

arboleaf CS20W

Arboleaf Smart Scale CS20W Instruction Manual

Model: CS20W

INTRODUCTION

The Arboleaf Smart Scale CS20W is designed to provide comprehensive body composition analysis, helping you track your fitness journey with precision. This manual provides essential information for setting up, operating, and maintaining your smart scale.

Key Features

- **8 Key Metrics on Large Display:** The scale features an 11.81x11.81 inch platform and a bright 5.35" LED screen, displaying essential metrics including BMI, body fat, muscle mass, body water, visceral fat, bone mass, body type, and weight.
- **14-in-1 Body Metrics Analysis:** Beyond the display, the Arboleaf App tracks 14 essential metrics, offering a complete picture of your body composition.
- **High Precision & 500lb Capacity:** Equipped with 4 high-sensitivity electrodes and precision sensors, the scale provides readings accurate to 0.1lb/0.05kg, with a maximum capacity of 500lb/225kg.
- **User-Friendly App & Multi-User Tracking:** The Arboleaf App syncs with Apple Health & Google Fit and supports up to 8 users, displaying progress monthly, weekly, or yearly.

Important Note: The data provided by this product's BIA technology is intended solely for long-term trend tracking and should not be considered equivalent to DEXA or professional medical body composition analysis. Inherent estimation errors may occur.

All on Color Display Screen

5.35-inch LED screen for easy reading
and intuitive data visualization



Figure 1: Arboleaf Smart Scale displaying 8 key body composition metrics.

SETUP GUIDE

Unpacking and Initial Inspection

Carefully remove the scale from its packaging. Inspect the scale for any visible damage. Ensure all components, including the scale itself, are present.

Battery Installation

The Arboleaf Smart Scale typically uses AAA batteries. Open the battery compartment on the underside of the scale and insert the batteries, ensuring correct polarity. Close the compartment securely.

App Download and Pairing

To utilize all features of your smart scale, download the Arboleaf App from the Apple App Store or Google Play Store.

Follow the in-app instructions to create an account and pair your device via Bluetooth. Ensure Bluetooth is enabled on your smartphone.

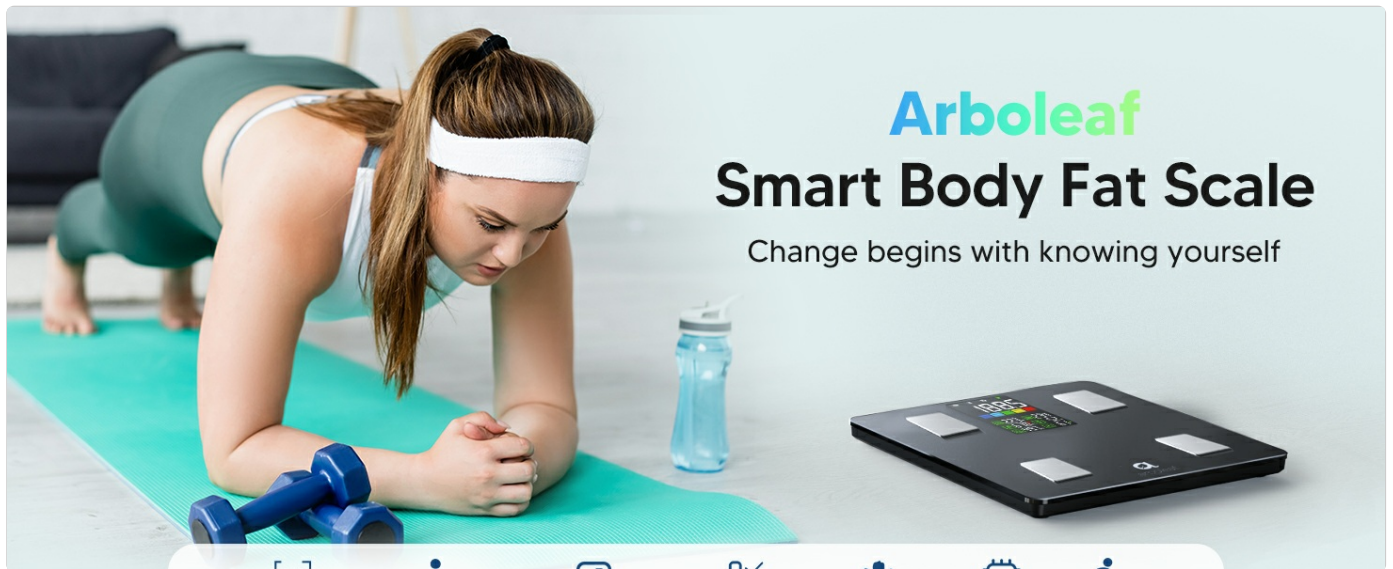


Figure 2: First-time setup process for the Arboleaf Smart Scale and app.

