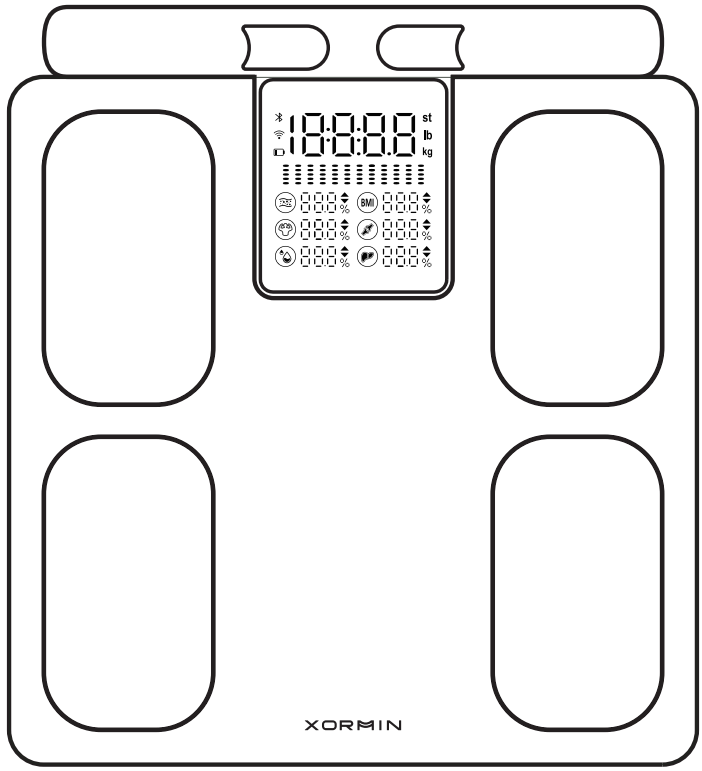
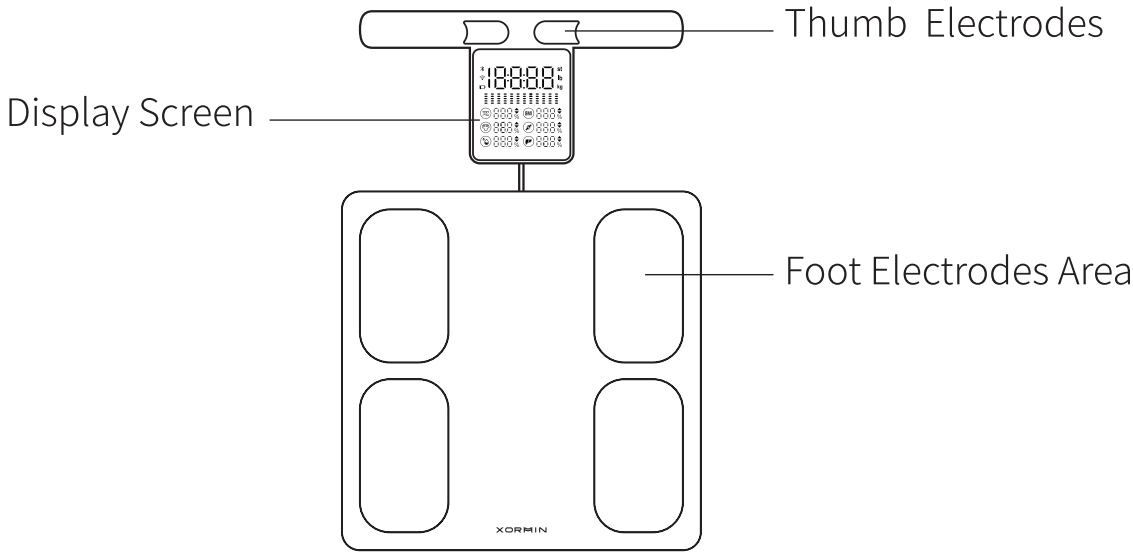
Body Composition Smart Scale



