

bowflex body fat scale manual



File Name: bowflex body fat scale manual.pdf

Size: 4807 KB

Type: PDF, ePub, eBook

Category: Book

Uploaded: 4 May 2019, 13:51 PM

Rating: 4.6/5 from 603 votes.

Status: AVAILABLE

Last checked: 10 Minutes ago!

In order to read or download bowflex body fat scale manual ebook, you need to create a FREE account.

[**Download Now!**](#)

eBook includes PDF, ePub and Kindle version

[Register a free 1 month Trial Account.](#)

[Download as many books as you like \(Personal use\)](#)

[Cancel the membership at any time if not satisfied.](#)

[Join Over 80000 Happy Readers](#)

Book Descriptions:

We have made it easy for you to find a PDF Ebooks without any digging. And by having access to our ebooks online or by storing it on your computer, you have convenient answers with bowflex body fat scale manual . To get started finding bowflex body fat scale manual , you are right to find our website which has a comprehensive collection of manuals listed.

Our library is the biggest of these that have literally hundreds of thousands of different products represented.



Book Descriptions:

bowflex body fat scale manual

TAYLOR Consumer. Relations. Phone Distributed By. Taylor Precision Products, Inc. Las Cruces, New Mexico 88001 Smart Scale Five 5 Year Limited Warranty. This scale is warranted against defects in materials of workmanship excluding Taylor Precision Products, Inc. Las Cruces, New Mexico 88001 This warranty gives If review is required, do not return to retailer. For information call 1 866 8433905 from 730 am to 430 pm, Mountain Standard Time, Monday through. Friday. To assist us in serving you, please have the model number and date of Not Legal for trade. All rights reserved. All rights reserved. This instruction manual will guide you through the setup process and provide key Please read it completely and keep it handy for Quick Use Guide. Three 3 AAA Batteries It sends a harmless It is intended for adult use in the home. The accuracy of readings for these Any information provided by this device is in no way meant to treat, cure or Specific medical advice should be obtained from a physician. Do not disassemble the scale as incorrect handling may cause injury. Do not step on the scale when your body or feet are wet, especially after Battery Compartment. SET Button. Platform with Open the battery Remove any plastic wrap from the Be sure the polarity of the batteries is set correctly Always replace all batteries at the same Do not mix Alkaline, carbon zinc If you do not intend Unit of Measure and. Connect Button If the scale is The CalMax feature uses your gender, height, age, current weight and an activity You may select kilograms. Quick single clicks will change the units that display. App Store for iOS devices or Google play for Android devices. Use keyword search terms "SmarTrack", "Smart Scale", Smart Scale users follow the onscreen instructions to register. Once you Note If you are sharing the scale with another user and they enter a personal Ensure all users are aware of which user numbers Choose from one of the following Set your goal date by tapping on the date and scrolling. <http://www.midel.me/userfiles/corporate-controller-s-manual.xml>

- **bowflex body fat scale manual, bowflex body fat scale 5796 manual, bowflex body fat scale 5728 manual, bowflex body fat scale 5749 manual, bowflex body fat scale 5596 bow manual, bowflex body fat scale 5728fbowc manual, bowflex 5596bow body fat scale manual.**

Use the Once the profile is complete, it will transmit the user information to the Then quickly pick up the scale and turn it over and press and The scale can store data for up to 8 users. Tap your user number Note If you are sharing the scale with another user and they Ensure all users are aware of which user To improve transmission connection, Bluetooth; keep them at least 3 feet away from the scale. Note If the batteries are removed from the scale, you will not have to reconnect the Remove your shoes and socks before proceeding. Clean, slightly moist feet will provide the best results. Position your feet for maximum contact with the metal The display will turn on and Your scale is now ready for use. OR Press "SET" to turn the scale manually on and to Do Not step on scale When estimates are completed, the results appear on your personal device. If the scale Note You need to save your personal data in a user number before using the An onscreen. A " " icon appears while data is transmitted, then disappears when transmission is If the " " icon remains on the screen, the transmission has failed. The scale Note Data will only be transmitted if attached to a specific memory number. If a Your weight is displayed. A moving zeros From your home page tap on the dashboard You can view as a graph and a In either graph view, tap the weight bar to drop down the menu of measurement. Tap the measurement you want to view such as Body Fat, Body Water etc.. You can also tap the page icon to see a full listing of individual data as well as to Tap the Graph and.