User Profile Configuration

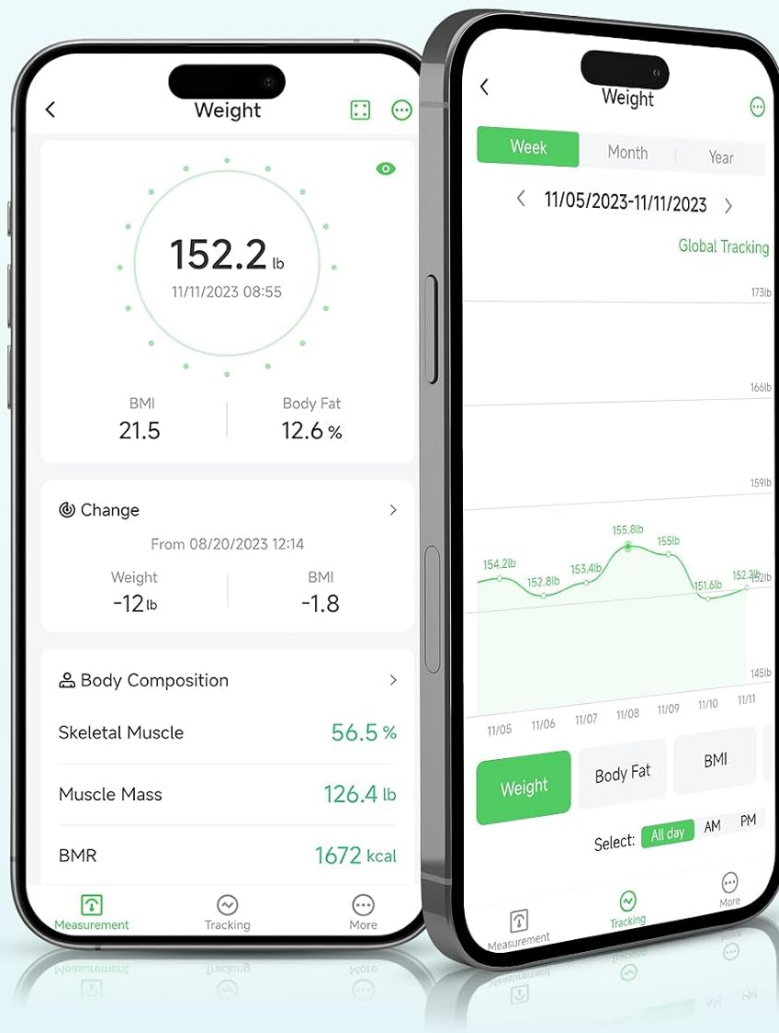
Within the Arboleaf App, set up your personal profile by entering details such as height, age, and gender. This information is crucial for accurate body composition calculations. You can also enable features like Body Type and Metabolic Age within the app settings.

OPERATING INSTRUCTIONS

Taking a Measurement

1. Place the scale on a hard, flat surface. Avoid carpets or uneven flooring for accurate readings.
2. Ensure your feet are clean and dry.
3. Step onto the scale barefoot, placing your feet on the metal electrodes. Stand still until your weight and other metrics are displayed on the LED screen.
4. For full body composition analysis to sync with the app, ensure the Arboleaf App is open and your phone is near the scale during measurement.

Bluetooth Connection & Start Measuring



Apple Health



Google Fit



Fitbit



Figure 3: Bluetooth connection and app interface for measurement tracking.

Understanding Your Metrics

The scale and app provide 14 body composition metrics. Refer to the app for detailed explanations and historical trends of each metric:

- Weight
- BMI (Body Mass Index)
- Body Fat Percentage
- Fat-free Body Weight
- Subcutaneous Fat
- Body Type
- Visceral Fat
- Body Water

- Skeletal Muscle
- Protein
- BMR (Basal Metabolic Rate)
- Metabolic Age
- Bone Mass
- Muscle Mass

14 Essential Body Composition

Allowing you to visually understand your weight components



Weight



BMI



Body Fat



Fat-free Body Weight



Subcutaneous Fat



Body Type



Visceral Fat



Body Water



Skeletal Muscle



Protein



BMR



Metabolic Age



Bone Mass



Muscle Mass

Please note: If you have a pacemaker or other internal medical device, we don't recommend you to use any products that adopt BIA technology.

Figure 4: Visual representation of the 14 body composition metrics.

Multi-User Functionality

The Arboleaf Smart Scale supports up to 8 users. The app intelligently identifies each user and matches historical data. To add new users, navigate to the user management section within the app and follow the prompts.

