Smart Fitness Scale

Model: CS20A

Thank You.
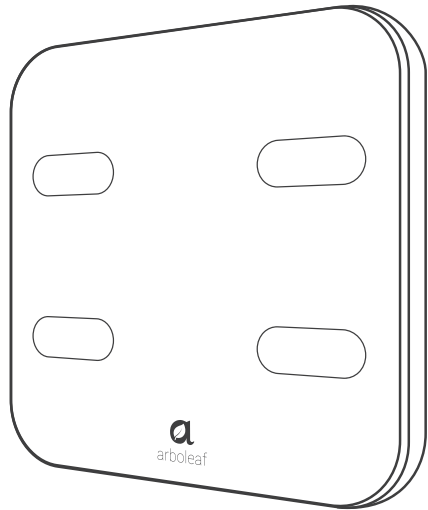
Thank you for purchasing the CS20A Smart Fitness Scale by Arboleaf. We are dedicated to providing our customers with quality products for building a better living. Feel free to reach out to our helpful customer support team by email at support@arboleaf.com or 1-800-658-1148.

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Safety Information

IMPORTANT: Please read and comply with all of the instructions and warnings provided in this manual before using the product. Failure to comply with the instructions and warnings provided herein may result in inaccurate results and/or damage to the product itself.
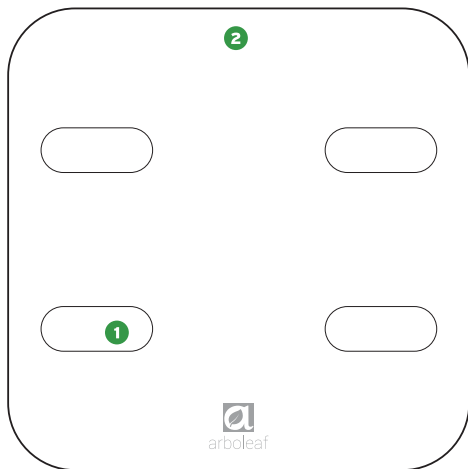
General Safety

• Do not use if you have a pacemaker, artificial lung, an ECG, or any other internal medical devices. Please note that all data should be used as a reference and is not a substitute for medical advice from a licensed healthcare professional.

• This scale should not be used to diagnose or treat any medical condition. Consult your primary care physician before making changes to your diet, exercise plans, or physical activities.

• Check the scale before each use. Do not use the scale if it is damaged.

• The glass platform is slippery when wet. Make sure the platform and feet are dry before stepping on for measurement.

Use & Care

- This scale is not intended for commercial use.
- Always place the scale on a hard, flat surface before measurement.
- To weigh safely and accurately, stand with your feet shoulder-width apart while on the scale.
- **DO NOT** strike or drop the scale.
- **DO NOT** stand on the edge of the scale or jump on it.
- **DO NOT** stand on the scale for a prolonged period of time.
- **DO NOT** store or operate near heat sources or in humid environments.
- Handle the scale with care, as it is a precision instrument.
- Clean the scale with a damp and dry cloth and avoid getting water or any other liquid inside the scale.
- **DO NOT** use chemical or abrasive cleaning agents to clean the scale.
- Keep the scale in a cool environment with dry air.
- Always keep the scale in a horizontal position, do not store vertically.
- If the scale fails to turn on, check whether the batteries are installed correctly. Replace the batteries if necessary.
- If an error appears on the display or if the scale does not turn off automatically, remove the batteries for 3 seconds, then reinstall them.
- **DO NOT** overload the scale (maximum weight capacity: 180 kg / 396 lb).
- **DO NOT** mix new and used batteries or different battery brands to power the scale.
- If the scale is not in use for an extended period of time, remove the batteries to ensure battery conservation and to extend the scale service lifetime.

Scale Overview
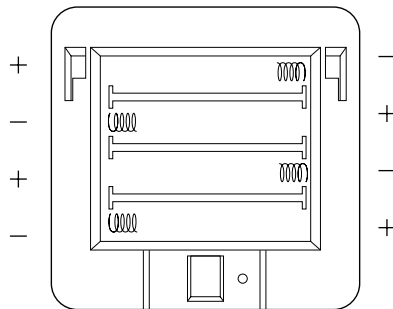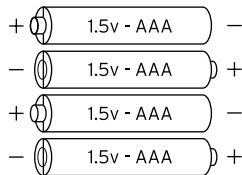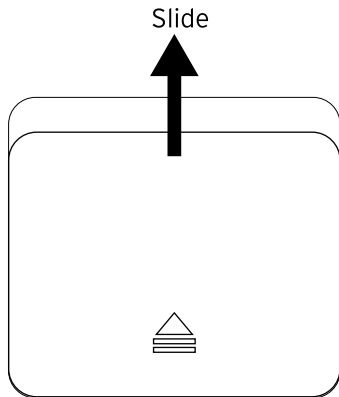
1. Weighing Platform
2. Display
3. Anti-skid Padding
4. Battery Compartment
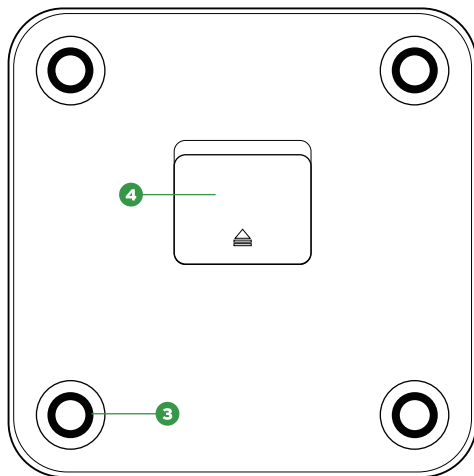
Setup Scale