DashboardGraphs. ViewsPress the “UNIT” button on theText. Views. Your Smart Scale will operate as a basic weightreading scale.The display will turn onYour scale is now ready for use.<http://www.greenways.at/userfiles/corporate-design-manual-audi.xml>

Carpeted or uneven floors may affectThe display counts up to yourYour weight is nowNote A weight only reading will not be saved in the scale and will not beThe weight will only be saved and transmitted during aAfter it has been used for the first time, the Smart Scale will be synchronized withIf you take a measurement on the scale without immediatelySee sectionMemory. The SmarTrack app itself can store unlimited results for each user. The number ofAll of your data will bePress “SET” to confirm. Age will begin to blink. In order to use the Smart Scale’s body composition estimation feature, you mustPress “SET” while the scale is off. The scale will turn on and “P1” will blink on the screen. Press “SET” to confirm theThe goal weight number blinks. NOTE Athlete mode is only available for those 1585 years of age. For those agedAthlete Mode necessary in a Body Fat Analyzer”. For this scale, an athlete is definedPress “SET” to confirm. HeightPress “SET” to confirm. Activity level begins to blink.Select your Activity Level according to the following guidelines. Press “SET” to confirm your activity level and all other selections.Your data is saved.To change a profile, repeat above steps and make changes to the data asNotesEnsure all users are aware of which userCarpeted or unevenIf you experience any difficulty, moveRemove your shoesClean, slightly moist feet will provideYour weight and other measures will naturally vary during theAt all other times, you may step directlyTo initialize the scale, simply press firmlyThe display will turn on and automaticallyDo Not step on scaleMeasuring by Selecting a User Number ManuallyThe display will showSetting Mode instead of Measurement Mode. If this occurs, press “SET” to reconfirmWhen the iconNotesB If the scale cannot identify the user’s memory number, it will only display theWhen estimates are completed, the results appear on the scale.Your weight will appear on theA moving zeros pattern shows whileSee “Problem. Solving” section.

Note You need to save your personal data in a user number before using theThe absolute weight traditionally determines whether or not a person is obese. Weight change in itself does not indicate whether it was the weight of body fatIn weight management, it is desirable that muscleThus, monitoring the percentage ofThe optimal %BF of an individual varies according to age and gender. The table as follows may be used as a guideWater is an essential component of the body and its level is one of the healthIt is present proportionally more in lean tissue compared to fat tissue. Water is aWaste productsWater providesMonitoring the level of body water can be aSimilar to body fat estimation, the %TBWThe estimated %TBW may vary according to your hydration level, that is, howThe optimal %TBW and average %SM of an individual varies according toThe percentage of BF is measured by a method called Bioelectrical Impedance. Analysis BIA. The use of BIA to estimate body fat has been pioneered since theDepending on theThe difficulty with which a signal flows through the body isHence, by measuring the electrical impedancePlease be reminded that the %BF estimated with the scale represents only a goodThere exist clinical methods of estimatingThere exist clinical methods of estimating totalFor maximum accuracy and repeatability, it is recommended that the scale’sIt is also a good practiceEstablishingThe estimates provided are not substitutes for physician assessments. ConsultThe CalMax function estimates the number of calories required based onThis tool can be usedAccording to the American College of Sports Medicine ACSM, lean muscleAt rest, theChildren Anyone under the age of 18 years. Pregnant WomenHow to mitigate possible interferencePlease ensure there are no obstacles betweenSafety and Usage Information. Symbol for “MANUFACTURER”. The Bluetooth Combination Mark.

<http://www.drupalitalia.org/node/79767>

Symbol for “COMPLIES WITH FCCSymbol for “DIRECT CURRENT”This Body Fat Scale uses a measurement method known as Bioelectrical. Impedance Analysis BIA. A small current is sent through your body, viaThe electrical current is small andWhat is the value of the current passing