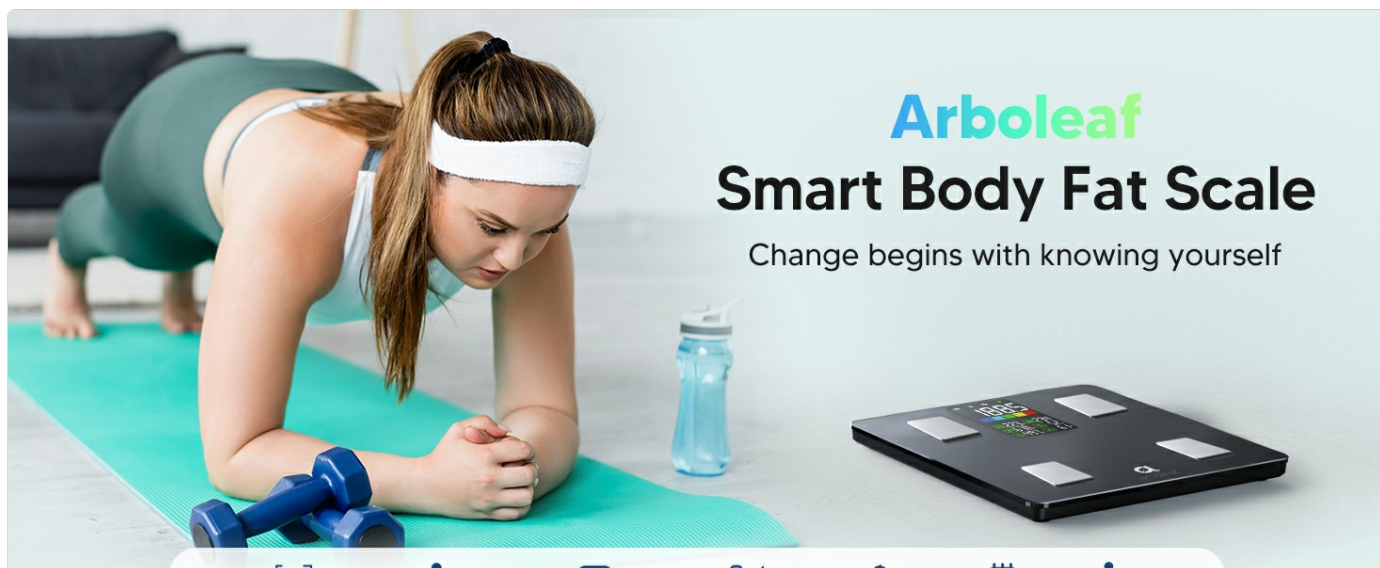


Figure 5: The Arboleaf Smart Scale supports multiple users for family tracking.

Athlete Mode

For users who engage in intensive aerobic exercise for 6 hours or more per week and have a resting heart rate below 60 beats per minute, the Athlete Mode can provide more tailored body composition analysis. This mode can be enabled in the app settings.

MAINTENANCE

Cleaning Your Scale

To clean the scale, use a damp cloth and a mild detergent. Avoid abrasive cleaners or harsh chemicals, as these can damage the glass surface and electronic components. Wipe the surface gently and dry thoroughly.

Storage

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

TROUBLESHOOTING

Problem	Possible Cause	Solution
Inaccurate readings	Scale on uneven surface; not standing still; dirty electrodes; low battery.	Place on a hard, flat surface. Stand still. Ensure feet are clean and dry. Replace batteries if needed.
No display/Scale won't turn on	Dead batteries; incorrect battery installation.	Replace batteries. Check battery polarity.
App not syncing data	Bluetooth off; app not open; scale not paired; app permissions.	Ensure Bluetooth is on. Open the Arboleaf App during measurement. Re-pair the scale if necessary. Check app permissions for Bluetooth access.

Problem	Possible Cause	Solution
Multiple users' data mixed	App not correctly identifying user.	Ensure each user has a distinct profile in the app. The app typically learns to identify users over time. Manually switch users in the app if needed.