Insert Batteries

Open the battery compartment and install the batteries under the correct polarity and replace the battery compartment cover.


Slide

Weighing without the App

After inserting the batteries, your scale is ready to use. Without downloading Arboleaf app, this scale can be used stand alone as a regular digital weight scale. After you register with Arboleaf app and the scale connects to a Wi-Fi network, you can weigh anytime without the app. Your data will be uploaded to your account through the Wi-Fi connection. Login to the app when you need to check your measurement data.

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

2.Step onto the scale to turn on the scale, then step off to let the scale calibrate. Wait until you see the scale displays "OO", then step on the scale again to measure your weight.

3. Keep standing on the scale until the digits on the screen flash two(2) times with your final measurement.
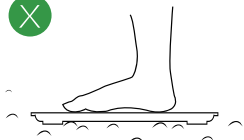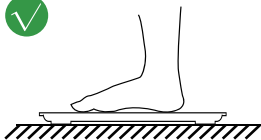
NOTE: The default weight unit for CS20A is pounds(lb). To change the weight unit, you must download the Arboleaf app and select the desired weight unit in your app's Settings menu (see page 34).
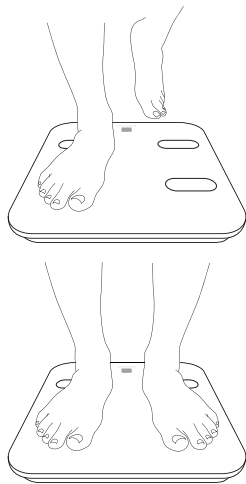
Setup Arboleaf Mobile App

After setting up your scale, you need to setup your Arboleaf mobile app.

With the Arboleaf mobile app, you will have full access to all the measurements from the CS20A scale. All the measurements will display on your mobile app. The mobile app provides easy tracking of your weight history and many more features.

The CS20A scale supports both Bluetooth and Wi-Fi wireless connection. You can use the scale with Bluetooth only, without setting up Wi-Fi connections. With or without the Wi-Fi connections you will have all of your measurements and all of your history. It is highly recommended that you setup the Wi-Fi connections if a secure network is available. Scale with Wi-Fi connections offers additional features and conveniences.

Setup App with Bluetooth Connections

This section describes how to setup your app account and connect to your scale through Bluetooth connections. By the end of this section you will have your measurement.

1. Download and install the Arboleaf mobile app. You can search Arboleaf from Apple App Store or Google Play Store, or scan the QR code below.

2. On your phone Settings,
     a.turn on Bluetooth
     b.turn on Arboleaf > Bluetooth if you use an iPhone
       with iOS 13 & above
     c.enable Location service if you use an Android phone
       (non-iPhone)

3. Sign up and log in.
     a. Enter your email
     b. Select a proper password
     c. Tap the "Next" button

4. Enter your personal Profile.

    a. Name

    b. Gender

    c. Birth Date

    d. Height

    e. Athlete Mode (Most users shouldn't use the
      Athlete Mode. Select the Athlete Mode if you have
      strong muscles. As a rule of thumb, use the
      Athlete Mode if you work out intensively more
      than 12 hours a week and your resting heart rate is
   less than 60 beats per minute.)

    f. Tap the "Confirm" button

5.After filling the profile, you will come to the app "Measure-ments" screen.

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

7. Step onto the scale to turn on the scale, then step off to let the scale calibrate. Wait until you see the scale displays "00", then step on the scale again to measure. The app will pair with the scale via Bluetooth automatically for the first time you using. Continue next on Steps 9, but you won't see Step 8.