through me when the measurement This BIA technology is safe, noninvasive, toxic free and harmless. The current However, please be aware that anyone with a The result is inaccurate and Why is the Athlete Mode necessary in a Body Fat Scale It has been found that body fat estimation using BIA could overestimate the The physiological variation of What is the definition of an Athlete The general consensus among researchers is that a quantitative dimension An athlete is defined for this scale as a These individuals should select Athlete Mode for the Please note scales are not calibrated for professional athletes or body builders. Damage to the scale may occur as a result of Do not use solvents or Do not mix alkaline, standard carbon zinc, or The vapors from This scale is equipped with a low battery indicator. Replace the batteries when Remove any plastic wrap from the batteries before Press firmly on the scale platform. The display will turn on and automatically turn As with all small items, If swallowed, seek medical attention NOTE Please recycle or dispose of batteries per local regulations. PRECAUTION Do not dispose of batteries in fire. Batteries may explode or leak. Remove the batteries if the scale will not be used for a long period of time. In order to get the most Repeat measurement again, If you are having a If your scale is The scale is ready for use. Carpeted or uneven floors may affect If the LCD is blank, shows "Lo" or Remove your shoes and socks Position your feet for maximum contact with the metal electrodes on the Please assign your personal profile data into a Please assign your personal profile data into a memory number, following the Place your phone or Please assign your personal profile.

<https://juanguillermocadena.com/images/casio-ap-65r-service-manual.pdf>

This warranty gives For information call 1 866 843 All rights reserved. All rights reserved. All rights reserved. 6.14 WC Mobile device not included. Press "SET" to confirm. Age will begin to blink. Water is an essential component of the body and its level is one of the health IMPORTANT INFORMATION TO KNOW BEFORE USING YOUR BODY FAT SCALE indicators. Damage to the scale may occur as a result of This Body Fat Scale uses a measurement method known as Bioelectrical improper handling. In order to get the most 1. Bioelectrical Impedance Analysis BIA technology for body fat and total body accurate and consistent reading, wipe your feet with a damp cloth, leaving them slightly damp before stepping on the scale. Obesity has been linked to a higher risk of heart disease, diabetes and some forms of cancer. The Body Mass Index BMI is the most widely accepted measurement of weight according to health professionals. In order to avoid the possibility of exceeding the FCC radio. If you want NextDay, we can save the other items for later. Order by, and we can deliver your NextDay items by. You won't get NextDay delivery on this order because your cart contains items that aren't "NextDay eligible". In your cart, save the other items for later in order to get NextDay delivery. Oops! There was a problem with saving your items for later. You can go to cart and save for later there. This scale can recognize and store data for 4 users in Normal mode or Athlete mode, for highly fit individuals. A durable 11.8 x 12.2 tempered black glass platform is complimented with sleek brushed stainless steel accents. This scale is backed by a 5Year limited warranty. About This Item We aim to show you accurate product information. Manufacturers, This body analysis scale offers a full suite of features for measuring and tracking your health objectives including body fat, body water and muscle mass estimators.

<https://www.formuladesign.com/images/casio-ap-24-manual.pdf>

This scale can recognize and store data for 4 users in Normal mode or Athlete mode, for highly fit individuals. A durable 11.8 x 12.2 tempered black glass platform is complimented with sleek brushed stainless steel accents. See our returns policy for more information. As many have said about other scales, this scale was giving erratic readings at first but I found that the culprit is my bathroom floor, not the scale. You have to put the scale on a solid, level surface to get a good reading. The body fat calculator is spot on but I wish it didnt flash the body water and lean mass numbers while youre looking at the body fat percentage a who cares about water content, and b how in the heck can this be accurately calculated by standing on a scale. The design is sleek and modern but the

glass surface needs to be wiped daily and Im not into that!. One more thing you have to press a button on the top side of the scale to get all the reading instead of just weight. So, all in all its a good scale but the reasons above is why I only give it a 4 out of 5. See more VS Most helpful negative review 21 customers found this helpful Average Rating 2.0 out of 5 stars Not for the Overly Obese Beautiful look if youre looking for style. Scale is not built for people over 300 lbs although it says 400 lbs max. Dont feel comfortable stepping on scale. Scale prefers feet are damp to use body fat composition. Shows error if you weigh too much over 300 lbs. Bought it on the Bowflex reputation but plan to return it. See more VS Most helpful positive review 14 customers found this helpful Average Rating 4.0 out of 5 stars Sleek design and accurate readings Ive been looking for a good scale with body fat calculation at a fair price and this one fits the bill. As many have said about other scales, this scale was giving erratic readings at first but I found that the culprit is my bathroom floor, not the scale. You have to put the scale on a solid, level surface to get a good reading.

The body fat calculator is spot on but I wish it didnt flash the body water and lean mass numbers while youre looking at the body fat percentage a who cares about water content, and b how in the heck can this be accurately calculated by standing on a scale. The design is sleek and modern but the glass surface needs to be wiped daily and Im not into that!. One more thing you have to press a button on the top side of the scale to get all the reading instead of just weight. So, all in all its a good scale but the reasons above is why I only give it a 4 out of 5. Most helpful negative review 21 customers found this helpful Average Rating 2.0 out of 5 stars Not for the Overly Obese Beautiful look if youre looking for style. Scale is not built for people over 300 lbs although it says 400 lbs max. Dont feel comfortable stepping on scale. Scale prefers feet are damp to use body fat composition. Shows error if you weigh too much over 300 lbs. Bought it on the Bowflex reputation but plan to return it. Ive been looking for a good scale with body fat calculation at a fair price and this one fits the bill. As many have said about other scales, this scale was giving erratic readings at first but I found that the culprit is my bathroom floor, not the scale. You have to put the scale on a solid, level surface to get a good reading. The body fat calculator is spot on but I wish it didnt flash the body water and lean mass numbers while youre looking at the body fat percentage a who cares about water content, and b how in the heck can this be accurately calculated by standing on a scale. The design is sleek and modern but the glass surface needs to be wiped daily and Im not into that!. One more thing you have to press a button on the top side of the scale to get all the reading instead of just weight. So, all in all its a good scale but the reasons above is why I only give it a 4 out of 5. See more Beautiful look if youre looking for style.

www.agrosystem.com.tr/wp-content/plugins/formcraft/file-upload/server/content/files/1626fc5597bffd--bose-lifestyle-c1-manual.pdf

Scale is not built for people over 300 lbs although it says 400 lbs max. Dont feel comfortable stepping on scale. Scale prefers feet are damp to use body fat composition. Shows error if you weigh too much over 300 lbs. Bought it on the Bowflex reputation but plan to return it. See more Frequent mentions Usage 1 Reading 1 Looks 1 Design 1 Value 1 15 of 9 reviews Most relevant Most helpful Newest to oldest Oldest to newest High to low rating Low to high rating Sort by Average Rating 5.0 out of 5 stars Great tool for a healthy life. Really easy to use, And a quality piece of equipment. Now Get those pounds off!!! See more Dhatty, May 25, 2015 1 0 Average Rating 5.0 out of 5 stars Works great and is reasonably priced. See more 1HondagirlNC, June 16, 2012 5 5 Average Rating 4.0 out of 5 stars Sleek design and accurate readings Ive been looking for a good scale with body fat calculation at a fair price and this one fits the bill. As many have said about other scales, this scale was giving erratic readings at first but I found that the culprit is my bathroom floor, not the scale. You have to put the scale on a solid, level surface to get a good reading. The body fat calculator is spot on but I wish it didnt flash the body water and lean mass numbers while youre looking at the body fat percentage a who cares about water content, and b how in the heck can this be accurately

calculated by standing on a scale. The design is sleek and modern but the glass surface needs to be wiped daily and I'm not into that!. One more thing you have to press a button on the top side of the scale to get all the reading instead of just weight. So, all in all it's a good scale but the reasons above is why I only give it a 4 out of 5. See more ckeating, January 4, 2015 14 0 Average Rating 4.0 out of 5 stars Great Scale, Seems Pretty Accurate Seems like a great scale, really modern design. Very accurate in weight, not too sure about the others. All in all, I'm satisfied with my purchase.

Ask a question Ask a question If you would like to share feedback with us about pricing, delivery or other customer service issues, please contact customer service directly. The addition of a Walmart Protection Plan adds extra protection from the date of purchase. Walmart Protection Plans cover the total cost of repair, or replacement, for products, as well as covering delivery charges for the exchange. You can view your Walmart Protection Plan after your purchase in the Walmart Protection Plan Hub. Product warranty 5 Years See details Warranty Information This scale is warranted against defects in materials of workmanship from the original purchaser for five years from date of retail purchase. Do not return to retailer. Should this scale require service or replacement at our option while under warranty, please pack the item in the original packaging and return it prepaid, along with store receipt showing date of purchase and a note explaining reason for return to Taylor Precision Products, 2220 Entrada Del Sol, Las Cruces, New Mexico 88001 Already purchased your product. A Walmart Protection Plan can be added within 30 days of purchase. Click here to add a Plan. All Rights Reserved. To ensure we are able to help you as best we can, please include your reference number Feedback Thank you for signing up. You will receive an email shortly at Here at Walmart.com, we are committed to protecting your privacy. Your email address will never be sold or distributed to a third party for any reason. If you need immediate assistance, please contact Customer Care. Thank you Your feedback helps us make Walmart shopping better for millions of customers. OK Thank you! Your feedback helps us make Walmart shopping better for millions of customers. Sorry. We're having technical issues, but we'll be back in a flash. Done. Login to post You can download the manual for free at their site. Once there, find and select the BFM95560. It will open as.

pdf document and you can save it to your computer and print it out. It worked for my BFM588 scale for which I had lost the user manual. You may find them helpful. Below is a link to FAQs about Taylor body fat scales. Examine each to see if one of them is the same as yours. Taylor USA FAQs Scales Just look for a manual switch on the bottom of the unit, often found in the top left corner. You may need a pen or similar item to change the setting. Answer questions, earn points and help others. What happened This process is necessary because the scale was moved during the shipping process. Initializing the scale "reseats" the internal parts allowing the scale to find the correct "zero." Here is how to initialize your scale Once you see zeros or dashes remove your foot. Be sure to place your scale on a hard, flat surface to get an accurate weighing. The procedure does vary according to the scale. Hit the power or set after each entry usually height, age, gender, athlete mode. It will then beep and you will need to hit the arrow up until you see 1 this is the memory number tap the set or power and it will beep again. The scale is now programmed. Then just tap the power or set and it will beep. Then step on the scale to get the information. The weight will be first, then running zeroes, then the fat%, and finally water%. What should I do Once you see zeros or dashes remove your foot. If you continue to receive one of the error messages above please call our Customer Service department or contact us via email. You can also try the reset procedure a 2nd time. Sometimes the reset procedure will work the second time. Do I have to buy a new battery If so this means the battery needs to be replaced. If you did not get the battery indicator, did you "miss" seeing this. Has it been a week since you were on the scale This means that the scale is ready to be used just by stepping on the scale.

Tap scales require the scale to be turned "on" prior to being weighed, and you must wait for the

scale to be activated. Taylor scales are auto on, meaning they are ready. If you store your scale upright or in a cupboard, or having used it in awhile, you may need to initialize the scale again. Please see those steps above. Is my scale defective If the readings are within this tolerance, the scale may be performing as designed. If the weights are more than 2 pounds, your scale may have been "bumped", or the scale may be on an uneven or carpeted surface. The scale is calibrated for accuracy at the factory. The only definite way to check for accuracy in the home is using certified weights. If you have to store it, the scale parts may shift causing you to have to initialize the scale during your weighing process. We suggest placing the scale on a hard, flat surface. Which is correct The results from the water test, or calipers will differ from a BIA body fat scale. The key to measuring body fat is to use that method consistently. If you use a scale, use the same scale over and over. You should not compare the results with a scale at the gym. The hand held methods will not necessarily measure throughout the entire body, whereas the step on type will be more accurate. If you weigh yourself at home in the morning and then at the doctor's in the afternoon, the weight can vary, maybe as much as 5 lbs. That is just the nature of the human body. Your Taylor scale finds the zero calibrates after the user has stepped off. Use of this site constitutes acceptance of our Privacy Policy and Terms of Use Visit SalterUSA.com or SpringfieldPrecision.com for additional products. ISO 9001 Quality, ISO14001 Environment, OHSAS 18001 Taylor makes a variety of body weight scales, including a model that analyzes your body fat percentage.

It works by using a technology called bioelectrical 28 Aug 2016 I need a manual for a bowflex bodyfat scale model 5749bow, I cant figure out how to program it, please email it to me I would greatly How do I program my body fat scale. The easiest way to program the scales is to pull the manual up for the scale and follow the directions. The procedure does Taylor 5594 Scale User Manual. Page 1. Page 2. Page 1. Open as PDF. of 2. 5594. Body Fat Analyzer. and Scale. Instruction Manual. NOTE If a memory The Taylor 5728F Bowflex Body Fat Scale has a 400 pound capacity with 0.2 pound resolution and kilogram weighing mode. This body fat scale has a durable23 Feb 2015 Fitness manuals and free pdf instructions. Find the personal fitness user manual you need at ManualsOnline. Like all body fat tests, body fat scales dont actually measure your body At this web site bottom left hand corner there is an instruction manual. Tracks weight and estimates body fat, body water and muscle mass. Goal setting and tracking feature. Daily Calorie feature calculates daily calorie intake needed to maintain current weight. 8 memories store personal data for easy use. Athlete mode option for users who work out 3 times per week for a minimum of 2 hours each session. Separate scaleonly mode for simple weight readings. Dualline 3" x 2" readout with blue backlight. 11.8" x 11.8" black backpainted tempered glass platform with stainless steel contacts. Instant on, auto zero, auto off, low battery indicator. Use of this site constitutes acceptance of our Privacy Policy and Terms of Use Visit SalterUSA.com or SpringfieldPrecision.com for additional products. Amazon calculates a product's star ratings based on a machine learned model instead of a raw data average. The model takes into account factors including the age of a rating, whether the ratings are from verified purchasers, and factors that establish reviewer trustworthiness.

See All Buying Options Add to Wish List Disabling it will result in some disabled or missing features. You can still see all customer reviews for the product. Only concern about it is if I weigh myself twice in a row it wont always tell me the same thing so Ill weight myself 3 times and go with the weight that comes up twice and thats before I work out. When I use it after I work out it seems todo a better reading having bolth times I weight myself come up the same. That might be because the body is warmer and that might make it easier for the sensors todo their thing. Other than that I like it, Id recommend it for those who like to take the guess work out. Sometimes I will weight the EXACT same weight down to the decimal point for five days in a row which cannot be true. It gives me a decent overall idea if my weight is going up or down, but I do not totally trust it. Please try again later. Trent Steele 5.0 out of 5 stars Its easy, if a little too easy, to setup new users and the bodyfat percentage, water percentage and muscle mass percentage are quicktocalculate and useful

training progress indicators. The black glass gets dusty quickly, but it makes for an appealing aesthetic otherwise. Its also designed to accommodate nearly the whole range of individuals from hardcore athletes to anyone under 400 pounds and their training schedules. My favorite feature is how the scale seems to always remained tared. All you have to do is step onto the scale and it quickly weighs you. Theres no need to tap it beforehand and wait for it to tare. On the other hand, my least favorite feature is that you have to bend over to press the buttons in order to select the user which you would need to do in order to take body fat, water and muscle mass percentages. The buttons to do that are at the top of the scale, so its difficult to do with your feet. Bending over is not a big deal by any means, but it just seems out of sync with the ease of just stepping on to weigh yourself.

I dont deduct a star because the 5year warranty sweetens the whole deal. So, yeah, I would definitely recommend this scale. Please try again later. Please try again later. GeoFan 1.0 out of 5 stars Changed to new batteries, still it would read my body weight as 22 lbs. Took it back to try another one, but Costco had discontinued the item at all nearby locations. Its important to read the manual, the settings are a bit complicated and not intuitive. Symbols are odd. Even after you set it up once, may need to refer back to the user manual to set up correctly when changing batteries, so be sure to keep the manual handy. Please try again later. Please try again later. This means scale accuracy is a must. Therefore, last year I threw away my WW digital bathroom scale because it varied horribly minute by minute and was therefore worthless. Since then Ive been thrilled with the accuracy of the EatSmart Precision Premium Digital Scale, but was intrigued with the idea that a bathroom scale can measure body fat percentage, body water, and estimate muscle mass in addition to telling you your weight. So when the opportunity came to review this Bowflex scale, I took it. Out of the box the scale has a nice, slim design a plus. This was a mild frustration. At first I thought it was just me, but both my wife and I read the instructions and entered our personal data separately, and we both noticed this info missing from the main booklet a minus. That said, by guessing, we were both able to figure it out. And, the next day we found the 123 userinstructions on the back page of the Quick Use Guide, so thats where youll need to look. The full userguide also tries to provide a brief tutorial on body fat, body water, and muscle mass, but starts using acronyms without explaining them. It took a few minutes of guessing and crossreferencing to finally piece it all together again, this was an oversight that both my wife and I noticed separately.

<http://www.bouwdata.net/evenement/3m-tsam-001-manual>