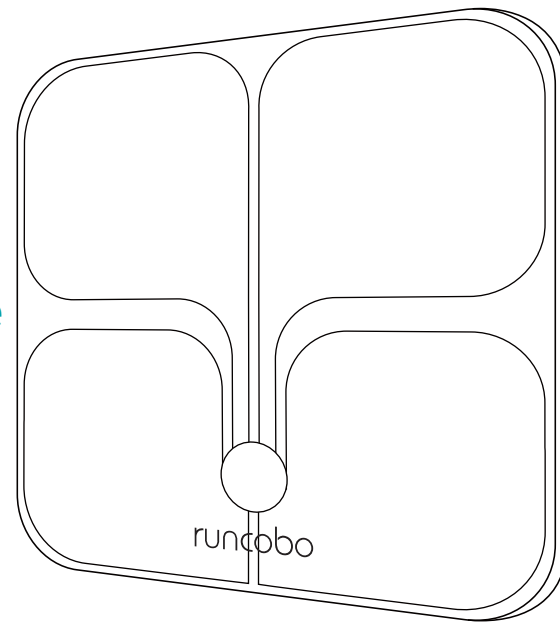




Body Composition Scale

Model: CS20C



Questions or concerns? Contact support@runcobo.com or 1-866-786-5988

Thank You.

Thank you for purchasing the CS20C Smart Fitness Scale by Runcobo. 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@runcobo.com or 1-866-786-5988.

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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

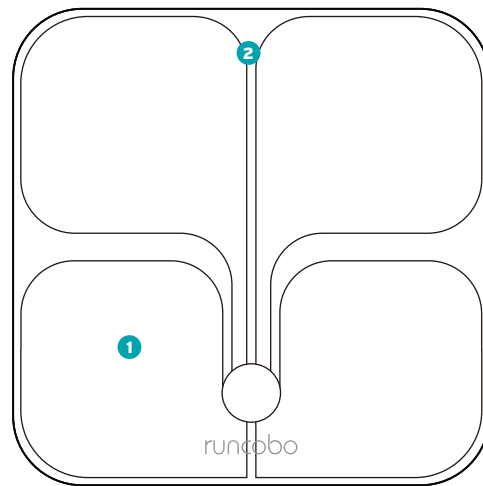
- Do not use if you have a pacemaker, artificial lung, an ECG, or any other internal medical devices. Please note that all data should be used as a reference and is not a substitute for medical advice from a licensed healthcare professional.
- This scale should not be used to diagnose or treat any medical 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: 400 lb / 180 kg).
- **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.

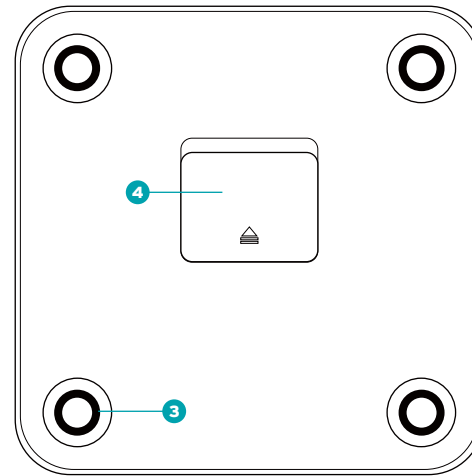
Scale Overview

1. Weighing Platform
2. Display



6

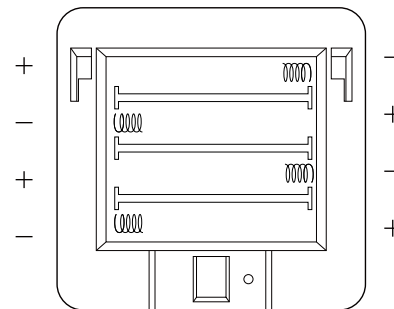
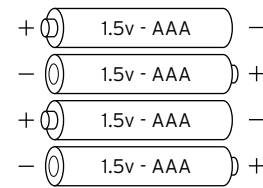
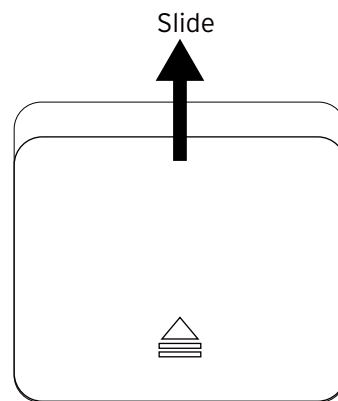
3. Anti-skid Padding
4. Battery Compartment