If not paring automatically, tap "+" to enter "Pairing your device" screen.
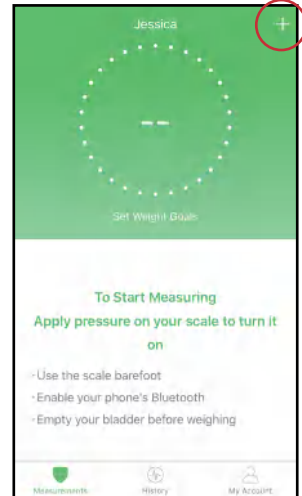
8. Now on your app, on the "Paring your device" screen, a scale icon named "CS20A" should appear, tap this icon to pair the scale to your app.

This screen may show other scales detected by the Arboleaf app. Don't tap other scales.
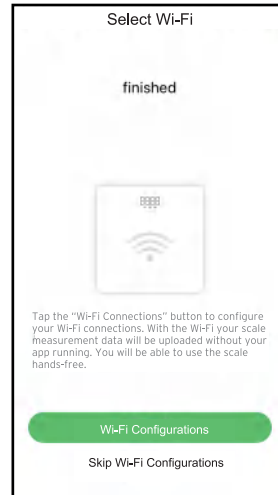

Pairing your device

CS20A
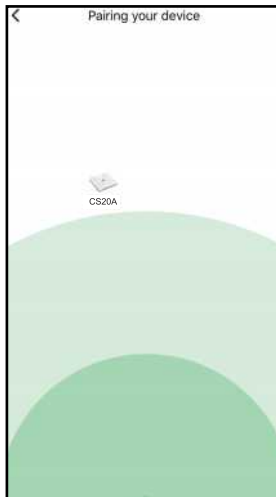
9. Keep standing on the scale for 5-10 seconds while the scale uploading the measurement data to your app.

On the scale you may notice that your weight will flash 2-3 times.

10. After the data upload completed, you may start "Wi-Fi Configurations" or "Skip Wi-Fi Configurations" at this time.

11. Tap"WiFi Configurations"button to setup WiFi connec-
tion. See next section.

Tap the "Skip Wi-Fi Configurations" button will lead you
to your "Measurements" screen. Your measurement data
will display here, Weight, BMI, Body Fat, and others.
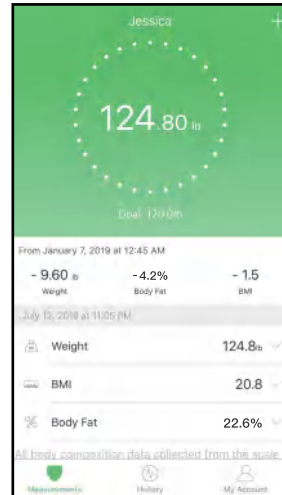
Setup App with Wi-Fi Connections

The Arboleaf CS20A scale supports both Bluetooth and Wi-Fi wireless connections. You don't have to use the Wi-Fi connections because the Bluetooth alone will have all of your measurements and all of your history. However, It is highly recommended that you setup Wi-Fi connections if a secure network is available. With Wi-Fi connections, your scale offers additional features and conveniences.

• Wi-Fi connections' range is longer than Bluetooth connections.
• With Wi-Fi connections you will be able to receive scale measurement data without running the app. You can use the scale hands-free.
• Wi-Fi wireless connections are more robust. Typically, you don't need reconnections once the Wi-Fi is configured.
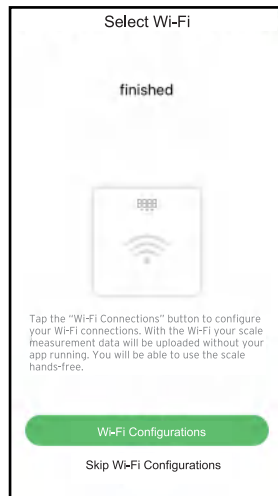
During the settings, you will need to have Bluetooth connections first. Then we will configure your scale's Wi-Fi connections. By the end of this section you will have your measurement done using Wi-Fi connections.

NOTE: With the Wi-Fi connections, your measurement data will be uploaded from scale to your home's wireless router through Wi-Fi connections. Then your data will be sent to the Arboleaf's secure data server over the internet (the cloud). Your mobile app running on your smartphone will download your measurement data from the data server. It differs from the Bluetooth connections, where your scale sends data directly to your phone.

1. To configure your scale's Wi-Fi connections and to establish your Profile to your scale and the server, first we need to use the Bluetooth connections. Please follow Setup App with Bluetooth Connections, Steps 1 to 10 (pages 10-15).

2. With the above steps, you made an initial measurement using the Bluetooth connection. Now on the "Select Wi-Fi" screen, tap the "Wi-Fi Configurations" button.

NOTE: Arboleaf only support 2.4G network. On your phone Settings, connect your Wi-Fi to a 2.4G network. You may change back after your setup is done.