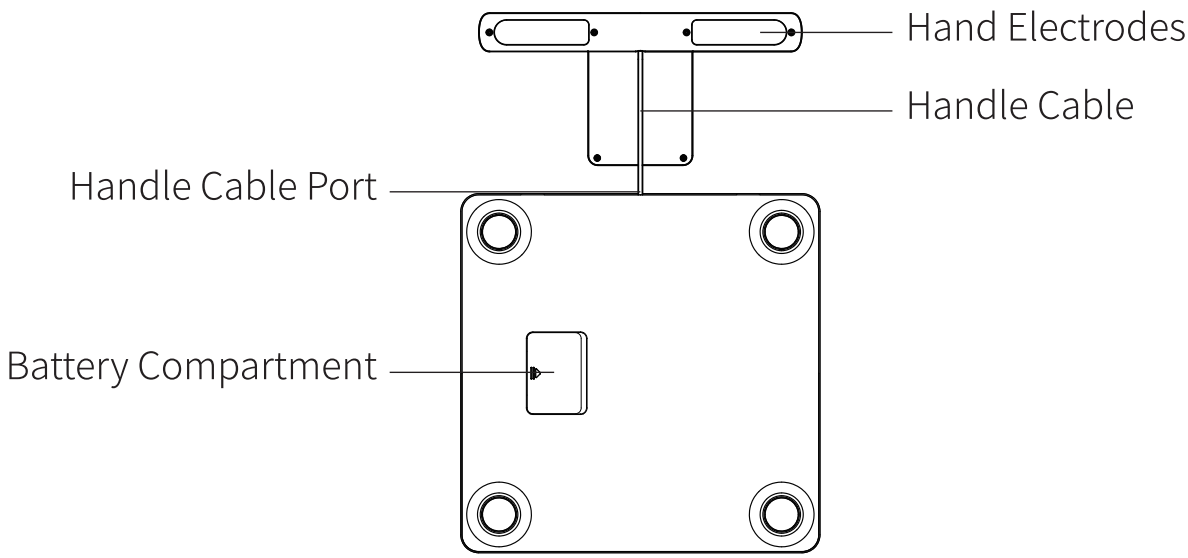
Model:CS10H

User Guide

Product Description



Product Front Demonstration

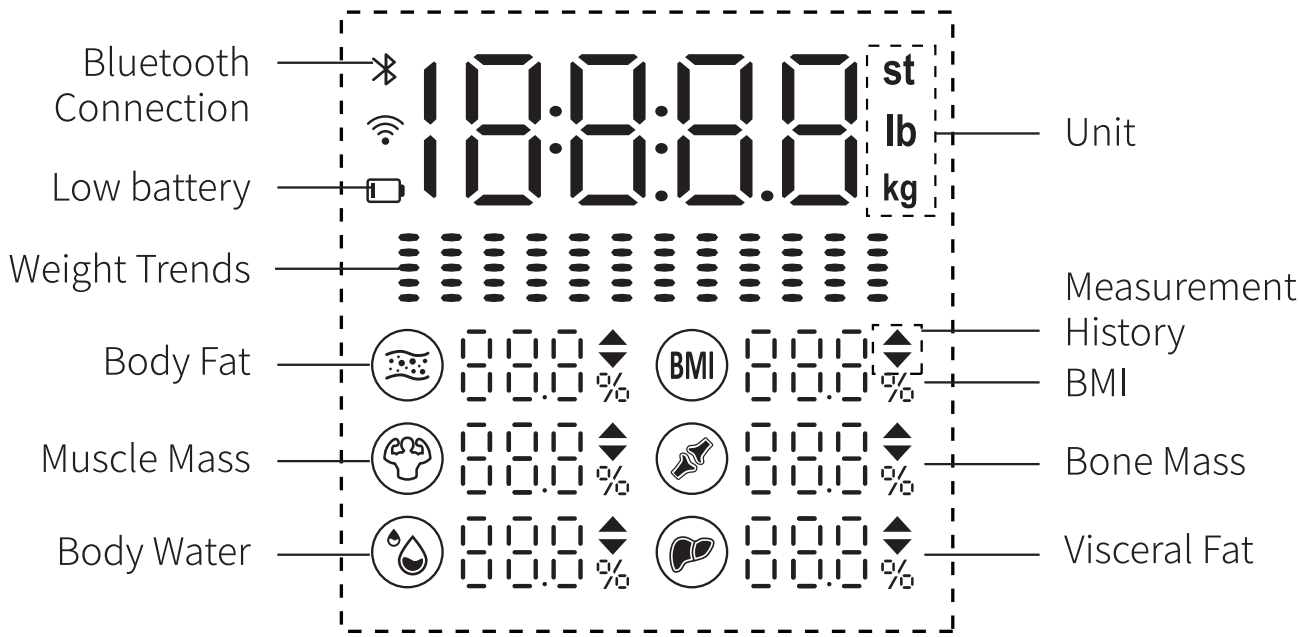


Product Back Demonstration

Product Specifications

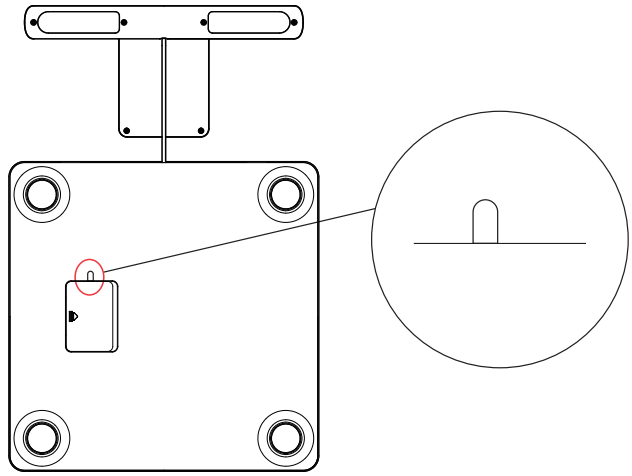
Model: CS10H
Dimension: 12.8 x 11.8 x 1.7 inches / 300 x 300 x 42.2 mm
Weight: 4.2 lb (1.9 kg)
Measurement Range: 0.4-400 lb (0.2-180 kg)
Measurement Resolution: 0.1 lb (0.05 kg)
Display Type: LED
Battery: 3 x 1.5V AAA Batteries
Working Current: ⩽50mA
Data Transmission: Bluetooth
Measurement Indicators: Weight, Body Fat, Body Water, Muscle Mass, Bone Mass, Visceral Fat, BMI, etc.
Accessories: 3 x 1.5V AAA batteries, measuring handle, user manual

Screen Display



