arboleaf CS20H

arboleaf Smart Scale for Body Weight (Model CS20H) Instruction Manual

INTRODUCTION

This manual provides essential information for the proper setup, operation, and maintenance of your arboleaf Smart Scale for Body Weight, Model CS20H. Please read these instructions carefully before using the device to ensure accurate measurements and safe operation.

Image: The arboleaf Smart Scale, a sleek black tempered glass device, is shown alongside a smartphone and smartwatch, illustrating its Bluetooth connectivity and multi-device data synchronization capabilities. The scale's LED display shows a weight reading.

SETUP

1. Battery Installation

The arboleaf Smart Scale requires 2 AAA batteries, which are included with your purchase. Locate the battery compartment on the underside of the scale, open it, insert the batteries according to the polarity indicators, and close the compartment securely.

2. App Download and Pairing

1. Download the 'arboleaf' app from your device's app store (available on Apple App Store and Google Play Store).

2. Create an account or log in if you are an existing user.

3. Enable Bluetooth on your smartphone.

4. Open the arboleaf app and follow the on-screen instructions to pair your scale. The app will guide you through the process.

5. For accurate BMI and body fat measurements, connect your phone to the scale during the first use to input your personal data. After this initial setup, the scale will automatically measure BMI and body fat.
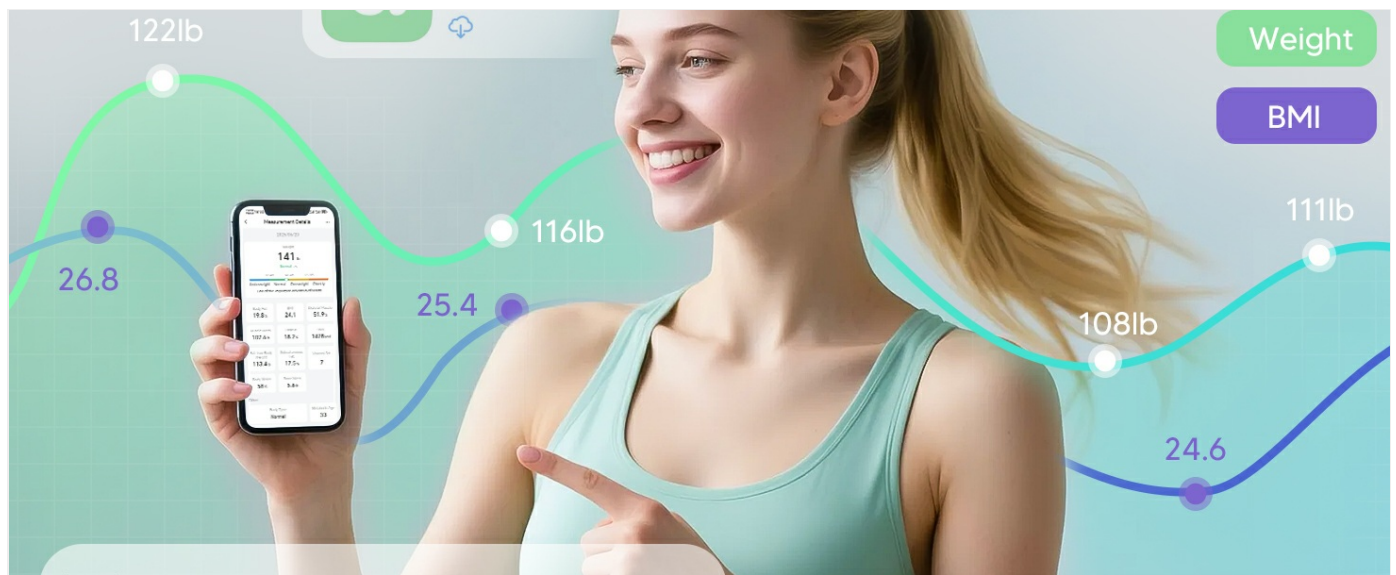

Image: A visual guide demonstrating the five-step setup process for the arboleaf Smart Scale, including downloading the app, selecting units, pairing the scale via Bluetooth, enabling body type and age settings, and stepping on the scale for measurement.

3. Placement Guidelines

To ensure precise measurements, place the scale on a flat, dry, and solid surface. Avoid placing it on carpets or uneven flooring, as this can affect accuracy.

OPERATING INSTRUCTIONS

1. Taking a Measurement

1. Ensure the scale is on a stable, flat surface.

2. Step onto the scale with bare feet, aligning them on the electrodes.

3. Stand still until your weight, BMI, and body fat percentage are displayed on the scale's 3-in-1 LED screen.

4. The scale will automatically recognize users and sync data to the arboleaf app via Bluetooth.

Clearer Insights at a Glance

All-in-one 2.9" White LED Display

Weight

BMI

Body Fat

Image: A close-up of the arboleaf Smart Scale's 2.9-inch white LED display, clearly showing measurements for weight, BMI, and body fat percentage, along with unit indicators like 'lb' and '%'.