Select Wi-Fi

finished

Tap the "Wi-Fi Connections" button to configure your Wi-Fi connections. With the Wi-Fi your scale measurement data will be uploaded without your app running. You will be able to use the scale hands-free.

Wi-Fi Configurations

Skip Wi-Fi Configurations

3. Select a Wi-Fi network. By default, your phone's currently connected Wi-Fi network is selected. You can change to another Wi-Fi network. Type in the network password, and then tap the "Next" button.

4. Then you will see the Wi-Fi "Connect" screen. Don't close your app during the connection period. Once done, the Wi-Fi configurations is complete.

5.To test your Wi-Fi configurations, close your Arboleaf app, and use the scale to make a new measurement (see Weighing without the App, page 8). When finishes, re-open your Arboleaf app again, and your new data should be already recorded in your app.

By now your app setup is complete with both Bluetooth connections and Wi-Fi connections.

6.If Wi-Fi connections were not setup initially, a user can setup it later: On the "Measurements" screen, tap the "+" sign at the top right corner, then select "Device Management" , tap "CS20A" image to enter the "Select Wi-Fi" screen. It is the above Step 2. Then follow instructions to complete Steps 3 – 5 to setup Wi-Fi Connections. The user can also change Wi-Fi password as foregoing.

Measurements

In this section, measurements refer to full measurements with a user's Arboleaf app already setup.

Measurements with Bluetooth Connections

When measuring with your Arboleaf app open, the Bluetooth connection will be used. Your measurement data will be sent to your app through the Bluetooth.

1. Make sure your phone's Bluetooth is on. Login to your Arboleaf app.

2. Step onto the scale to turn on the scale, then step off to let the scale calibrate. Wait until you see the scale displays "00", then step on the scale again to measure.

3. On your scale, the Bluetooth icon will appear. On your app's "Measurements" screen the circles will spin until stabilized to display the measurements.
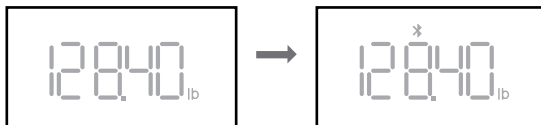
4. If you didn't login to your Arboleaf app (or your Bluetooth is disabled, or your phone is too far away from your scale), the Bluetooth connection will not be established. The measurements will use the Wi-Fi connections. If your Wi-Fi connections haven't setup yet, the measurement data will be stored in the scale temporally. The data will be uploaded to your app next time a Bluetooth connection is established.

Measurements with Wi-Fi Connections

You don't need to open your Arboleaf app before you use the Wi-Fi connections. You may disable your phone's Bluetooth. Your measurement data will be uploaded to the cloud server first then to your app.

1. Don't open your Arboleaf app.

2. Step onto the scale to turn on the scale, then step off to let the scale calibrate. Wait until you see the scale displays "00", then step on the scale again to measure.

3. On your scale, the Wi-Fi icon will appear. When completed, the scale will display your measurements: weight, body fat, body water, skeletal muscle, bone, BMI, BMR one by one, and then "OPEN APP". It means your measurement data is already sent to the cloud server. You now can open your app to read your measurements. You can open the app now, or you can choose later time to read your data.
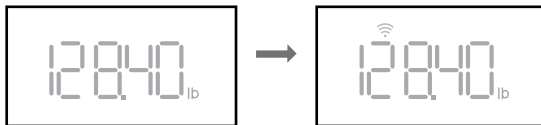
4. The server recognizes you based on your existing measurements. So, when you open your app, your measurements will be loaded to your account automatically. The server will also list those unknown data, not recognized as yours, and ask you to assign to yourself if these are yours. You need to select the data and tap either "Assign" button or "Delete" button.
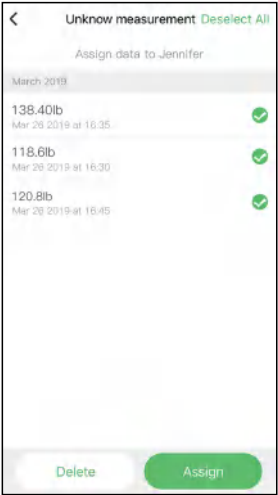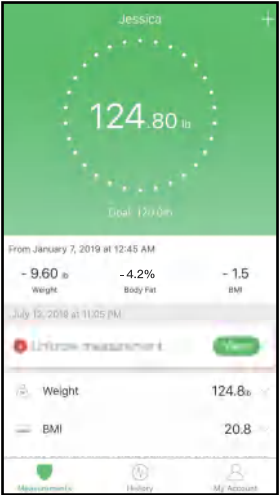
Switches between Bluetooth and Wi-Fi Connections

Switches between Bluetooth connections and Wi-Fi connections are automatic, no user interventions are required.

Of course, if you haven't setup your Wi-Fi connections yet, you will always use the Bluetooth connections. There are no switches.