Setup Scale

Insert Batteries

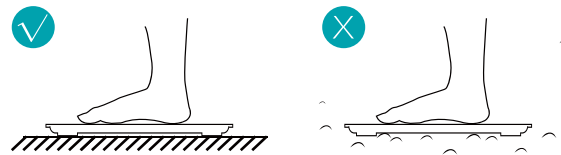
Open the battery compartment and install the batteries under the correct polarity and replace the battery compartment cover.



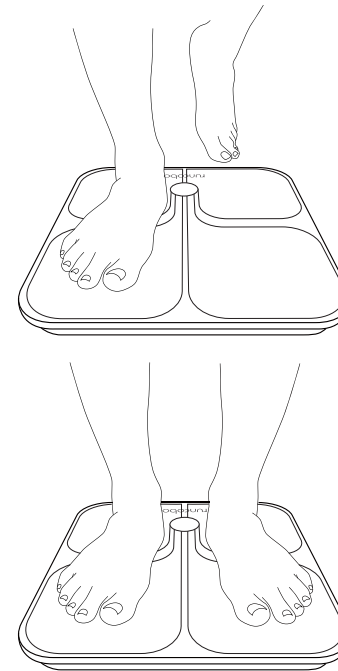
Weighing without the App

After inserting the batteries, your scale is ready to use. However, without the Runcobo app you will only see your weight display on the scale. You will need the app to see other measurements.

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 “CAL” and followed by “00”, then step on the scale again to measure your weight.
3. Keep standing on the scale until the digits on the screen flash three (3) times with your final measurement.



NOTE: The default weight unit for CS20C is pounds (lbs). To change the weight unit, you must download the Runcobo app and select the desired weight unit in your app's Settings menu (see page 34).



Setup Runcobo Mobile App

After setting up your scale, you need to setup your Runcobo mobile app. Without the app you can only see your current weight display on the scale. You don't see your body compositions measurements. You cannot track your history either.

With the Runcobo mobile app, you will have full access to all the measurements from the CS20C scale. All the measurements will display on your mobile app. The mobile app provides easy tracking of your weight history and many more features.

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.

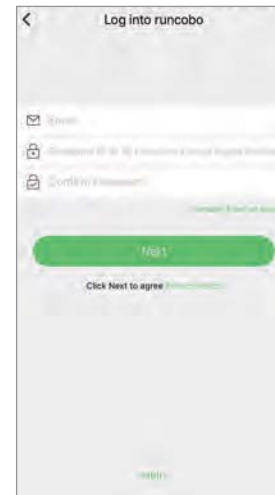
1. Download and install the Runcobo mobile app. You can search from Apple App Store (iOS app) or from Google Play (Android app).

To download the app, you can scan the QR code below.



2. Turn on Bluetooth on your smartphone.
3. Sign up and log in.
 - a. Enter your email
 - b. Select a proper password
 - c. Tap the "Next" button

NOTE: For Android users, Location and Bluetooth must be turned on for Android 6.0 and higher. The Google/Android's implementations related to Bluetooth LE technology requires location permissions to be granted in order to scan Bluetooth devices.



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

Register

Camera icon

Male Female

Name

Birth Day

Height

Athlete mode

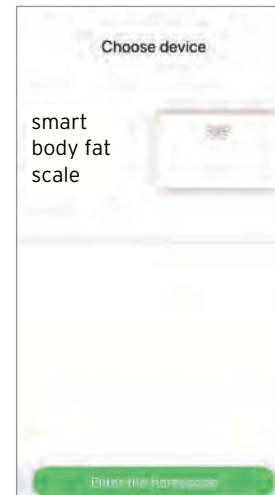
This mode is suitable for people who have long been engaged in physical exercise or who regularly exercise. This model will adjust the body composition calculation model (only applicable to people aged 18 and above).