SPECIFICATIONS

- Brand:** arboleaf
- Model:** CS20W
- Color:** Black
- Material:** Glass
- Weight Capacity:** 500 pounds (225 kg)
- Readout Accuracy:** 0.1 lb / 0.05 kg
- Display Type:** LED
- Platform Size:** 11.81 x 11.81 inches
- Connectivity:** Bluetooth
- Power Source:** Batteries (typically AAA, not explicitly stated in specs but common for scales)
- Special Features:** Auto Shut Off, Body Fat Measurement, High Weight Capacity, Large Display, Precision Balanced

Precise and Reliable Measurement

4 highly accurate sensors and
4 BIA electrodes enhance weight precision

0.1 lb
Increment

0.2-500 lbs
Measurement Range

High Capacity & Sturdy

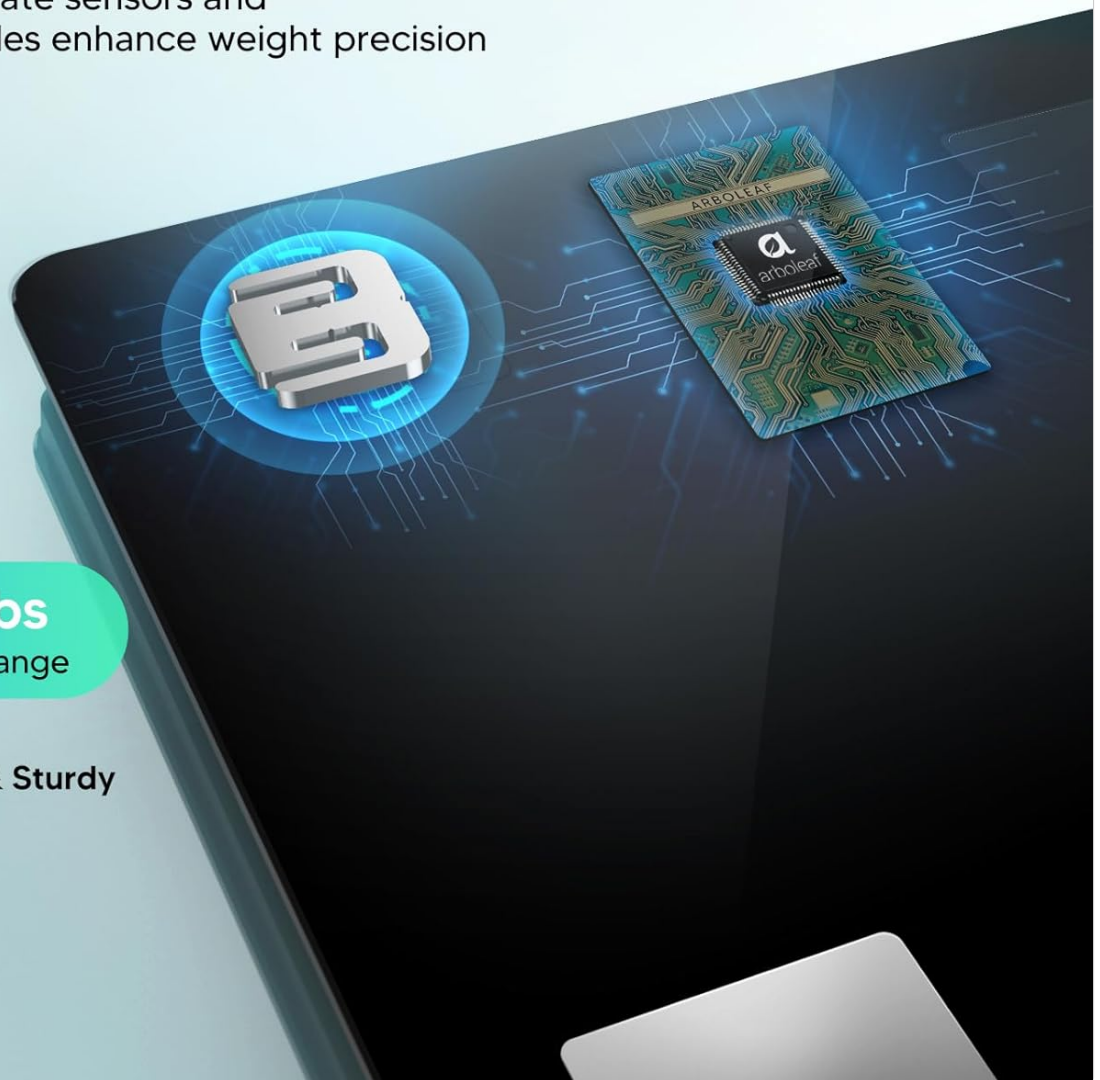


Figure 6: Precision and measurement range of the Arboleaf Smart Scale.

WARRANTY AND SUPPORT

Arboleaf provides dedicated US customer support. If you encounter any issues or have questions regarding your Arboleaf Smart Scale, please contact our Texas-based team for assistance. We are committed to ensuring a seamless experience with your product.

For support, refer to the contact information provided in your product packaging or visit the official Arboleaf website.

PRODUCT OVERVIEW VIDEO

Video 1: An official overview of the Arboleaf Smart Scale, highlighting its features and benefits for body composition tracking.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question