If you already setup your Wi-Fi connections, your Bluetooth connections are also setup. If you open your app before you make a scale measurement, the Bluetooth connections will be used. Otherwise, if you didn't open your Arboleaf app (or your phone's Bluetooth is disabled, or your phone is too far away from your scale), then you will use the Wi-Fi connections. Switches between the two are automatic. Users don't need to worry about which connections are used. Either connection method, you will be able to see your data from your app.

Using Arboleaf Mobile App

The Arboleaf mobile app provides many functions. You can view your weight, BMI, body fat, muscle mass, water weight, etc. You can achieve your weight loss goals by tracking your progress. You can share your status or progresses on social media. You can sync your data with other popular apps like Apple Health, Google Fit, Fitbit, etc.

This document describes main functionalities of the Arboleaf app. It is not intended to cover all of the app's features. The intuitive designs allow users easily navigate to explore more from the app. Future app releases are expected to offer users with additional functionalities and added conveniences.

View Reports

1.Tap "History" to view your progress history. You can select your progress for the week, month, or year.

Delete Measurement Data

You can delete your measurement data. Please follow the instructions here.
1. Tap "History" you will see your data charts.

2. To go to the calendar, tap the "🕐" icon at the top right corner of the screen.

3. On your "History" screen. Use arrows to go to your selected date. Tap on this date on the calendar. The measurement data for this date will be listed underneath the calendar. Tap "Select Data" (top right corner) to select a data you want to delete, then tap the garbage can icon (bottom right corner) to delete.

4. On this "History" screen, you can also select a data to share on Facebook, Instagram, text message, or others. Tap "Select Data" (top right corner) to select a data, and then tap the "⤴" icon (bottom left corner) to share your data on social media.
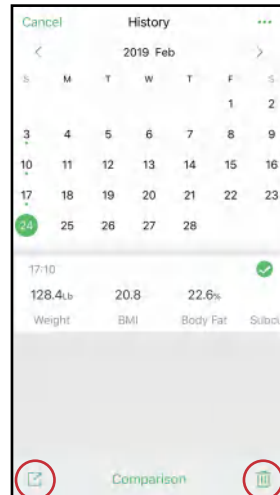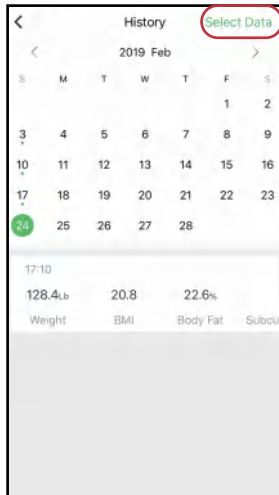
Show Progress

You can show your weight loss progress by comparing your latest measurements with your earlier measurements. You can select any data to compare.

1. To select a data to compare, on your "Measurements" screen tap the block below the circle with your weight displayed.
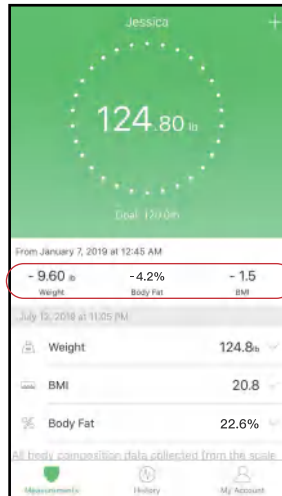
2. On your "History" screen. Select a date and then select the desired data you want to compare. Then it will go back to your "Measurements" screen, displaying the comparisons against the data you just selected.

If you don't make any selections, the default comparison setting is to compare to your earliest measurements you made. If your reference data set is deleted, you will compare with your default data. No comparison if you only have one set of measurements.
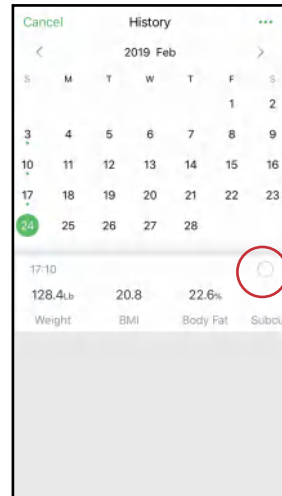
Add/Delete Users