Confirm

5. Choose device. Tap the “smart body fat scale” on the screen. The app will change from the “Choose device” to the “Pairing your device” screen.

This screen may list other devices detected by the Runcobo app. Don't tap other devices.

If you tap the “Enter the homepage” button at the bottom, you will go to the app “Measurements” screen. Continue next on Steps 6 & 7, but you won't see Step 8.



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 "CAL" and followed by "00", then step on the scale again to measure.

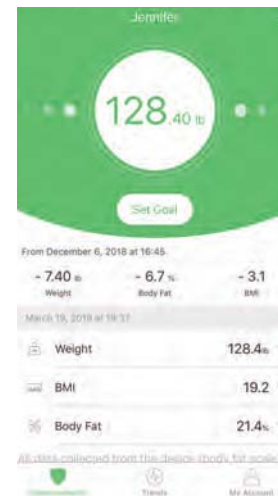
8. Now on your app, on the "Pairing your device" screen, a scale icon named "CS20C" should appear, tap this icon to pair the scale to your app.

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



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.



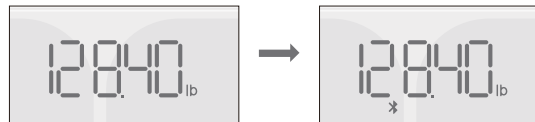
Measurements

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

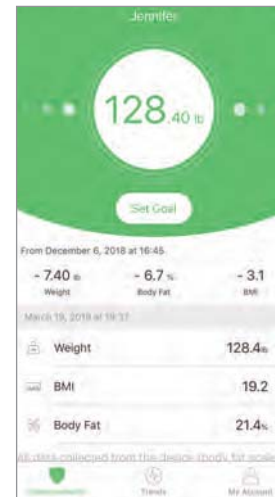
Measurements with Bluetooth Connections

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

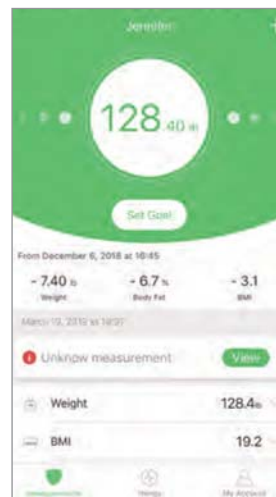
1. Make sure your phone's Bluetooth is on. Login to your Runcobo app.
2. Step onto the scale to turn on the scale, then step off to let the scale calibrate. Wait until you see the scale displays "CAL" and followed by "00", then step on the scale again to measure.
3. On your scale, the Bluetooth icon 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 Runcobo app (or your Bluetooth is disabled, or your phone is too far away from your scale), the Bluetooth connection will not be established. 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.



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.



Using Runcobo Mobile App

The Runcobo 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 stats 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 Runcobo 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 "Trends" 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 "Trends" you will see your data charts.



2. To go to the calendar, tap the “🕒” icon at the top right corner of the screen.



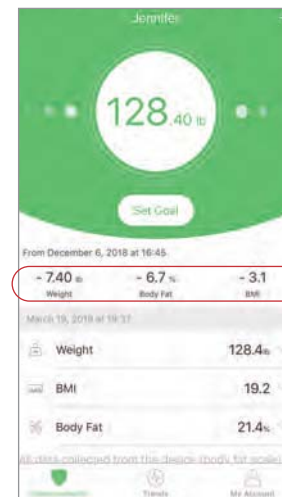
3. On your "History" screen. Use arrows to go to your selected date. Tap on this date on the calendar. The measurement data for this date will be listed underneath the calendar. Tap "Select Data" (top right corner) to select a data you want to delete, then tap the garbage icon can (bottom right corner)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

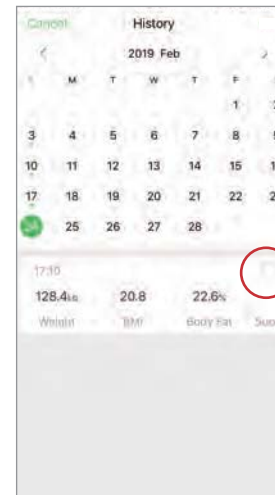
You can show your weight loss progress by comparing your latest measurements with your earlier measurements. You can select any data to compare.

