arboleaf CS10E

arboleaf Smart Body Composition Scale CS10E User Manual

Model: CS10E

1. INTRODUCTION

This manual provides essential information for the safe and effective use of your arboleaf Smart Body Composition Scale CS10E. Please read this manual thoroughly before using the device and retain it for future reference.

2. SAFETY INFORMATION

Important Safety Precautions:

- Do not use this device if you have a pacemaker or other implanted medical device.
- Pregnant women should consult a physician before using this scale.
- The scale uses Bioelectrical Impedance Analysis (BIA) technology. While generally safe, individuals with certain medical conditions should exercise caution.
- Ensure the scale is placed on a hard, flat surface for accurate measurements.
- Do not use the scale on wet or slippery surfaces to prevent falls.
- Keep the scale away from water and extreme temperatures.

3. PACKAGE CONTENTS

Verify that all items are present in the package:

- arboleaf Smart Body Composition Scale CS10E
- AAA Batteries (3 included)
- User Manual (this document)

4. PRODUCT OVERVIEW

The arboleaf CS10E is an advanced smart scale designed to provide comprehensive body composition analysis. It features 8 electrodes for enhanced accuracy and segmental analysis.

Image: arboleaf Smart Body Composition Scale CS10E, showing the scale, a smartphone displaying the app, a smartwatch, and three AAA batteries.

Key Features:

- **8 Electrodes:** Four electrodes on the scale platform for feet, and four on a retractable handle for hands, enabling full-body segmental analysis.
- **Large LED Display:** Provides clear readings of key metrics directly on the scale.
- **Tempered Glass Platform:** Durable and easy to clean.
- **Dual-Frequency BIA Technology:** For precise and reliable body composition measurements.
- **High Precision Chips:** Ensures accurate data collection.
- **Retractable Handle:** Over 1.5 meters long, with a magnetic retraction system for convenient storage.
- **Anti-slip Design:** For stability and safety during use.

5. SETUP

5.1. Battery Installation

1. Open the battery compartment on the underside of the scale.

2. Insert the three AAA batteries, ensuring correct polarity (+/-).

3. Close the battery compartment securely.

5.2. App Download and Installation

The arboleaf scale requires the arboleaf app for full functionality and data tracking.

1. Scan the QR code provided in the packaging or search for "arboleaf" in your device's app store (Apple App Store for iOS, Google Play Store for Android).

2. Download and install the arboleaf app.

3. Open the app and follow the on-screen instructions to create an account and set up your personal profile.

5.3. Pairing with the App

1. Ensure Bluetooth is enabled on your smartphone.

2. Open the arboleaf app.

3. Step onto the scale barefoot. The scale display will light up.

4. The app should automatically detect and connect to the scale. If not, navigate to the device pairing section within the app and follow the instructions to manually add the scale.

6. OPERATING INSTRUCTIONS

6.1. Taking a Measurement

For accurate body composition analysis, follow these steps:

1. Place the scale on a hard, flat surface.

2. Step onto the scale barefoot, ensuring your feet are positioned on the four metal electrodes on the platform.

3. Grasp the retractable handle with both hands, ensuring your palms are in full contact with the four metal electrodes on the handle.

4. Stand still and maintain a straight posture with your arms extended slightly away from your body. Your arms should form an angle relative to your body. Do not bend your arms during measurement.

5. Wait for the measurement to complete. The scale display will show your weight and other key metrics.

Image: Illustration showing the correct posture for using the arboleaf scale, emphasizing full contact with electrodes and proper arm positioning.

6.2. Understanding Display Readings

The scale's LED display shows up to 7 key metrics in real-time:

- Weight (kg/lb/st)
- Body Fat Percentage
- BMI (Body Mass Index)
- Muscle Mass
- Body Water Percentage
- Bone Mass
- Visceral Fat Level

Image: Close-up of the arboleaf scale display, highlighting the 7 real-time body metrics shown.

6.3. Segmental Analysis

The 8-electrode design allows for detailed segmental analysis, providing distinct measurements for each arm, each leg, and the torso. This offers a more granular understanding of your body composition.

BIA double fréquence + Analyse par zones =
Votre bilan corporel détaillé

Valeurs de référence ajustées selon l'âge/le sexe

Image: Diagram showing a human body divided into segments (arms, legs, torso) with data points for muscle balance and fat analysis in each segment.

6.4. Data Synchronization and Multi-User Support

Each measurement automatically synchronizes with the arboleaf app. The app supports an unlimited number of user profiles with automatic recognition, making it suitable for the entire family. For users with a weight difference of less than 2 kg, manual data assignment in the app may be required.

Image: Screenshot of the arboleaf app displaying a list of multiple user profiles, indicating support for unlimited users.