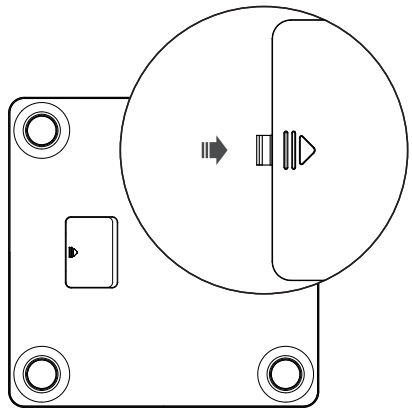
Battery Installation

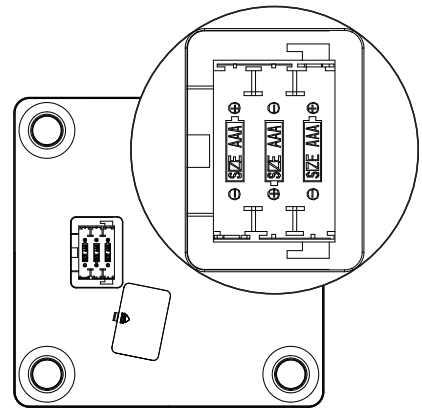
Remove the rear battery isolation tab to activate the power device.



When the scale displays 'Lo', it indicates low battery and requires timely replacement of batteries (3x1.5V AAA).

To slide the battery compartment lock outward.





Initial Setup

Step 1: Download app and create an account

From Apple App Store (ios) or Google Play (Android), search for and download it to your smart phone. You can also scan the QR code to download.

Initial Setup

Step 1: Download app and create an account

From Apple App Store (ios) or Google Play (Android), search for and download it to your smart phone. You can also scan the QR code to download.