1. To select a data to compare, on your “Measurements” screen tap the block below the circle with your weight displayed.



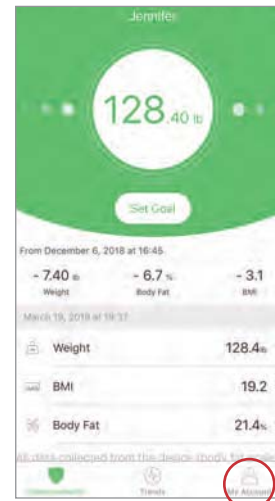
2. On your “History” screen. Select a date and then select the desired data you want to compare. Then it will go back to your “Measurements” screen, displaying the comparisons against the data you just selected.

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.



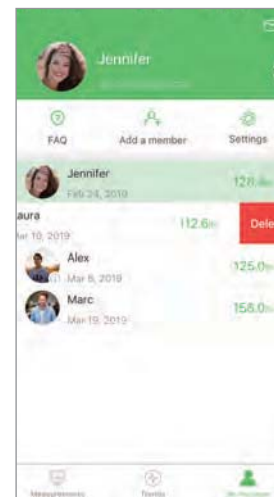
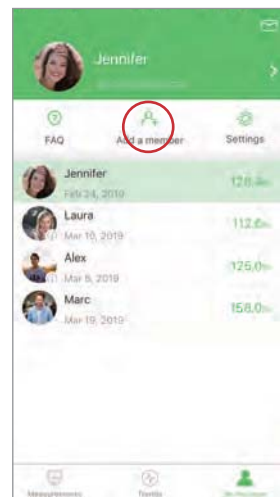
Add/Delete Users

1. On the “Measurements” screen, tap “My Account” at the bottom of the screen.



2. To add new users, tap "Add a member".

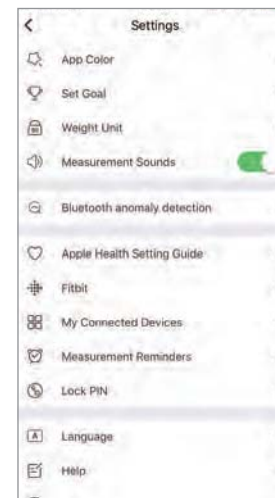
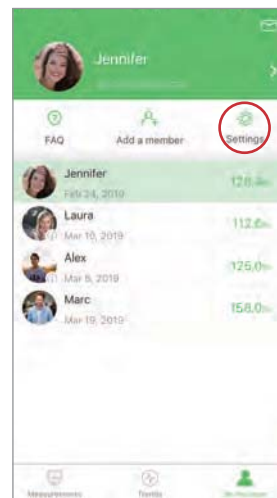
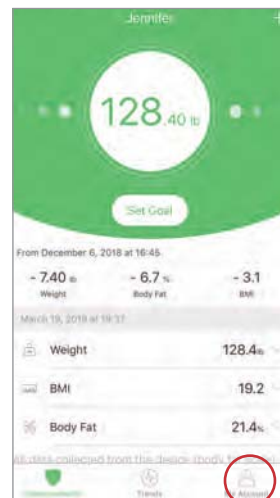
3. To delete a user, swipe left on the account that you want to delete and tap "Delete".



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.