7. APP FEATURES

The arboleaf app provides a comprehensive platform for tracking and analyzing your health data.

7.1. 27 Body Composition Metrics

Beyond the basic readings on the scale, the app provides detailed analysis of 27 body composition metrics, including:

- Body Weight, BMI, Body Fat, Muscle Mass, Body Water, Bone Mass, Visceral Fat
- Protein, BMR (Basal Metabolic Rate), Subcutaneous Fat, Body Age
- Segmental Muscle Mass (left arm, right arm, torso, left leg, right leg)
- Segmental Fat Mass (left arm, right arm, torso, left leg, right leg)
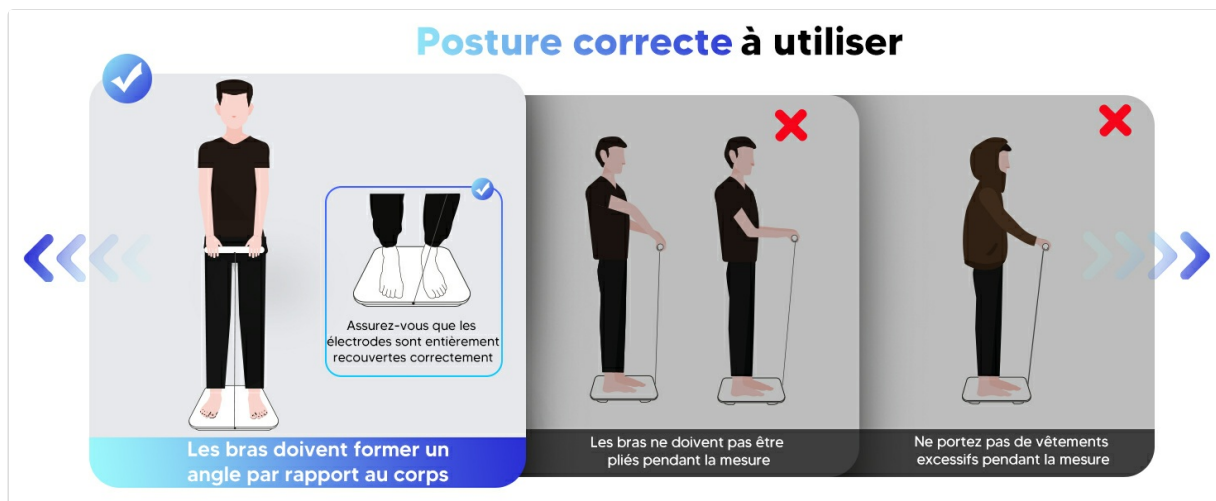
Image: A woman looking at her smartphone, with an overlay showing icons representing 27 essential body composition metrics tracked by the arboleaf app.

7.2. Health Plan and Tracking

Configure your health plan within the app. It offers continuous tracking and reminders to help you achieve your fitness and wellness goals. View your progress through clear weekly, monthly, and yearly graphs.

Image: A woman running on a treadmill, with an overlay showing the arboleaf app displaying weight, body fat, and BMI

7.3. Third-Party App Integration

The arboleaf app supports synchronization with popular health platforms:

- Apple Health
- Google Fit
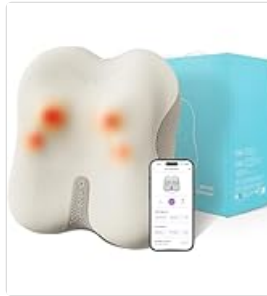- Samsung Health
- Fitbit
- Apple Watch

Image: Screenshot of the arboleaf app showing support for sharing and syncing data with Apple Health, Health Connect, Samsung Health, Fitbit, and Apple Watch.

7.4. Data Sharing and Reports

Share your progress on social media platforms like Facebook, Instagram, and Twitter directly from the app. You can also generate professional analysis reports in PDF format.
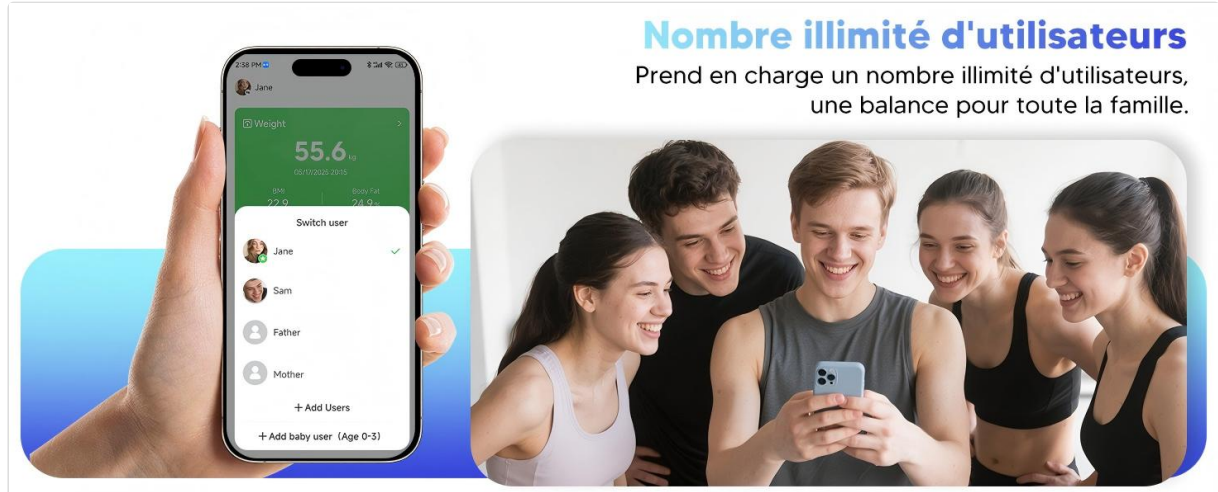