Scan QR code and download "xormin Life" app



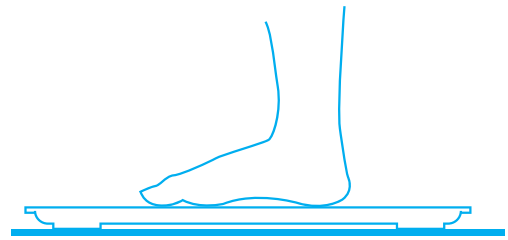
Register an account

Step 2: Pair scale with smartphone.

Make sure Bluetooth is enabled on your phone. For Android 6.0 and above, Location also needs to be enabled.
Pairing is done automatically.
Bluetooth icon is displayed on the scale.



Open "xormin Life" app



Apply pressure to turn on scale

Measurement Steps

1. Scale Initialization

After installing batteries, place the scale on a clean, flat, hard surface. Wait until the display reads 0, then connect the APP during this period.

2. Connect App to Create User Profile

A user profile must be created for the first body fat measurement; otherwise, only weight will be displayed. Subsequent measurements can be taken directly without reconnecting.

3. Test Preparation

Wipe away excessive sweat from hands and feet. If hands or feet are excessively dry, moisten them before measurement to prevent inaccurate results.

4. Weight Measurement

Stand barefoot on the scale with your body upright. Grip the handles firmly with palms facing upward. Once the weight reading stabilizes, the flashing weight indicator signals completion.

5. Body Fat Measurement

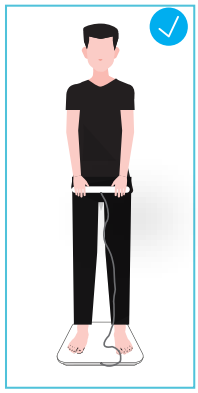
Once weight is locked, do not release or move your hands or feet. Ensure arms are held away from the sides of your body, inner thighs are not touching, and maintain an upright posture with arms raised until measurement is complete.

Barefoot measurement

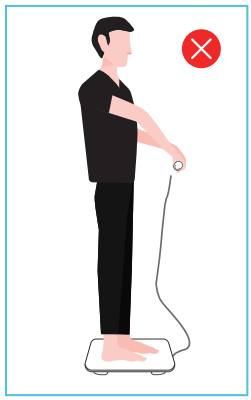


Place both feet on the electrode area.

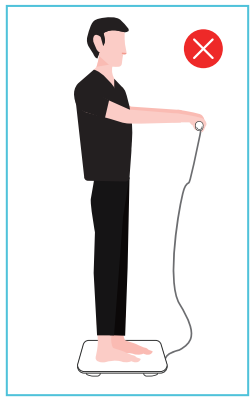
Body Fat Scale Measurement Demonstration - Body Illustration



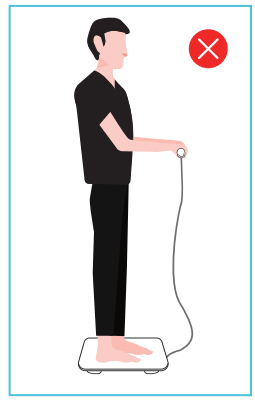
Stand upright with arms naturally hanging down at an angle from the body, ensuring arms do not touch the waist.



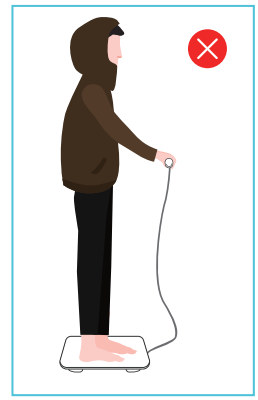
Avoid bending the hands outward.



Do not extend the hands horizontally for measurement.



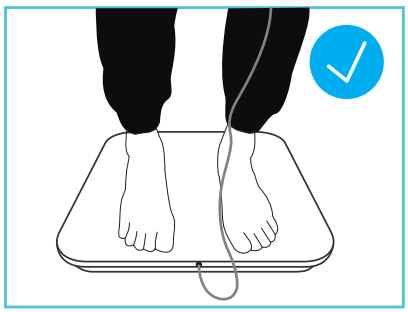
Avoid bending the hands during measurement.