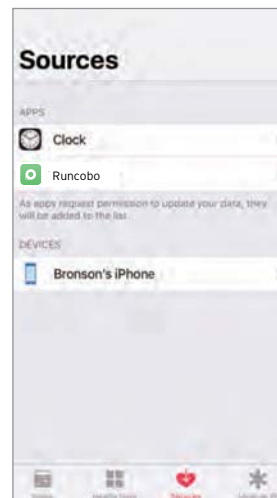
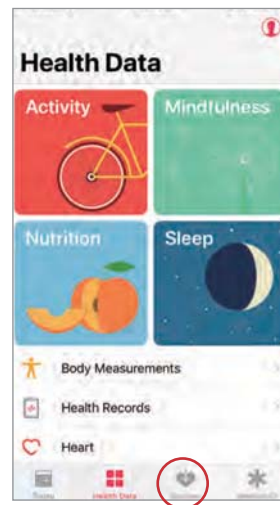
Connect with Other Fitness Apps

Apple Health

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

2. Select "Runcobo" from the list.

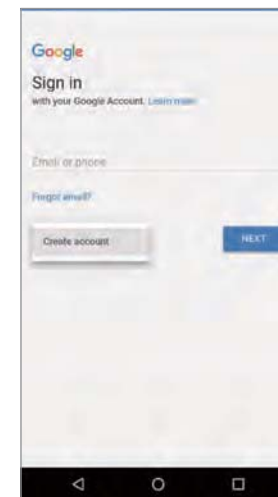
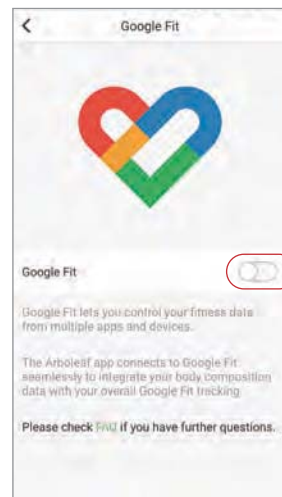
3. Turn on all categories to allow the Runcobo app to write data.



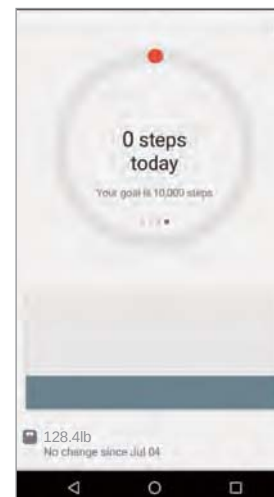
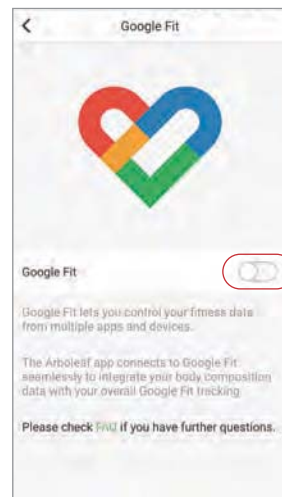
Google Fit

1. On your Runcobo 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.

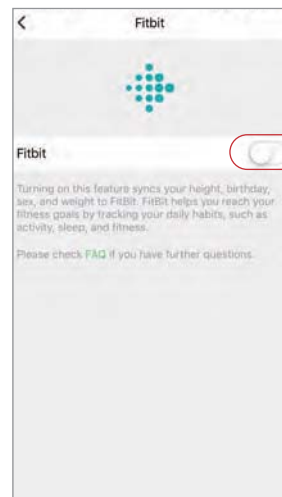


3. After successfully connecting, your weight data will sync with Google Fit.



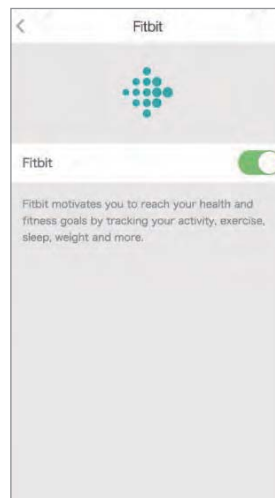
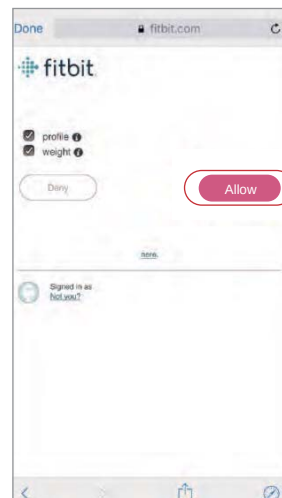
Fitbit

