

## AS 81 BodyShape



Available in a range of stylish colours, the Beurer AS 81 BodyShape continuously tracks physical activity and monitors quality of sleep. Together with the free of charge BodyShape app, it ensures optimum activity monitoring.



**Features:** The time display is integrated in the activity sensor. The battery status is displayed as a percentage and the memory capacity is 30 days and 7 nights. An alarm function with vibration alert and an OLED XL display complete the easy-to-use features.



## BF 710 BodyShape



The innovative networking between the scale and your smartphone enables you to keep track of your measurements and body data at any time, both at home and on the move.

Used in combination with the BodyShape app, the high quality diagnostic scale with brushed stainless steel electrodes provides all you need to help you achieve your ideal weight in a direct way.



**Features:** Determination of body weight, body fat, body water, muscle percentage, bone mass, AMR/BMR calorie display and BMI, 5 activity levels, weight capacity of 180 kg, 8 user memories with automatic user recognition, display of 3 initials of the user.



Valid for AS 81 and BF 710



## About BodyShape



### The BodyShape system 3in1

The Beurer BodyShape app together with the AS 81 activity sensor and the BF 710 diagnostic scale form the perfect system for a health-conscious, active lifestyle.

The Beurer BodyShape system combines design, innovative technology and functionality. The perfect match for your beauty and your health.



# Beurer BodyShape System

Achieve your ideal weight without counting calories



757\_263\_0816 Subject to errors and changes; smartphones, tablets and laptops are not included in delivery



## Our body – our asset



True beauty comes from within! This is certainly true, but it also comes down to what you see in the mirror! If you are happy with yourself and your body, you will feel self-confident and radiate positivity.

Beurer has developed the BodyShape system for everyone interested in lifestyle and health. It enables you to lose weight with ease, get your body into shape and change your eating habits in a conscious manner.

### Beurer BodyShape app

The Beurer BodyShape system is the perfect combination. The free of charge Beurer BodyShape app provides the fun and motivation you need.



Four modules:

- Activity
- Fitness
- Nutrition
- Weight and diagnosis



Two product categories:

- BF 710 diagnostic scale
- AS 81 activity sensor



Emma – your personal trainer, best friend and training companion will support and motivate you to achieve your personal ideal weight.



## Activity and fitness



The fitness concept of the BodyShape app provides the perfect combination of essential factors for a great body feeling: activity, workouts and endurance training. Beginners and pros can choose between two difficulty levels.

### Super effective: Workouts for different parts of the body

- Full body training
- Upper body training: arms, shoulders, chest, upper back
- Stomach, legs, bottom
- Core training: pelvic floor, lower back

You can, of course, create your own personal workout plan with memory function.



TOP: Emma shows you all the exercises in a clear way to help you achieve optimum results. Exercising together is twice as much fun!

## Healthy nutrition



Forget complicated calorie counting and laborious diet tracking! The app provides a modern guide towards conscious, healthy eating, and facilitates a change in diet in a fun way, together with useful tips to support you on your journey.

### Easy: Record four food groups in portion sizes

- No tiresome weighing of meals
- A points system encourages healthy eating: Points are awarded for vegetables, fruit and low-calorie drinks and deducted for snacks, alcohol and soft drinks



TOP: Annoying calorie counting is a thing of the past! Simply mark your portions of drinks, fruit, vegetables and snacks with a plus or minus – easy yet effective!

## Weight and body data



Together with the BF 710 BodyShape diagnostic scale, the app allows you to see all your data at a glance in a clear and understandable format: weight, BMI, body fat, body water and muscle percentage.

### Clear: See your success right away – your weight loss can be seen at a glance

You can enter your individual target weight, making each extra step and each gram lost pure fun!

Achieve your desired weight, shape your body and feel good about yourself.



SECRET REVEALED: Achieve your desired weight, shape your body and feel good about yourself with the Beurer BodyShape system.