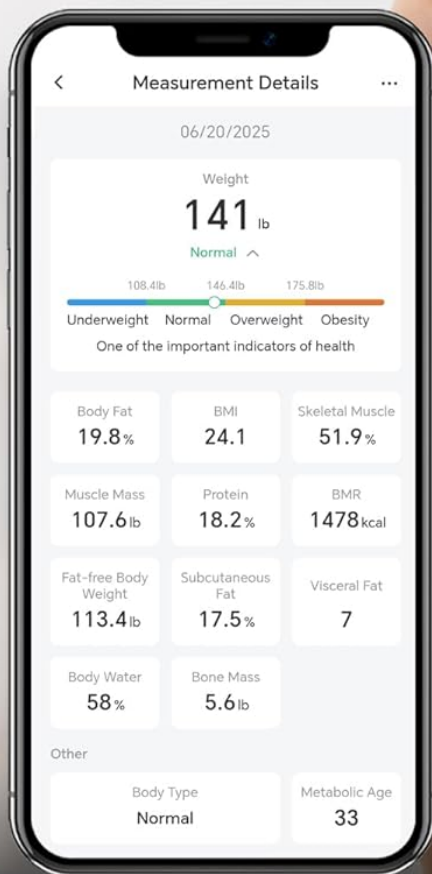## 2. App Features and Tracking

The arboleaf app tracks 14 body composition metrics, providing deeper insights into your health. These metrics include:

- Weight

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

The app allows you to track your progress over time, view historical data, and set personal health goals. It also supports integration with other health platforms like Samsung Health, Apple Health, Health Connect, and Fitbit.

Image: A smartphone screen displaying the arboleaf app interface, which shows a detailed breakdown of 14 body metrics including weight, BMI, body fat, muscle mass, and more, alongside a visual representation of a person.

3. Multi-User Support and Guest Mode

The arboleaf app supports multiple user profiles, making it suitable for an entire family. The scale automatically recognizes individual users. Additionally, a Guest Mode is available, allowing for instant readings without requiring personal data or sign-in, ideal for privacy or occasional use.

Image: A family is shown interacting with the arboleaf app on a smartphone, highlighting the scale's multi-user support feature where different family members can track their individual progress.

MAINTENANCE

1. Cleaning

The scale features a smooth tempered glass surface. To clean, wipe with a damp cloth and a mild detergent. Avoid abrasive cleaners or harsh chemicals that could damage the surface. Ensure the scale is dry before storage or next use.

2. Battery Replacement

When the battery indicator appears on the display or in the app, replace the 2 AAA batteries. Always replace all batteries at the same time with new ones to ensure optimal performance.

3. Storage

Store the scale in a cool, dry place. Avoid extreme temperatures or direct sunlight. Do not place heavy objects on the scale when not in use.

TROUBLESHOOTING

- **Inaccurate Readings:** Ensure the scale is placed on a hard, flat, and dry surface. Stand still with bare feet aligned on the electrodes. Avoid jumping or standing on the edges.
- **No Display/Power:** Check if the batteries are correctly installed and not depleted. Replace batteries if necessary.
- **App Connectivity Issues:** Ensure Bluetooth is enabled on your smartphone and the scale is within range. Restart the app or your phone if connection problems persist.
- **Scale Anomaly Detection:** The app includes a 'Scale anomaly detection' feature in its settings to help diagnose potential issues.
- **Data Not Syncing:** Verify that the scale is paired correctly with the app and that your phone has an active internet connection for cloud synchronization.

If you encounter persistent issues not resolved by these steps, please refer to the Warranty & Support section for assistance.

SPECIFICATIONS

Brand	arboleaf
Model Number	CS20H
Weight Capacity	400 lb
Display Type	LED
Power Source	2 AAA batteries (included)
Material	Tempered Glass
Color	Black
Dimensions	12.83 x 12.48 x 1.65 inches
Item Weight	2.4 Pounds
Special Features	Auto Shut Off, Body Fat, Body Mass Index, Large Display, Portable

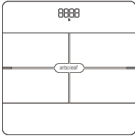## WARRANTY & SUPPORT

arboleaf provides dedicated customer support based in Texas. For any questions, assistance with setup, daily use, or troubleshooting, please contact our support team. We are committed to ensuring a smooth experience with your product. Additional support resources, including feedback options and warranty information, can be found within the 'Me' section of the arboleaf app.

For further inquiries, please visit the official arboleaf website or refer to the contact information provided in your product packaging.

Related Documents - CS20H

	[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.
	[Arboleaf CS20H Body Composition Scale User Guide](#) Comprehensive user guide for the Arboleaf CS20H Body Composition Scale, covering initial setup, taking measurements, troubleshooting, specifications, and warranty information.
	[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: Setup, Measurement, and Troubleshooting](#) Comprehensive user guide for the Arboleaf Body Composition Smart Scale, covering setup, pairing, measurement tips, troubleshooting, specifications, and safety precautions.

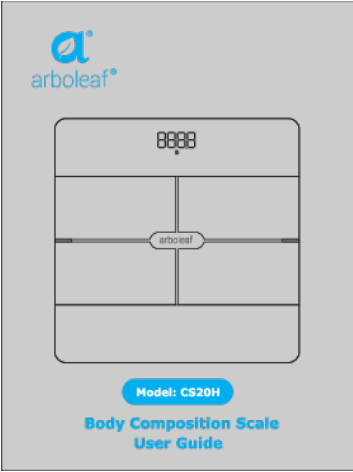|	Arboleaf CS10E Body Composition Smart Scale User Guide Comprehensive user guide for the Arboleaf CS10E Body Composition Smart Scale, detailing product features, specifications, setup instructions, measurement procedures, display icons, important cautions, warnings, FCC compliance, and warranty information.
	Arboleaf 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.

Documents - arboleaf – CS20H

[pdf] Guide

CS20H Product Guide JP Customer Support Products Arboleaf v 1747306868 cdn shopify s files 1 0582 1399 0556 |||

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Arboleaf CS20H Body Composition Scale User Guide

Comprehensive user guide for the Arboleaf CS20H Body Composition Scale, covering initial setup, taking measurements, troubleshooting, specifications, and warranty information.

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