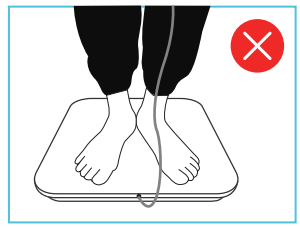


Wear form-fitting clothing only during the measurement process.

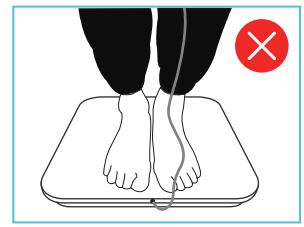
Body Fat Scale Measurement Demonstration - Foot Placement Illustration

Stand with feet parallel on the scale electrodes, ensuring inner thighs do not touch each other.





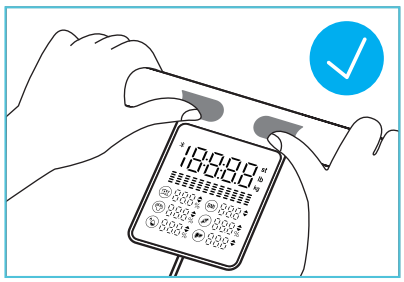
The heels of both feet should not touch each other.

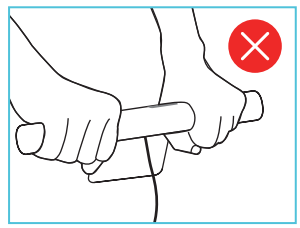


The feet should not be placed in a heel-to-heel stance.

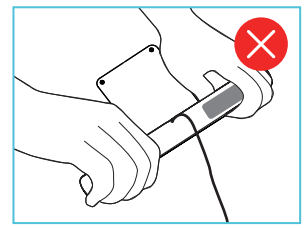
Body Fat Scale Measurement Demonstration - Hand Demonstration Image

Thumb touching the oval electrode, four fingers touching the elongated electrode, with the handle connector wire facing downwards.





Hands should not be clenched.



The handle connector wire should not face upwards.

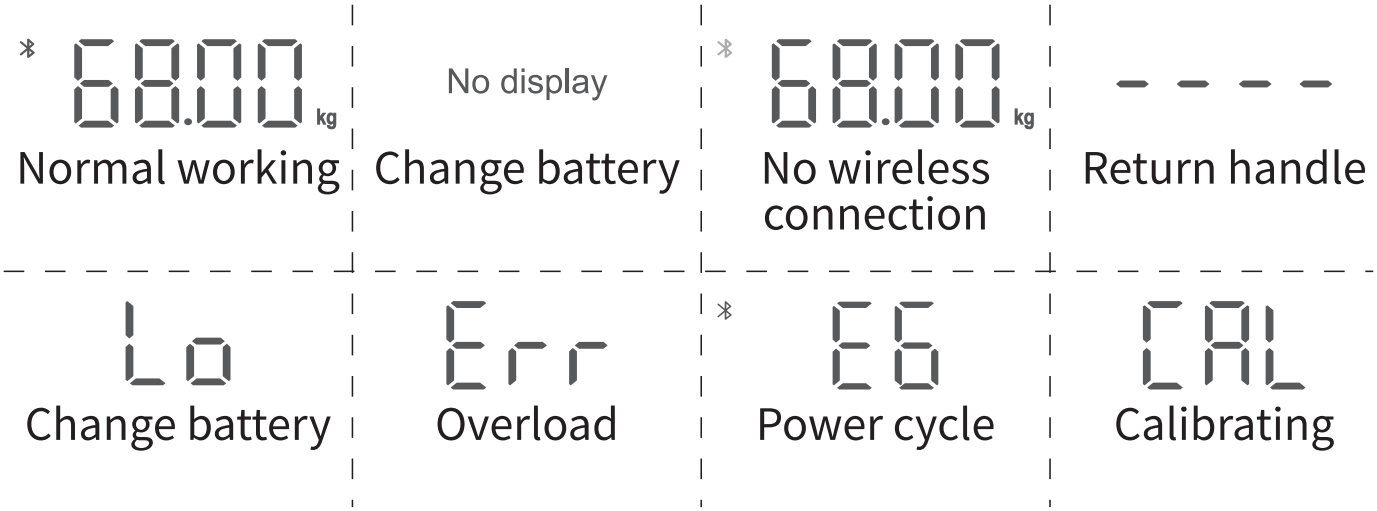
4.Displaying Measurement Results

The scale displays weight, body fat, body water, muscle mass, bone mass, visceral fat, BMI, and rotation (switching between weight and BMI data, each displayed for 3 seconds). For additional metrics, please refer to the app after measurement.

Display Screen Icon Guide

	Body fat percentage icon: Illuminates when displaying body fat percentage measurement results.
	Body water icon: Illuminates when displaying body water measurement results.
	Muscle icon: Illuminates when displaying muscle mass measurement results.
	Bone mass icon: Illuminates when displaying bone mass measurement results.
	Visceral fat level icon: Illuminates when displaying visceral fat level measurement results.
BMI	BMI icon: Illuminates when displaying BMI measurement results.
%	Percentage unit

Scale Display



Troubleshooting

Symptom	Cause	Solutions
Lo	Low power	Please replace and use new 1.5V AAA battery.
Err	Overload	Use the scale within 400lbs/180kg.
- - - 0.00	Weight detected after stepping off	When this icon scrolls, place the handle back on the scale and position it on a clean, flat,and firm surface. Wait for the scale to complete calibration.
No Display	Auto-off, or no power	Auto-off: Step on then off to turn on the scale; No power: Please change and use new 1.5V AAA battery.
Display Weight Only	Unable to determine body composition	User Setup: Please connect the app and create a user profile before use. Age Restriction: Ensure the age setting is 10 years or older. Posture Requirements: Measure according to the standard measurement posture.

Symptom	Cause	Solutions
Unable to Sync with App	Lost connection, or scale turns off	Reconnect the scale: For iPhone, authorize Bluetooth; for Android, enable location. Click the icon on the top-right corner and tap ""My Device"" > ""+ Add device"" on the app.
Weighing Deviation	Uneven floor surface, contaminated scale feet, undetected scale body weight	Unstable surface: Place the measuring device on a flat, solid surface. Dirty base: Remove debris from the device surface and base. Reset device: Remove the battery, wait 3 seconds, then reinsert it. Place the device on the ground and wait for the display to turn off before normal use. After measurement, return the handle to the mobile unit to view the full report.

WARNING

Please read carefully before use

- Do not use if you have a pacemaker, or any otherinternal medicaldevices in your body.
- Do not use if you are pregnant.
- Do not use on slippery floors.
- Do not use when your body is wet.
- Do not use rechargeable 1.2V AAA batteries.
- Do not use in damp environments such as bathrooms; the scale is not waterproof.

FCC Statement

This device complies with part 15 of the FCC Rules. Operation is

subjectto the following two conditions:
(1)this device may not cause harmful interference, and (2)this devicemust accept any interference received, including interference that maycause undesired operation. Any changes or modifications not expresslyapproved by the party responsible for compliance could void the user'sauthority to operate the equipment.
NOTE: This equipment has been tested and found to comply with thelimits for a Class B digital device, pursuant to Part 15 of the FCC Rules.These limits are designed to provide reasonable protection againstharmful interference in a residential installation. This equipmentgenerates, uses and can radiate radio frequency energy and, if notinstalled and used in accordance with the instructions, may causeharmful interference to radio communications. However, there is noguarantee that interference will not occur in a particular installation.
If this equipment does cause harmful interference to radio or televisionreception, which can be determined by turning the equipment off and on,the user is encouraged to try to correct the interference by one or more ofthe following measures:
-Reorient or relocate the receiving antenna.
-Increase the separation between the equipment and receiver.
-Connect the equipment into an outlet on a circuit different from that towhich the receiver is connected.
-Consult the dealer or an experienced radio/TV technician for help.
FCCID:2ANDX-CS10H

