



OPERATING INSTRUCTIONS SENSOPRO LUNA FITNESS



SENSOPRO

INDEX

#1 Safety Instructions	4
#2 Sensopro Luna Fitness	10
#3 Accessory - Sensopro Safety Belt	22
#4 Accessory - Sensopro Video Kit	26
#5 Before you start	30
#6 Maintenance and care	32
#7 Optional Accessory - Sensopro Seat	36
#8 Declaration of Conformity	40



1

SAFETY INSTRUCTIONS

- It is important that every warning is understood fully and correctly. If any of the warnings are unclear, please contact the relevant customer service immediately.
- It is the responsibility of the purchaser of the Sensopro to read the operating and safety instructions and to instruct all persons, specifically those using the equipment, as well as instructors, trainers and supervisors, on the correct use of the products.
- The training apparatus and accessories must be checked before use. Do not use if anything appears to be damaged. Never attempt to repair damaged apparatus yourself. Inform a member of staff at the manufacturer.
- Unless otherwise specified, shoes must be worn when in the training area.
- The maximum permitted weight for users is 160 kg.
- Improper or excessive use can lead to injury. It is recommended that all users consult a doctor before starting a training programme. If at any point while training the user feels faint or dizzy, or is in pain, training must be stopped immediately and a doctor consulted.
- To prevent injuries, body parts (hands, feet, hair etc.), clothing and jewellery should be kept away from moving parts.
- Keep children away from the Sensopro. Parents or other supervising adults must keep a close eye on children if the products are being used near them.
- Do not wear loose clothing or jewellery when using the products. To ensure user safety, it is also recommended to tie back long hair to prevent it from coming into contact with moving parts.
- All nearby persons must keep a sufficient distance from the person using the equipment, the moving parts and the other accessories while the Sensopro is in use.



WARNING: Please pay close attention to the safety instructions. Misuse can cause damage to the apparatus, severe injuries or even death. Falling from the apparatus may also lead to muscle injuries, crushed fingers or hair getting tangled in the rollers.



WARNING: Please observe the following safety instructions before using the Sensopro!

ALL SENSOPRO MODELS

- The Sensopro is a free-standing piece of training apparatus and must be placed on a stable, horizontal, load-bearing surface.
- The Sensopro may only be set up and installed by licensed professionals approved by the manufacturer.
- The space kept clear in the direction of access to the training apparatus must be at least 0.6 m larger than the exercise area. This space must include the area for dismounting from the apparatus in an emergency. If two pieces of training apparatus are being set up directly next to each other, they may share this space.
- Before each use, check that the Sensopro is in proper condition. The apparatus must not be used if:
 - Unusual noises or odours are present
 - The apparatus is wet
 - Foreign objects have fallen into an opening of the Sensopro
 - The Tubes, tapes, springs, Side Rails or safety belt are damaged
 - Faults occur during operation

In such cases, please contact customer service immediately to arrange an inspection.

- When the Sensopro is in use, make sure that both the person using the apparatus and any third parties in the vicinity keep their fingers, hair, clothing and similar items in particular away from the moving parts and openings of the apparatus.
- Children and persons with impaired balance and/or mobility may only use the Sensopro under the supervision of a person experienced in using the apparatus. Children in particular may tend to use the apparatus as a toy and must therefore be supervised when using the Sensopro.
- Use only original accessories to avoid the risk of injury or damage to the apparatus. The use of accessories and add-on parts that are not approved by the manufacturer will invalidate any warranty claims.

- Only use the Sensopro for its intended purpose and in dry rooms. The apparatus is not approved for outdoor use.
- The safety belt must be put on before the user enters the training area and must be worn for the duration of the training. The safety belt may only be removed once the user leaves the training area.
- The Side Rails must not be removed before, during or after training. The person using the apparatus can use the Side Rails for support when getting on and off the apparatus as well as during training.
- The Tubes may only be used to provide resistance while training and may not be used as a support or securing aid. The Tubes must not be released under tension.
- Please follow the instructions for care and maintenance of the device as shown on page 32.



NOTE: The tubes contain natural rubber latex, which can cause allergic reactions including anaphylactic reactions!

2

**SENSOPRO
LUNA FITNESS**

SPECIFICATIONS

- 2.5 m x 1.4 m x 2.35 m (L/W/H)
- Recommended surface area: 3 m x 2 m (L/W)
- Weight: 235 kg

GENERAL USER INFORMATION

- Maximum height: 2.0 m
- Maximum weight: 160 kg

TRAINING RESISTANCE

- Swingboard attached or detached
- 24 Tubes with 3 different strengths
 - Aquamarin = weak
 - Azur blue = medium
 - Coral red = strong

SAFETY INSTRUCTIONS



WARNING: Please observe the following safety instructions before using the Sensopro!

TRAINING WITH SWINGBOARD ATTACHED

1. Before training with the Swingboard attached, ensure that the Swingboard retainers are correctly fastened.
2. Put on the safety belt before training.

TRAINING WITH SWINGBOARD DETACHED

1. Before training with the Swingboard detached, ensure that the Swingboard retainers are correctly detached. The Swingboard retainers are detached when the latch is pointing straight upwards. Always move the latch until it reaches the stop.
2. Put on the safety belt before training.
3. After every training session with the Swingboard detached, the Swingboard must be correctly fastened in the horizontal position using all four Swingboard retainers. Move the latches until they reach the stop. When doing this, check that the Swingboard retainers are correctly and fully locked in place.



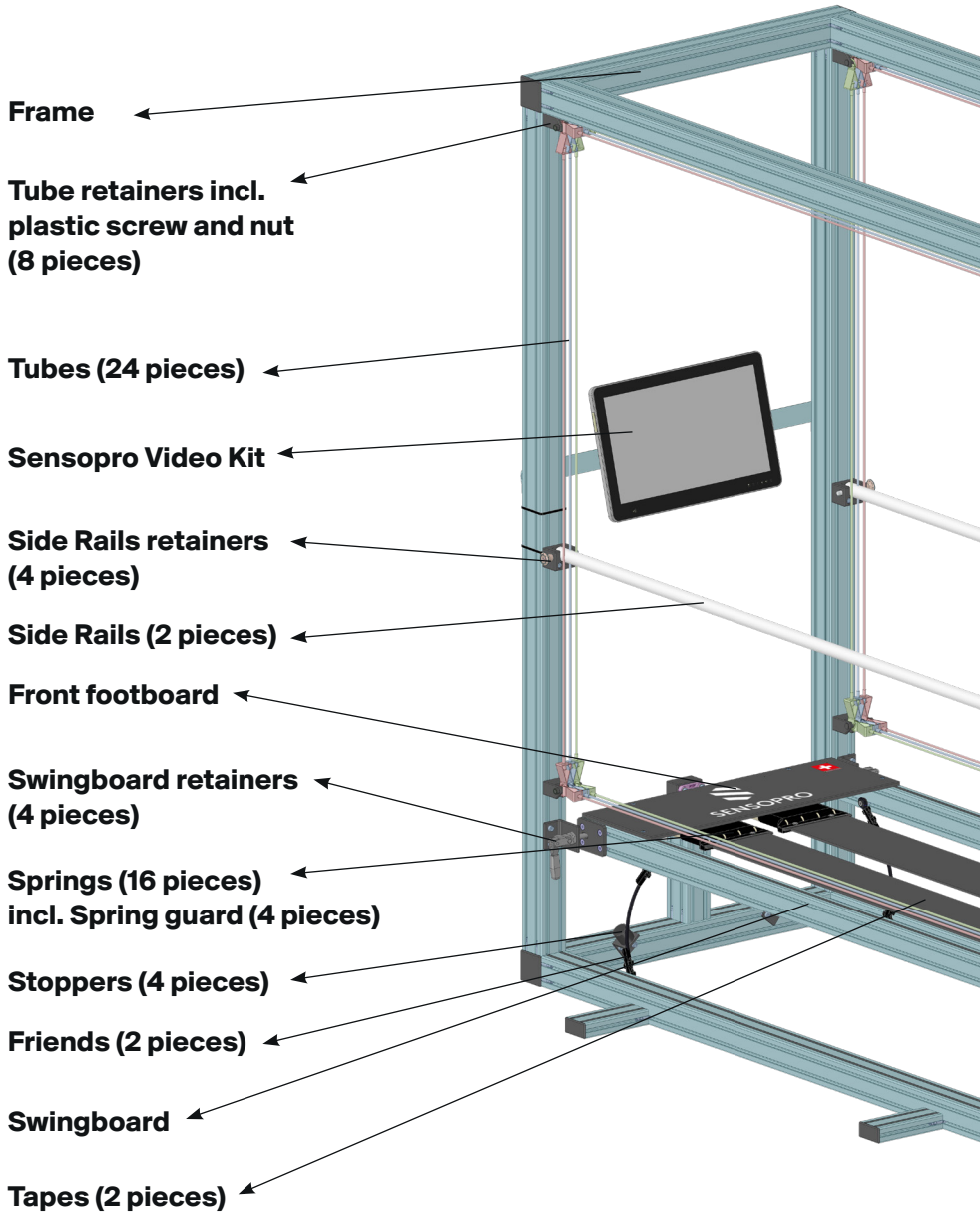
**SWINGBOARD
ATTACHED**



**SWINGBOARD
DETACHED**



COMPONENTS



Frame

**Tube retainers incl.
plastic screw and nut
(8 pieces)**

Tubes (24 pieces)

Sensopro Video Kit

**Side Rails retainers
(4 pieces)**

Side Rails (2 pieces)

Front footboard

**Swingboard retainers
(4 pieces)**

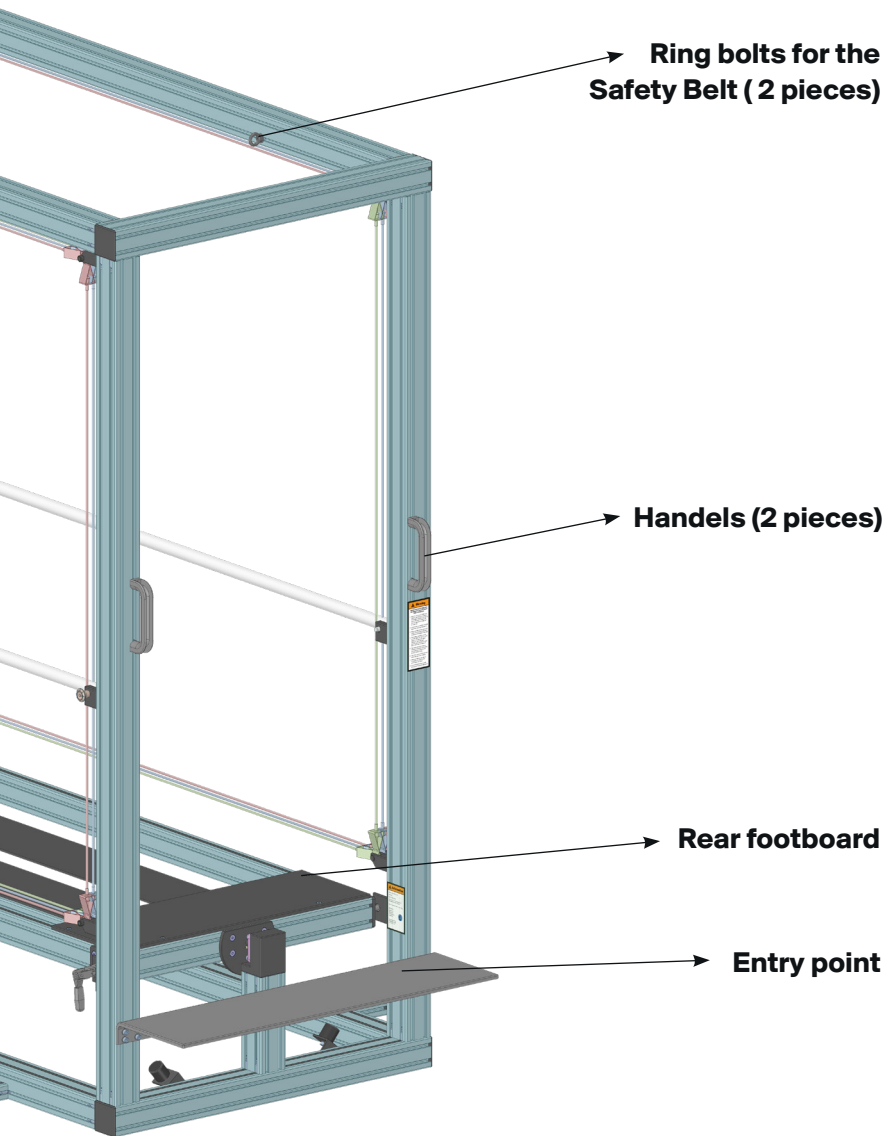
**Springs (16 pieces)
incl. Spring guard (4 pieces)**

Stoppers (4 pieces)

Friends (2 pieces)

Swingboard

Tapes (2 pieces)



OPERATING INSTRUCTIONS

TRAINING WITH SWINGBOARD ATTACHED

1. Enter the training area via the entry point. Firmly hold both handles while doing this.
2. Attach the safety belt to the footboard. To do this, loosen the suspension and the waist harness. Put on the harness at waist level and close the fastener. Pull the harness tight. Tighten the suspension until you can bend your knees (at an angle of 90°) on the footboard and secure the fastener.
3. Firmly hold the Side Rails and step onto both tapes. Ensure that both of your feet are in the middle of the tapes. This is the starting position for all exercises. Select a training programme and begin your exercises.

TRAINING WITH SWINGBOARD DETACHED

1. Enter the training area via the entry point. Firmly hold both handles while doing this.
2. Attach the safety belt to the footboard. To do this, loosen the suspension and the waist harness. Put on the harness at waist level and close the fastener. Pull the harness tight. Tighten the suspension until you can bend your knees (at an angle of 90°) on the footboard and secure the fastener.
3. Firmly hold the Side Rails and step onto both tapes.
4. Step onto the floor with both legs, one to the left of the tapes and one to the right.
5. Move forwards and loosen both of the front Swingboard retainers. The Swingboard retainers are detached when the latch is pointing straight upwards. Always move the latch until it reaches the stop.



**SWINGBOARD
ATTACHED**



**SWINGBOARD
DETACHED**

6. Move backwards and loosen both of the rear Swingboard retainers.
7. Move back to the centre of the tapes and step back onto them by pressing all the way down on one side of the Swingboard with your first leg. Hold onto the Side Rails, then place your second leg onto the second tape. Continue to firmly hold the Side Rails and place your feet on the centre of the tapes. This is the starting position for all exercises. Select a training programme and begin your exercises.
8. After training, reattach the Swingboard the same way as you detached it and leave the training area via the rear footboard and the entry point. Fix all four Swingboard retainers. Move the latches until they reach the stop. When doing this, check that the Swingboard retainers are correctly and fully locked in place.

SAMPLE EXERCISES

STEP (Level: less challenging exercise)

Starting position

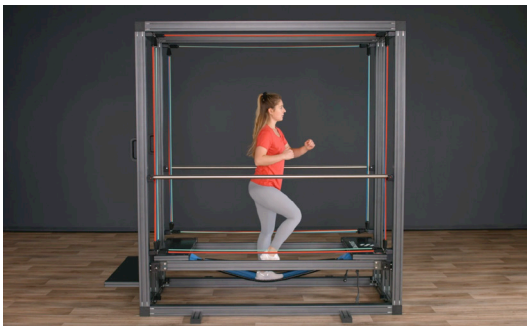
- Hold on to the side rails with your hands.
- Stand centrally on the tapes so that the feet are centrally positioned in both transverse and longitudinal relation.
- Stand loosely on your legs, slightly bend your knee and ankle joints to catch the gentle tape movements while standing. Straighten the upper body, pelvis and head.
- Variation: To increase the difficulty of the exercise, you can use one or more tubes.

Movement execution

- Shift the weight alternately and rhythmically from one foot to the other.
- Always keep the knee of the standing leg slightly bent during the weight transfer. Bend the knee of the leg coming up without releasing the foot from the tape.
- When you feel stable, add your arms diagonally to your legs to the movement, keeping your shoulders down loosely.

End position

- The main weight is shifted to the supporting leg.
- Keep the knee of the standing leg slightly bent and bend the knee of the leg coming up.



Safety instructions

- The feet always keep contact with the tapes!
- Hold on to the side rails and release your hands only, when you feel safe during the movement.
- Keep your hands near the side rails at all times.

SQUAT (Level: medium demanding exercise))

Starting position

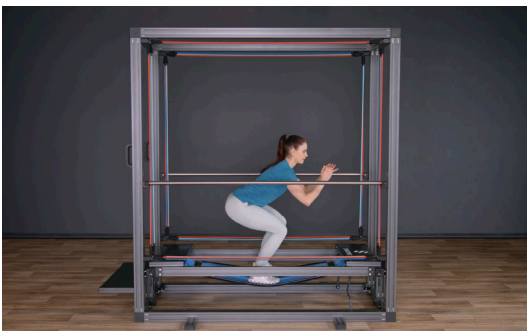
- Hold on to the side rails with your hands.
- Stand centrally on the tapes so that the feet are centrally positioned in both transverse and longitudinal relation.
- Stand loosely on your feet, slightly bending your knee and ankle joints to ankles to catch the gentle tape movements while standing.
- Variation: To increase the difficulty of the exercise, you can use one or more tubes.

Movement execution

- Lower your buttocks back down as if you were sitting down. Make sure your back stays straight and your heels stay down.
- Stand back up by fully extending your hips.

End position (Squat)

- Make sure the knees are in line with the hips and ankles of the same leg.
- Keep the upper body stable and the back straight.



Safety instructions

- The feet always keep contact with the tapes!
- Hold on to the side rails and release your hands only when you feel safe during the movement.
- Keep your hands near the side rails at all times.

SPRINT (Level: demanding exercise)

Starting position

- Hold on to the side rails with your hands.
- Stand centrally on the tapes so that the feet are centrally positioned in both transverse and longitudinal relation.
- Standing loosely on your feet, get into a high squat position with your back straight and your gaze straight ahead.
- Variation: To increase the difficulty of the exercise, you can use one or more tubes.

Movement execution

- Press one tape down alternately by stretching the respective knee.
- Head, torso and pelvis remain motionless in space and horizontally stable at the same height.
- Try to vary the rhythm, stance height and the size of the deflection of the tapes.



End position

- The main weight is shifted to one leg.
- Hold the upper body centrally over the tapes.

Safety instructions

- The feet always keep contact with the tapes!
- Hold on to the side rails and release your hands only when you feel safe during the movement.
- Keep your hands near the side rails at all times.

3

**ACCESSORY -
SENSOPRO SAFETY BELT**

SPECIFICATIONS

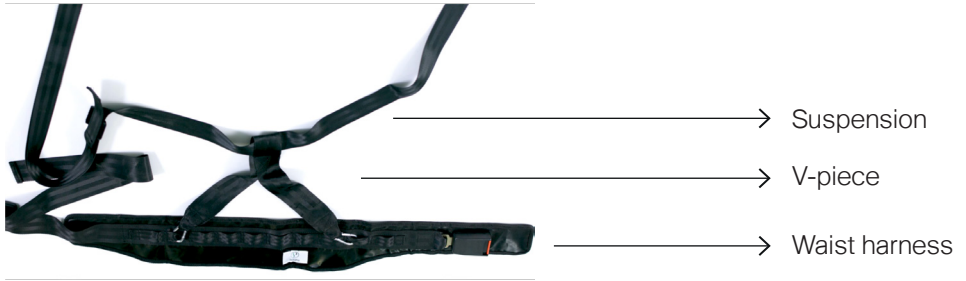
- Minimum circumference: 0.5 m
- Maximum circumference: 1.45 m
- Weight: 1.2 kg

GENERAL USER INFORMATION

- Maximum height: 2.0 m
- Maximum weight: 160 kg



COMPONENTS



ASSEMBLY INSTRUCTIONS

1. Hang the two carabiner hooks of the V-piece on both sides of the harness on the second-outermost loop.



2. Loop the suspension onto the V-piece and hang the carabiner hooks on the ring bolts of the upper longitudinal struts of the frame.



OPERATING INSTRUCTIONS

1. Step onto the footboard of the Sensopro and tighten the safety belt. To do this, loosen the suspension and the waist harness. Put on the harness at waist level and close the fastener.



2. Pull the harness tight.



3. Tighten the suspension until you can bend your knees (at an angle of 90°) on the footboard and secure the fastener.



4

**ACCESSORY -
SENSOPRO VIDEO KIT**

SPECIFICATIONS

Power Type:	DC in +12V ~ 26V
Power Connector Type:	Lockable DC jack
Dimension:	54cm x 34.5cm x 5cm (L/H/P)
Weight:	6.2 kg
Fanless:	Yes

POWER ADAPTER:

AC Input 100 - 240 V ~ 2.0A, 50/60 Hz

DC Output 19V / 3.78A 72W

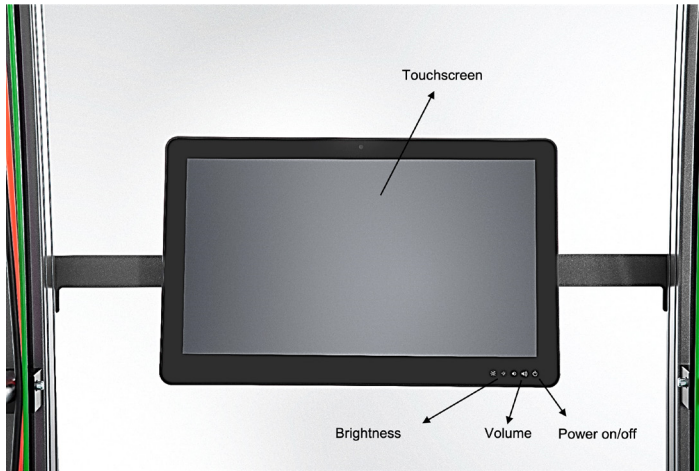


WARNING: The Sensopro Video Kit is an electrical device that carries the risk of electric shock. The device must be earthed in order to avoid electric shocks. Never change the safety plug of the device, as this ensures safe earthing of the Sensopro Video Kit!



DANGER: If the socket is not connected correctly, earthing is not possible. If you are not sure whether your socket has been correctly connected, have it checked by an electrician. Do not change the safety plug of the Sensopro Video Kit. If it does not fit in your socket, have a suitable socket installed by an electrician.

COMPONENTS



ASSEMBLY INSTRUCTIONS

1. Loosen all four screws of the footboard with a hexagonal screwdriver (4). Place the footboard on the floor next to the unit.
2. Align the sliding blocks at a height of 1.25 m and ensure that they are in a horizontal line.
3. Mount the mounting bar to the VESA inserts of the screen using the four supplied sets of screws. Adjust the screen to the desired position and tighten the screws by hand.
4. Hold the Sensopro Video Kit with the screen in the direction of the training surface and screw it into the sliding blocks using four screws. Firmly tighten all screws by hand.

OPERATING INSTRUCTIONS

Your customers will love it – and you will too! With its top-quality training programmes, the Sensopro Video Kit accompanies your customers on the path to their individual goals. Whether training to develop stamina or improve steadiness, for rehabilitation or fitness, the Sensopro Video Kit has the right programme for everyone. Together with your customer, select the training world that's right for them and pick the most suitable programmes in the correct order.

1. Switch on the Sensopro Video Kit using the main switch and wait until all components have started up. The home screen video will appear.
2. Start the control panel by touching the screen (see fig. 2, 3).
3. The category "The first time" offers the ideal introduction to inform your clientele about training on the Sensopro Luna and the essential safety instructions.
4. Use the information button (B on Fig. 3) to access the maintenance instructions.
5. You can select the training categories by tapping on the corresponding buttons. Select the desired program in the category and the desired workout in the second step.
6. While the training video is running, select Pause/Play and Skip forward or backward by tapping the appropriate buttons. To return to the program menu, tap the button with the selected category at the bottom left of the screen.



Image 1

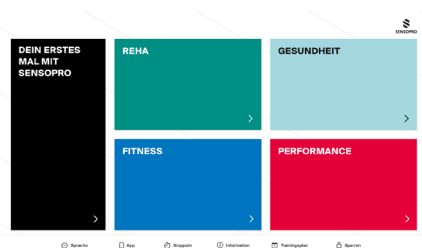


Image 2

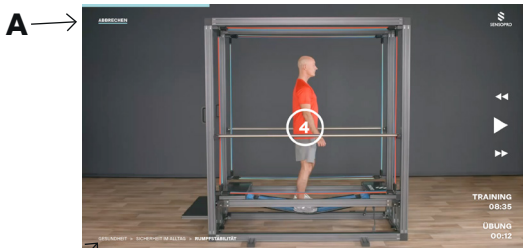


Image 3

A →

B ↗

A ↙

5

**BEFORE
YOU START**

When training with the Sensopro, you should wear trainers and comfortable, light clothing. Long hair should be tied back to prevent it from coming into contact with the Tubes and Side Rails. Check in particular that the screws of the running boards are tightened on correctly. Begin your training programme at a low difficulty level and increase the intensity and strength from there. Make sure that the tapes are stable at all times, especially when getting on and off the apparatus. The following instructions will help you to stabilise the tapes while you adopt various training positions. Instruct all participants/users on these principles.

CORRECT POSITIONING WHEN GETTING ON VIA THE ENTRY POINT

1. Enter the training area via the entry point. Firmly hold both handles while doing this.
2. Attach the safety belt to the footboard. To do this, loosen the suspension and the waist harness. Put on the harness at waist level and close the fastener. Pull the harness tight. Tighten the suspension until you can bend your knees (at an angle of 90°) on the footboard and secure the fastener.
3. Firmly hold the Side Rails and step onto both tapes. Ensure that both of your feet are in the middle of the tapes. This is the starting position for all exercises. Select a training programme and begin your exercises.

CORRECT POSITION DURING TRAINING

1. Continuously monitor your feet to make sure they are correctly positioned at the centre of the tapes.
2. The torso should be in the centre of the apparatus.
3. Avoid leaning forwards or back / the Tubes can provide support but they must never be used to bear your full body weight and must be able to be released at any time.
4. If you lose your balance, always grab the Side Rails with your hands; do not attempt to regain your balance using your feet.

6

**MAINTENANCE
AND CARE**



WARNING: The safety of the Sensopro can only be ensured if the apparatus is regularly checked for damage and wear.



WARNING: Faulty parts must be replaced immediately and/or the products should not be used until they are repaired. Only original spare parts are to be used. Other parts may not comply with the required material properties.

DAILY

1. After every training session, wipe down the Tapes and Side Rails with an anti bacterial cleaning agent.
2. Before using the apparatus, ensure that the Swingboard retainers are correctly detached or fastened.
3. Before using the apparatus, ensure that the Side Rails are correctly fastened.
4. Wipe down the Sensopro Video Kit with a dry towel. Humidity can damage the Sensopro Video Kit.

WEEKLY

1. Check the Tubes and springs for damage and wear. If you discover any damage, the Tubes and/or springs must be replaced immediately and the apparatus must not be used.
2. Clean all surfaces.
3. Wipe down the Tubes only with water. Antibacterial cleaning agent decreases the lifespan of the Tubes.
4. Wipe down the Sensopro Video Kit with a dry towel. Humidity can damage the Sensopro Video Kit.

MONTHLY

1. Check that all screws, buttons and fastenings are correctly positioned.
2. Ensure that the stoppers are firmly positioned on the two bottom cross-struts. Replace any damaged stoppers.
3. Visually inspect all accessories and check that they are working correctly.
4. Replace all parts that are showing signs of wear.
Please visit our online store at shop.sensopro.swiss.

INSTALLING SPARE PARTS



WARNING: You can replace Tubes and springs yourself by following these instructions. Make sure you also watch the video instructions in the Sensopro Video Kit. If any other spare parts require installation, please contact customer service. Only original spare parts are to be used. Other parts may not comply with the required material properties.



WARNING: Change the springs and Tubes every 6 months or as soon as they start to show signs of wear or damage.

CHANGE THE SPRINGS

1. Loosen all four screws of the footboard with a hexagonal screwdriver (M4). Place the footboard on the floor next to the unit.
2. Loosen the Velcro fastening on the spring guard and unhook the springs that you wish to change, firstly on the outside and then on the inside of the Swingboard.



3. Hang up the new springs, first on the inside and then on the outside of the Swingboard. Loosely pull the spring guard around the springs and fasten the Velcro on the underside of the springs.
4. Place the footboard on the swingboard and tighten all four screws well by hand.



WARNING: There is a risk of injury if the screws of the footboard are not tightened properly!

CHANGING THE TUBES

1. Loosen the plastic screw by holding onto it and turning the nut.



2. Hold all Tubes firmly and carefully remove the plastic screw from the retainer. Adjust the Tubes so that they are not under any tension.
3. Place the new Tubes in the slot provided in the tube retainer and guide the plastic screw in gradually.



4. Firmly tighten the plastic screw and nut by hand.

7

**OPTIONAL
ACCESSORY -
SENSOPRO SEAT**

SPECIFICATIONS

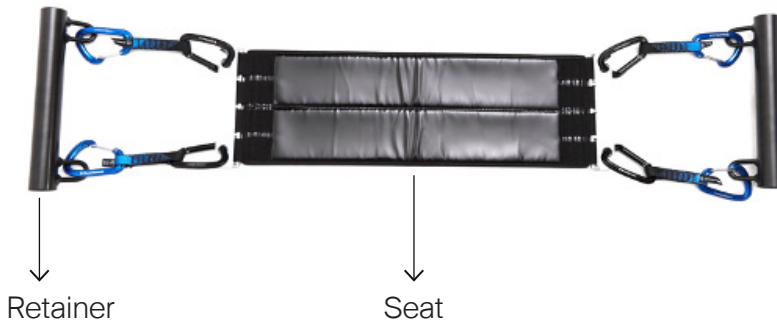
- 1300 mm x 300 mm x 60 mm (L/W/H)
- Seat surface: 500 mm x 200 mm (L/W)
- Weight: 2.9 kg

GENERAL USER INFORMATION

- Maximum height: 2.0 m
- Maximum weight: 160 kg

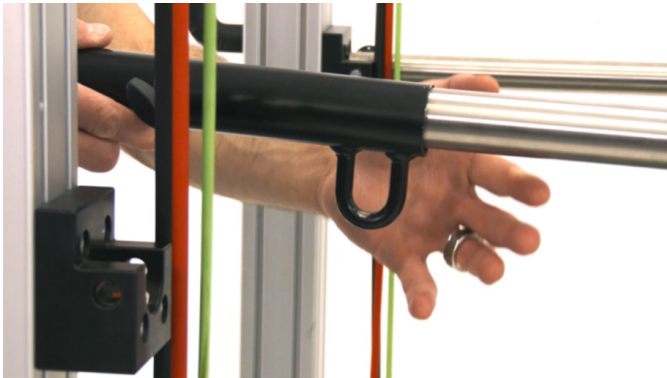


COMPONENTS



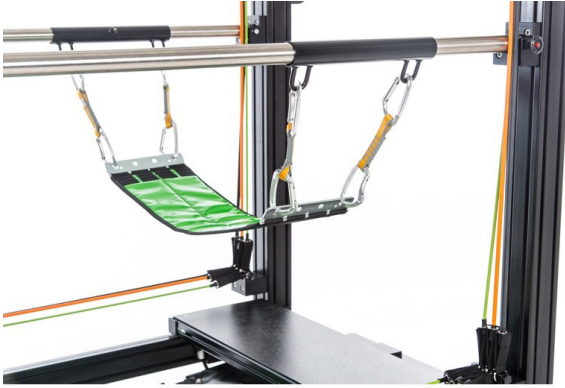
ASSEMBLY INSTRUCTIONS

1. Remove the clicker on one side of both Side Rails.
2. Guide the retainer onto both Side Rails. Make sure that the fastening screws of the retainer are pointing outwards.



3. Guide the clicker back onto both Side Rails and test it to make sure that it is locked in place.

4. Fasten the seat to the two retainers using the carabiner hooks. Make sure that the green seating surface is pointing upwards.



OPERATING INSTRUCTIONS

1. Sit on the Sensopro Seat.
2. Perform your chosen exercises or sit in a relaxed position.
3. The Sensopro Seat enables you to perform a wide variety of exercises in the seated position. This enables the strain to be removed from certain body parts in a targeted manner (e.g. the upper and lower extremities).

8

**KONFORMITÄTS-
ERKLÄRUNG /
DECLARATION OF
CONFORMITY**

Hersteller / