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**arboleaf CS10E**

## arboleaf Smart Body Composition Scale

Model: CS10E

Brand: arboleaf

### 1. INTRODUCTION AND OVERVIEW

The arboleaf CS10E Smart Body Composition Scale is an advanced health monitoring device designed to provide a comprehensive analysis of your physical condition. Equipped with 8-electrode technology, it measures 26 essential body metrics, offering a detailed view beyond just weight. Data is seamlessly synced to the arboleaf app for easy tracking and analysis.



Image: The arboleaf CS10E Smart Body Composition Scale, showcasing its sleek white design, digital display, and the accompanying mobile application interface.

## 2. SAFETY INFORMATION AND PRECAUTIONS

- If you have a pacemaker or are pregnant, please avoid using the body fat scale.
- Individuals with limb defects may not receive accurate measurements as the process requires good contact with all eight electrode pads.
- Body measurements may not be accurate immediately after heavy physical activity.
- This smart scale should not be used to diagnose, treat, cure, or prevent any disease or health condition. Always consult your physician or medical professional to determine what is ideal for you.
- This smart scale model is not intended for use by infants or toddlers; some body composition measurements are not for children under 18.
- Ensure the scale is placed on a hard, flat surface for accurate readings. Avoid soft surfaces like carpets.



Scan QR code and download "arboleaf" app

Before using the body composition scale, please see the following precautions for use.

### ⚠️ WARNING

- Do not use if you have a pacemaker, or artificial lung, or wear anECG, or any other internal medical device.
- Do not use if you are pregnant.
- Do not use on slippery floor, do not use when your body is wet.
- Do not use rechargeable 1.2V AAA batteries.

### ⚠️ CAUTION

- Individuals with limb defects cannot use (measurement requires good contact with all eight electrode pads).
- Your body measurements may not be accurate after heavy physical activity.
- The smart scales should not be used to diagnose or treat any medical condition. Always consult your physician or medical professionals to determine what is ideal for you.
- This smart scale model is not intended for use by infants or toddlers; some body composition measurements are not for children under 18.

Product Name: Body Composition Scale  
Model: CS10E  
Product Size: 12.2 x 13.2 x 1.3 inches  
Weight: 4.5lb (2.05kg)  
Measurement Range: 0.4-396lb (0.2-180kg)  
Measurement Resolution: 0.2lb (0.1kg)  
Battery: 3 x 1.5V AAA (Included)

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support.eu@arboleaf.com

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Made in China

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This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) this device may not cause harmful interference, and
- (2) this device must accept any interference received, including interference that may cause undesired operation.

Manufactured by Shenzhen Yolanda Technology Co., Ltd.  
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FCC ID: 2ANDX-CSX00

1. The symbol of the crossed-out garbage can on batteries or accumulators indicates that they must not be disposed of in household waste at the end of their life.  
2. You are legally obliged to return old batteries and accumulators after use. You can do this free of charge at a collection point in your area. Addresses of suitable collection points can be obtained from your city or local government. Intended to avoid negative effects on the environment and human health.



Image: The underside of the arboleaf CS10E scale, displaying the battery compartment and important safety warnings and product information.

## 3. PACKAGE CONTENTS

Please ensure all items are present in the package:

- arboleaf CS10E Smart Body Composition Scale (with integrated retractable handle)
- 3 x AAA Batteries (included)
- User Manual (this document)

## 4. SETUP

### 4.1 Initial Setup

1. Open the battery compartment on the underside of the scale.
2. Insert the 3 AAA batteries, ensuring correct polarity.

3. Close the battery compartment.
4. Place the scale on a hard, flat, and stable surface.

## 4.2 App Download and Pairing

1. Download the "arboleaf" app from your device's app store.
2. Enable Bluetooth on your smartphone.
3. Open the arboleaf app and create a user profile.
4. Step onto the scale barefoot to activate it. The display will light up.
5. In the app, follow the prompts to search for and connect to the "CS10E" device.
6. Once paired, your measurements will automatically sync to the app. For initial setup, pairing is required. After that, data will display directly on the scale, so you won't need to reopen the app for every measurement.

Your browser does not support the video tag.

Video: Official arboleaf video demonstrating the unboxing, battery insertion, and initial app pairing process for the CS10E scale.

## 5. OPERATING INSTRUCTIONS

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### 5.1 Taking Measurements

1. Ensure your feet are clean and dry.
2. Step onto the scale barefoot, placing your feet on the four electrode pads.
3. For full body composition analysis, gently pull out the retractable handle from the top of the scale.
4. Hold the handle with both hands, ensuring your thumbs are on the top electrodes and your fingers are on the bottom electrodes.
5. Stand upright with your arms and legs slightly apart, ensuring no body parts are touching each other or the handle cord. This allows for accurate segmental measurements (upper body, lower body, torso).
6. Remain still until the measurement is complete and the data appears on the scale's LED display and syncs to your app.

# 7

# Measurements are displayed directly



Image: Close-up of the arboleaf CS10E scale, highlighting the retractable handle with its four electrodes and the four foot electrode pads on the main platform.

## 5.2 Understanding the Display

The large HD LED display on the scale directly shows 7 key metrics in a carousel display, including weight, BMI, body fat, and muscle mass, eliminating the need to open the app repeatedly for basic readings.

## 5.3 App Features

- Automatic Sync:** Measurements automatically sync to the arboleaf app via Bluetooth.
- Progress Tracking:** The app generates monthly, weekly, or yearly charts to visualize your health trends.
- Integration:** Seamlessly integrates with popular health platforms like Apple Health, Samsung Health, Health Connect, and Fitbit.
- Multi-User Support:** Supports up to 8 user profiles, allowing families or fitness groups to track individual progress.
- Detailed Reports:** Generate comprehensive body composition reports in PDF format for easy printing and sharing.

# Professional Analysis Report

## Syncable:



Apple Health



health connect



Samsung Health



Apple watch



Fitbit

## Shareable:



facebook



instagram



twitter



Image: The arboleaf mobile application interface, displaying detailed body composition analysis reports and options for syncing data with various health and fitness platforms.

## 6. BODY COMPOSITION METRICS EXPLAINED

The arboleaf CS10E utilizes Bio-electrical Impedance Analysis (BIA) through its 8 electrodes to send a safe, low-level electrical current through your body. This current measures the impedance (resistance) it encounters, which varies depending on the type of body tissue. Based on this, the scale calculates various body composition metrics. The 8-electrode design (4 foot electrodes, 4 handle electrodes) provides a more thorough analysis by measuring data from the upper body, lower body, and torso.

# Pure Dual BIA Technology sectional measurements

The high and low frequency alternately measures the impedance value of the fluid inside and outside the cell, and the body composition data is calculated in combination with the algorithm



(Civilian Grade)

## Dual-frequency 4 electrode

Only the lower body can be measured



(Professional Grade)

## Pure Dual BIA Technology

Accurate measurement of whole-body data

Image: A diagram comparing traditional 4-electrode scales (measuring only lower body) with the arboleaf's 8-electrode Pure Dual BIA Technology, which provides accurate whole-body data by measuring upper body, lower body, and torso. The scale measures 26 essential body metrics, including:

- Weight
- BMI (Body Mass Index)
- Body Fat Percentage
- Fat-Free Mass
- Subcutaneous Fat
- Visceral Fat
- Body Water Percentage
- Muscle Mass
- Bone Mass
- Protein
- BMR (Basal Metabolic Rate)
- Body Age
- And various segmental measurements for muscle and fat across different body parts.

# Sectional Measurements

In-depth understanding of the differences in various indicators of arms, waist and legs

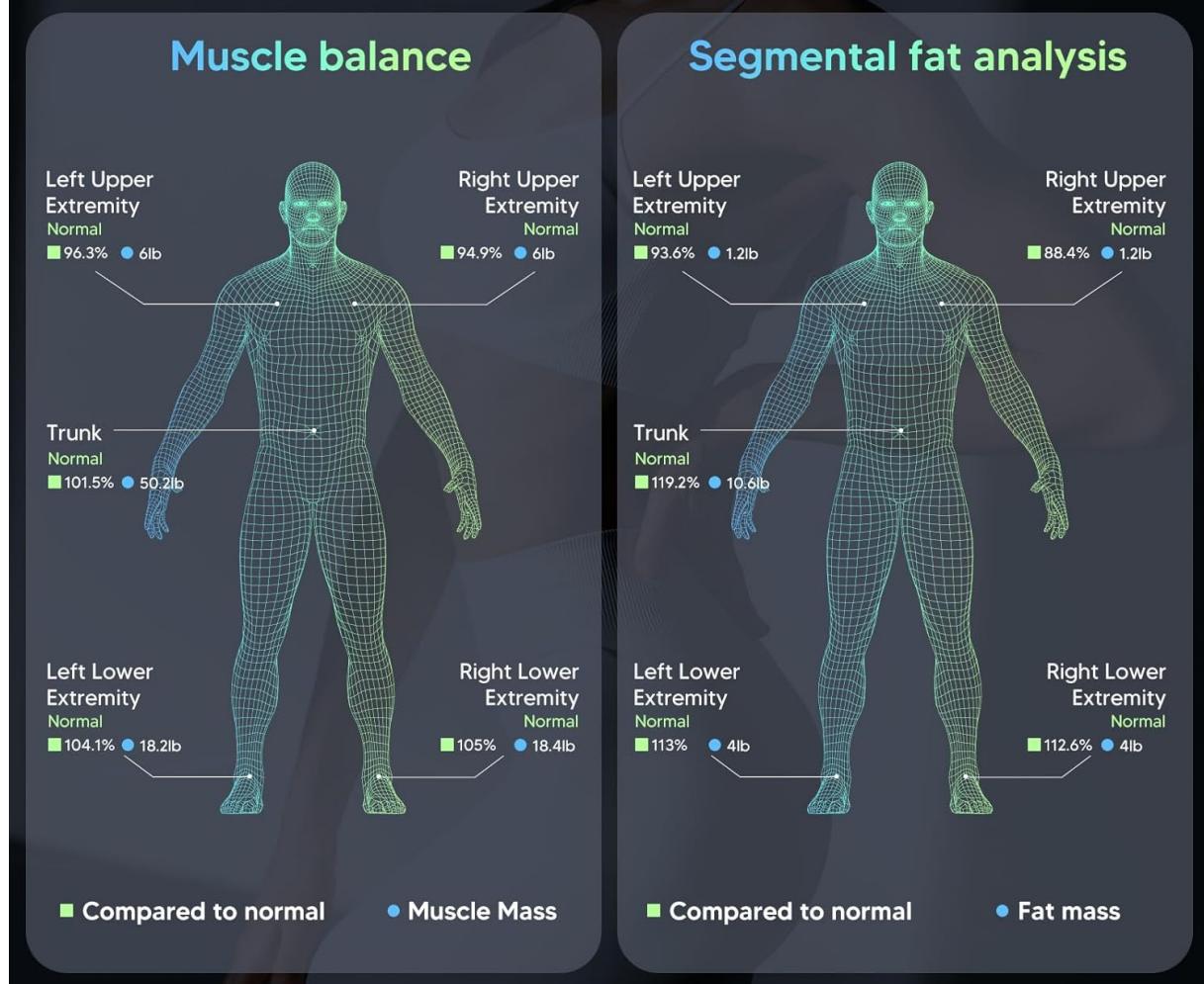


Image: Detailed diagrams illustrating muscle balance and segmental fat analysis, providing in-depth understanding of indicators for arms, waist, and legs.

## 7. MAINTENANCE AND CARE

- Clean the scale surface with a soft, damp cloth. Do not use abrasive cleaners or immerse the scale in water.
- Store the scale in a cool, dry place, away from direct sunlight and extreme temperatures.
- Avoid dropping the scale or subjecting it to strong impacts, as this may damage the sensors.
- If the scale will not be used for an extended period, remove the batteries to prevent leakage.

## 8. TROUBLESHOOTING

- **Scale not turning on:** Check if batteries are inserted correctly and have sufficient charge. Replace if necessary.
- **Inaccurate readings:** Ensure the scale is on a hard, flat surface. Make sure your feet are clean and dry, and you are standing still with proper posture (arms and legs not touching).
- **App not syncing data:** Verify Bluetooth is enabled on your phone and the app has necessary permissions. Try restarting the app or re-pairing the device.

- **Display shows "Lo":** This indicates low battery. Please replace the batteries.

## 9. SPECIFICATIONS

Feature	Detail
Product Dimensions	15.7 x 13.7 x 2.7 inches
Weight	5.07 Pounds
Model Number	CS10E
Batteries	3 AAA batteries (included)
Weight Limit	396 Pounds
Display Type	LED
Special Features	Large Display, Body Fat, Auto Shut Off, Smart

## 10. WARRANTY AND SUPPORT

For warranty information, technical support, or any inquiries regarding your arboleaf Smart Body Composition Scale, please refer to the contact information provided on the product packaging or visit the official arboleaf website. Keep your purchase receipt for warranty claims.