1. On the "Measurements" screen, tap "My Account" at the bottom of the screen.
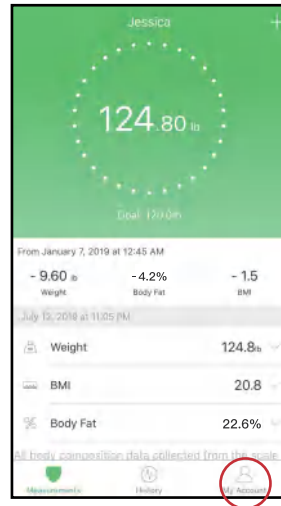
2. To add new users, tap "Add a user".
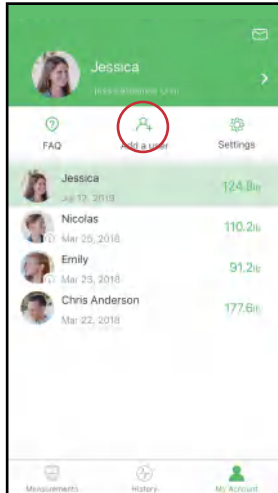
3. To delete a user, swipe left on the account that you want to delete and tap "Delete".
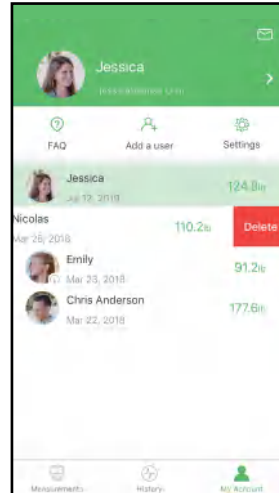
Settings

1. To access the Settings menu tap "My Account".
2. Tap "Settings".

3. On the Settings menu, you can change the app theme, set weight goals, change weight units, select sound mode, or select languages.
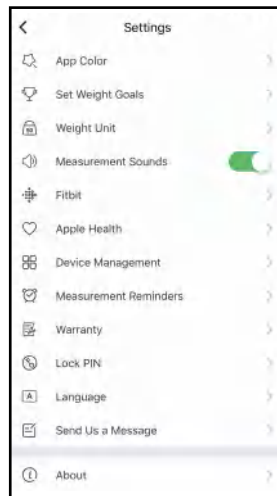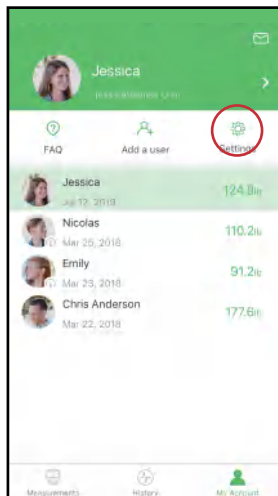
Connect with Other Fitness Apps

Apple Health
1. Open the Health App on your iPhone then tap "Sources". Be sure to turn on your Bluetooth setting.

2. Select "Arboleaf" from the list.
3. Turn on all categories to allow the Arboleaf app to write data.
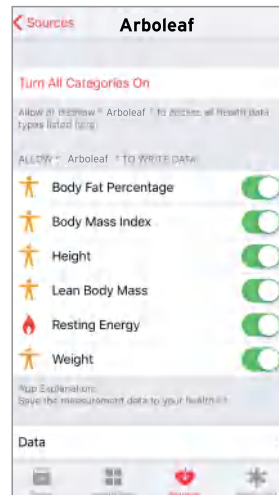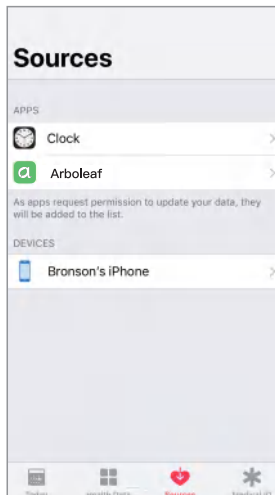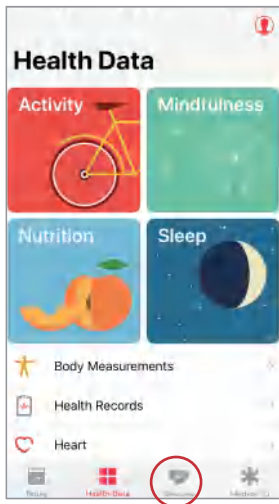
Google Fit