1. On your Runcobo 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.

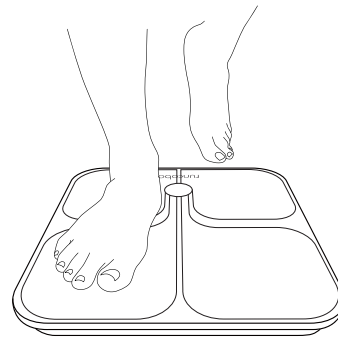


Maintenance

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 display until the digits appear on the display, then, step off.
3. The scale will show "CAL" then "0.00", indicating that the calibration process is complete.



CAL → 0.00

Battery Replacement

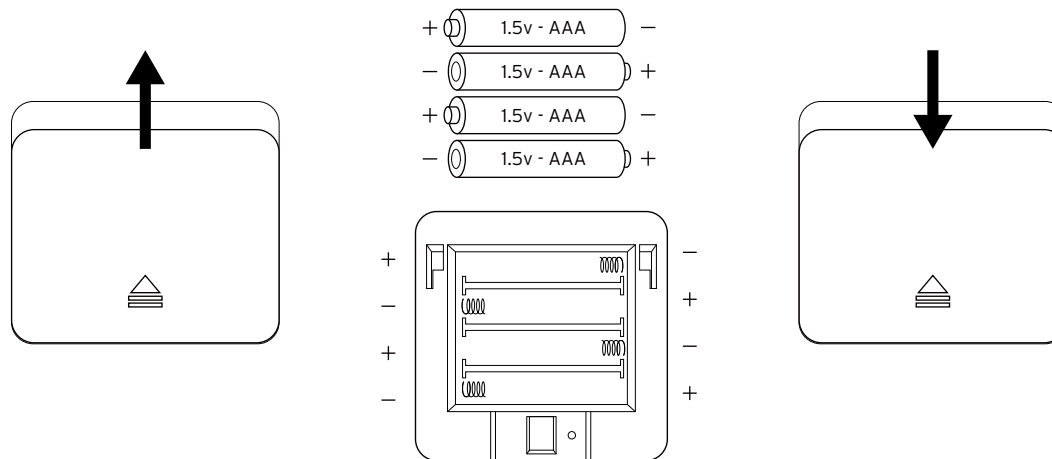
The display will show "Lo" when the batteries need to be replaced.

1. Open the battery compartment on the back of the scale.
2. Remove the old batteries and dispose of 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

 Bluetooth connection	 No Connection	 Change Battery
 Overload	 Calibrating	 Open App
 Data transfer failed	 Data transfer succeeded	 Configure network failure

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?**

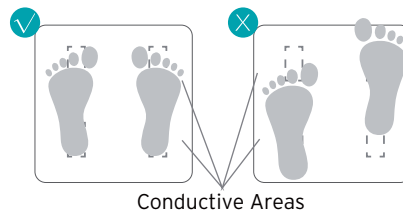
- The batteries are low and may need to be replaced.

3. **Why doesn't the scale connect with the Runcobo 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 Runcobo 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 Runcobo account.



Specifications

Weight Capacity	396 lb / 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)

Warranty

Product	CS20C 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

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

Runcobo 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. Runcobo 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.

Runcobo 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@runcobo.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

Yolanda Corporation

1-866-786-5988
support@runcobo.com
www.runcobo.com

This device complies with part 15 of the FCC Rules. Operation is subject to the condition that this device does not cause harmful interference (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, 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 of the 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 to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

FCC ID:2ANDX-CA20C1

Connect with us @runcobo.

