using it in a gym setting, a family viewing app data together, and a runner representing the athlete mode, illustrating the scale's versatility.

7. UNDERSTANDING YOUR MEASUREMENTS

The arboleaf CS20G scale provides 14 body composition metrics to help you understand your body beyond just weight. These metrics are calculated using Bioelectrical Impedance Analysis (BIA) technology.

Precise and Reliable Measurement

4 highly accurate sensors and
4 BIA electrodes enhance weight precision

0.1 lb/0.05 kg
Increment

**0.2-400 lbs/
1-180 kg**
Measurement Range

High Capacity & Sturdy



Figure 7.1: Visual representation of the 14 essential body composition metrics. Icons and labels for Weight, BMI, Body Fat, Fat-free Body Weight, Subcutaneous Fat, Body Type, Bone Mass, Visceral Fat, Body Water, Skeletal Muscle, Protein, BMR, Metabolic Age, and Muscle Mass are displayed, indicating the comprehensive data provided by the scale.

List of Metrics:

- **Weight:** Your total body mass.
- **BMI (Body Mass Index):** A measure of body fat based on height and weight.
- **Body Fat:** The percentage of fat in your body.
- **Muscle Mass:** The total weight of muscle in your body.
- **Body Water:** The percentage of water in your body.
- **Visceral Fat:** Fat stored around your internal organs.

- **Bone Mass:** The amount of bone mineral in your body.
- **Body Type:** Categorization of your physique based on body composition.
- **Fat-free Body Weight:** The total weight of your body excluding fat.
- **Subcutaneous Fat:** Fat stored directly under the skin.
- **Skeletal Muscle:** The muscle attached to bones, responsible for movement.
- **Protein:** The percentage of protein in your body.
- **BMR (Basal Metabolic Rate):** The number of calories your body needs to perform basic, life-sustaining functions.
- **Metabolic Age:** An indicator of how your metabolism compares to chronological age.

Tailored Functions for Every User's Needs



Bathroom Scale



Gym Use



Unlimited Users



Athlete Mode

Figure 7.2: Illustration of the scale's precise and reliable measurement technology. This image highlights the internal components, specifically the 4 highly accurate sensors and 4 BIA electrodes that contribute to precise weight and body composition readings, with indications for 0.1 lb/0.05 kg increment and 0.2-400 lbs/1-180 kg measurement range.

8. 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.
- **Battery Replacement:** Replace batteries when the low battery indicator appears on the display or in the app. Ensure to use 3 new AAA batteries.

9. TROUBLESHOOTING

- **No Display/Scale Not Turning On:**
 - Check if batteries are installed correctly with correct polarity.
 - Replace with new batteries if necessary.
- **Inaccurate Readings:**
 - Ensure the scale is on a hard, flat, and level surface.
 - Make sure your feet are clean, dry, and making full contact with the electrode pads.
 - Avoid moving during measurement.
 - Calibrate the scale by stepping on it briefly, then stepping off and waiting for it to display '0.0' before taking a measurement.
- **Bluetooth Connection Issues:**
 - Ensure Bluetooth is enabled on your smartphone.
 - Make sure the Arboleaf app is open and running in the foreground or background.
 - Restart your smartphone and the scale (by removing and reinserting batteries).
 - Try re-pairing the scale through the app's settings.
- **App Not Syncing Data:**
 - Ensure the scale is paired and Bluetooth is active during measurement.
 - Check if the app has the necessary permissions (e.g., Bluetooth, location).
 - Update the Arboleaf app to the latest version.

10. SPECIFICATIONS

Feature	Detail
Brand	arboleaf
Model Number	CS20G
Color	280 black
Material	Tempered glass
Display Type	LED
Weight Limit	180 Kilograms (400 lbs)
Reading Precision	50 Grams (0.05 kg / 0.1 lb)
Item Weight	1.1 Kilograms

Batteries	3 AAA - included
Package Dimensions	33.5 x 32.6 x 4.3 cm
Recommended Use	Human
Special Features	Automatic shut-off, Body fat measurement, Large display, Anti-slip platform
Country of Origin	China






11. WARRANTY AND SUPPORT



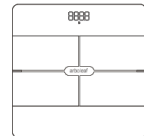



For warranty information or technical support, please refer to the official arboleaf website or contact their customer service directly. Contact details are typically available on the product packaging or the official brand website.

Please visit the [arboleaf Brand Store](#) for more information and product updates.



Related Documents - CS20G

 <p>Arboleaf® Body Composition Smart Scale User Guide</p> <p>Arboleaf® Body Composition Smart Scale measures weight, body fat percentage, BMI and other body composition data using bioelectrical impedance analysis (BIA) technology. This smart scale is intended for home use only.</p> <p>Arboleaf Corporation 5700 Granite Parkway, Suite 300, Plano, TX 75024 1-800-456-1148 support@arboleaf.com www.arboleaf.com</p>	<p>Arboleaf Body Composition Smart Scale User Guide</p> <p>User guide for the Arboleaf Body Composition Smart Scale, detailing setup, measurement tips, troubleshooting, specifications, and safety precautions for home use.</p>
  <p>Body Composition Smart Scale CS10E User Guide</p> <p>www.arboleaf.com</p>	<p>Arboleaf CS10E Body Composition Smart Scale User Guide</p> <p>Comprehensive user guide for the Arboleaf CS10E Body Composition Smart Scale, detailing product features, specifications, setup instructions, measurement procedures, display icons, important cautions, warnings, FCC compliance, and warranty information.</p>
 <p>Arboleaf® Body Composition Smart Scale User Guide</p> <p>Arboleaf® Body Composition Smart Scale measures weight, body fat percentage, BMI and other body composition data using bioelectrical impedance analysis (BIA) technology. This smart scale is intended for home use only.</p> <p>Tips: When you get the new scale, you first have to connect to the App in order to see body fat and other data on the scale.</p> <p>Arboleaf Corporation 5485 Legacy Drive, Suite 600 Plano, TX 75024 1-800-456-1148 support@arboleaf.com www.arboleaf.com</p> 	<p>Arboleaf Body Composition Smart Scale User Guide</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>

<div><p>www.arboleaf.com</p><p>Arboleaf Body Composition Smart Scale User Guide</p><p>Arboleaf Body Composition Smart Scale measures weight, body fat percentage, BMI and other body composition data using bioelectrical impedance analysis (BIA) technology. This smart scale is intended for home use only.</p><p>Tip: When you get the new scale, you first have to connect to the App in order to see body fat and other data on the scale.</p><p>Arboleaf Corporation 5485 Legacy Drive, Suite 600 Plano, TX 75024 1-800-656-1148 support@arboleaf.com www.arboleaf.com</p></div>	<p>Arboleaf Body Composition Smart Scale User Guide: Setup, Measurement, and Troubleshooting</p> <p>Comprehensive user guide for the Arboleaf Body Composition Smart Scale, covering setup, pairing, measurement tips, troubleshooting, specifications, and safety precautions.</p>
<div><p>Model: CS20H</p><p>Body Composition Scale User Guide</p></div>	<p>Arboleaf CS20H Body Composition Scale User Guide</p> <p>Comprehensive user guide for the Arboleaf CS20H Body Composition Scale, covering initial setup, taking measurements, troubleshooting, specifications, and warranty information.</p>
<div><p>Body Composition Smart Scale</p><p>User Guide</p><p>www.arboleaf.com</p><p>1</p></div>	<p>Arboleaf CS10E Body Composition Smart Scale User Guide</p> <p>Comprehensive user guide for the Arboleaf CS10E Body Composition Smart Scale, covering setup, measurement, features, specifications, and safety precautions. Learn how to use your smart scale for accurate body composition analysis.</p>