1. On your Arboleaf app, access the Settings menu by tapping "Settings". Select "Google Fit" from the menu.

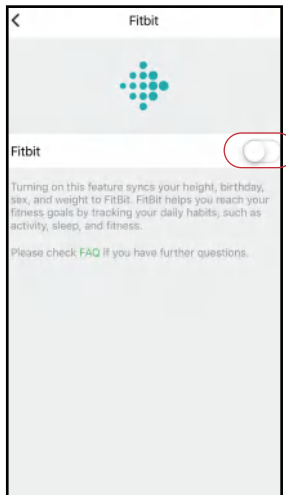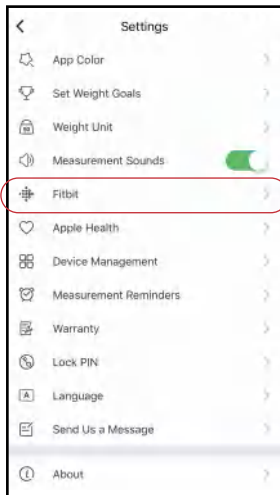2. Turn on Google Fit, then sign into your Google Account. You will automatically be redirected to the Google Fit page.
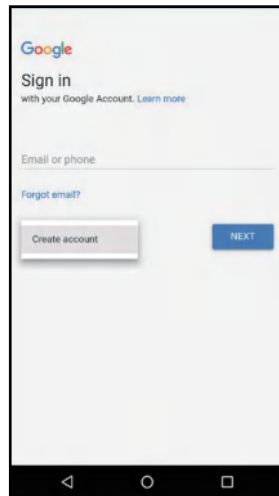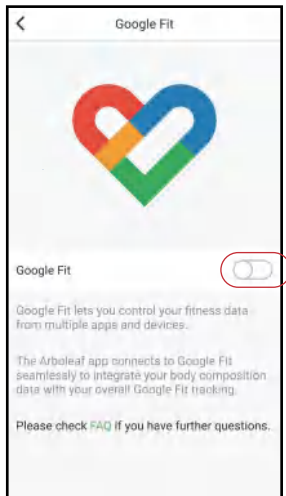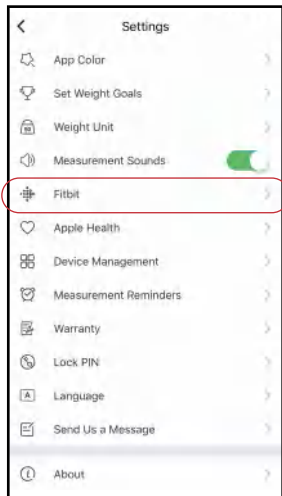
3. After successfully connecting, your weight data
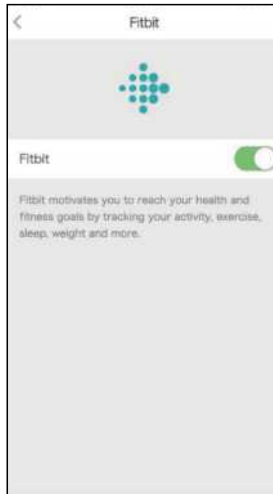will sync with Google Fit.
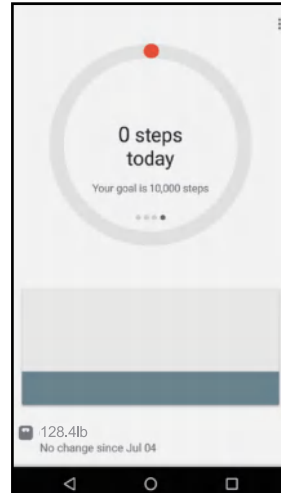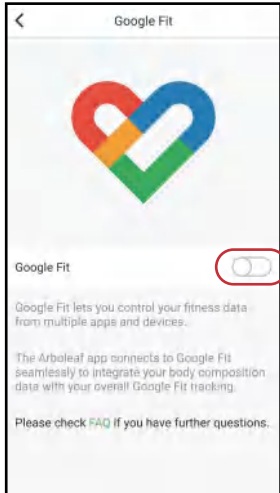
Fitbit

1. On your Arboleaf app, access the Settings menu by tapping "Settings" . Select "Fitbit" from the menu.

2. Turn on Fitbit, then sign into your Fitbit account.

3. Tap "Allow" to access the Fitbit app.

4. After successfully connecting, your data will sync to the Fitbit app. You will be able to view your progress both on the app as well as online.
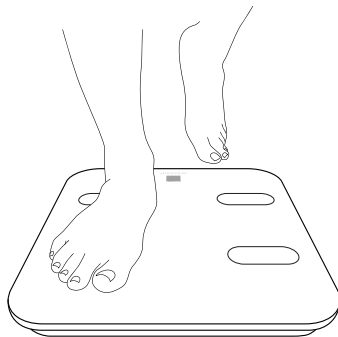
Maintenance

Recalibrating the Scale

If the scale has been moved or flipped upside down, it must be recalibrated to ensure accurate results.