Image: A smartphone displaying the arboleaf app's PDF report generation feature, alongside a printed report and a person using the scale.

8. MAINTENANCE

8.1. Cleaning

Wipe the scale surface with a soft, damp cloth. Do not use abrasive cleaners or immerse the scale in water.

8.2. Storage

Store the scale in a cool, dry place. Avoid placing heavy objects on the scale when not in use.

9. Troubleshooting

- **No display/Scale not turning on:** Check if batteries are installed correctly and have sufficient charge. Replace batteries if necessary.
- **Inaccurate readings:** Ensure the scale is on a hard, flat surface. Make sure your feet and hands are clean, dry, and in full contact with all electrodes. Avoid wearing excessive clothing.
- **App not connecting via Bluetooth:** Ensure Bluetooth is enabled on your device. Restart the app and try pairing again. If issues persist, restart your smartphone.
- **Data not syncing:** Check your internet connection. Ensure the app is open and running in the background during measurement.
- **Weight difference less than 2kg for multi-user:** Manually assign the measurement data to the correct user profile within the app.

10. Specifications

Feature	Detail
Model Number	CS10E
Weight Limit	180 Kilograms
Reading Precision	0.1kg
Material	Tempered Glass
Display Type	LED
Power Source	3 AAA Batteries (included)
Product Dimensions	31 x 31 cm (platform)
Item Weight	1.5 Kilograms
Special Features	Automatic shut-off, Large screen, Smart features, Anti-slip platform

11. Official Product Video

Your browser does not support the video tag.

Video: An overview of the arboleaf Smart Body Composition Scale CS10E, demonstrating its features, usage, and app integration for comprehensive health tracking.

12. Warranty and Support

For warranty information, technical support, or further assistance, please refer to the official arboleaf website or contact their customer service directly. Contact details can typically be found on the product packaging or the brand's official online presence.

Related Documents - CS10E

Body Composition Smart Scale (Model:CS10E) **User Guide** www.arboleaf.com	[Arboleaf CS10E Body Composition Smart Scale User Guide](#) 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.
Arboleaf Body Composition Smart Scale User Guide 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. Arboleaf Corporation 5700 Granite Parkway, Suite 200, Plano, TX 75024 1-800-658-1148 support@arboleaf.com www.arboleaf.com	[Arboleaf Body Composition Smart Scale User Guide](#) User guide for the Arboleaf Body Composition Smart Scale, detailing setup, measurement tips, troubleshooting, specifications, and safety precautions for home use.
Body Composition Smart Scale (Model:CS10E) **User Guide** www.arboleaf.com	[Arboleaf CS10E Body Composition Smart Scale User Guide](#) 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.
Body Composition Smart Scale (Model:CS10E) **User Guide** www.arboleaf.com	[Arboleaf CS10E Body Composition Smart Scale User Guide](#) This user guide provides comprehensive instructions for the Arboleaf CS10E Body Composition Smart Scale, detailing setup, measurement procedures, troubleshooting, and important safety information.
Arboleaf Body Composition Smart Scale User Guide 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. **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.** Arboleaf Corporation 5485 Legacy Drive, Suite 650 Plano, TX75024 1-800-658-1148 support@arboleaf.com www.arboleaf.com	[Arboleaf Body Composition Smart Scale User Guide](#) 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.
Arboleaf® Body Composition Smart Scale User Guide Model:CS20N 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. Arboleaf Corporation 5700 Granite Parkway, Suite200, Plano, TX 75024 1-800-658-1148 support@arboleaf.com www.arboleaf.com	[Arboleaf Body Composition Smart Scale CS20N User Guide](#) User guide for the Arboleaf Body Composition Smart Scale Model CS20N, detailing setup, measurements, tips, and troubleshooting.