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

2. Step on the scale with one foot until the digits appear on the display, then, step off.

3. The scale will show "0.00", indicating that the calibration process is complete.
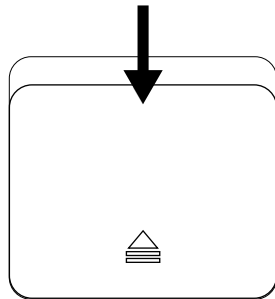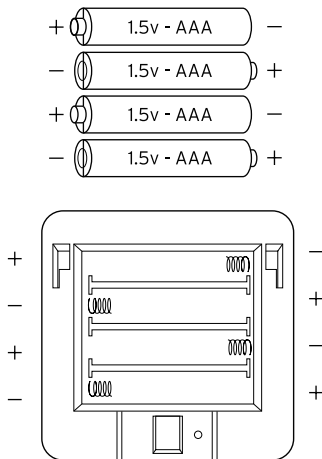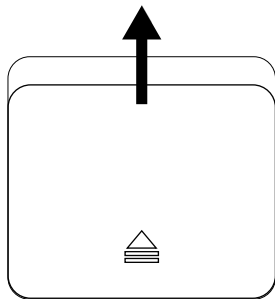
Battery Replacement

The display will show "Lo" when the batteries need to be replaced.

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

2. Remove the old batteries and dispose them properly.

3. Install four new 1.5V AAA batteries, make sure the positive and negative ends are facing the correct direction, as shown below.

4. Replace the battery compartment cover.

NOTE: The scale may need to be recalibrated after replacing the batteries.

Troubleshooting

2184 lb	2184 lb	Lo
Bluetooth connection	Wi-Fi Connection	Change Battery
EEr	0.0 lb	OPEN APP
Overload	Calibrating	Open App
No NEt	Nob Ind	FAIL
Data transfer failed	No user bound	Configure network failure

Displaying

2184 lb Weight	22.8 % Body fat	55.9 % Body water
49.3 % Skeletal Muscle	6.0 lb Bone	19.2 BMI
1423 BMR		

Frequently Asked Questions

1. **Why doesn't the scale work?**
   • Check if the batteries are properly installed.

2. **Why does the data flash on the screen and then disappear?**
   • The batteries are low and may need to be replaced.

3. **Why doesn't the scale connect with the Arboleaf app?**
   • Make sure your phone's operating system is running on iOS 8.0 or above, or Android 4.3 or above.
   • Download and open the newest version of the Arboleaf app.
   • Turn on Bluetooth on your phone (for Android users, make sure your Location is turned on as well).

4. **Why is my body fat not measured when weighing in?**
   • Step on the scale with dry, bare feet.
   • Make sure Bluetooth is turned on.
   • Enter your personal information when creating your Arboleaf account.

Conductive Areas
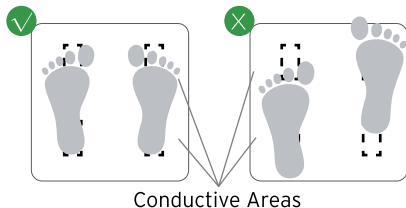
Specifications

Weight Capacity	396lb / 180kg / 28st
Graduation	0.2 lb (0.05 kg)
Weight Units	lb / kg / st
Platform	Tempered glass
Battery	4 x 1.5V AAA batteries
Dimensions	12.2"x 12.2" x 1.0"(310 x 310 x 25mm)
Multiple Users	up to 8

Warranty

Product	CS20A Smart Fitness Scale
Default Warranty Period	1 year(s)
For your own reference, we strongly recommend that you record your Order Number and date of purchase.	
Retail Store	
Order Number	
Date of Purchase	

Terms & Policy

Arboleaf warrants all products to be of the highest quality in material, craftsmanship, and service. effective starting from the date of purchase.

Arboleaf will replace any product found to be defective due to manufacturer flaws based on eligibility; refunds are available within the first 30 days of purchase. This warranty extends only to personal use and does not extend to any product that has been used for commercial, rental, or any other use in which the product is not intended for. There are no warranties other than the warranties expressly set forth with each product.

This warranty is non-transferrable. Arboleaf is not responsible in any way for any damages, losses or inconveniences caused by equipment failure or by user negligence, abuse, or use noncompliant with the user manual or any additional safety, use, or warnings included in the product packaging and manual.

This warranty does not apply to the following:

• Damage due to abuse, accident, alteration, misuse, tampering or vandalism.
• Improper or inadequate maintenance.
• Damage in return transit.
• Unsupervised use by children under 18 years of age.

Arboleaf and its subsidiaries assume no liability for damage caused by the use of the product other than for its intended use or as instructed in the user manual. Some states do not allow this exclusion or limitation of incidental or consequential losses so the foregoing disclaimer may not apply to you. This warranty gives you specific legal rights and you may also have other rights which may vary from state to state.

Defective Products & Returns

Should your product prove defective within the specified warranty period, please contact Customer Support via support@arboleaf.com with your order number. Once our customer service team has approved your request, please return the unit with a copy of the invoice or your order number.

Customer Support

Do you have questions? LET US HELP! If you encounter any issues or have any questions regarding your scale product, feel free to contact our Customer Support Team. Your satisfaction is our goal !

Customer Support

Arboleaf Corporation

1-800-658-1148
support@arboleaf.com
www.arboleaf.com

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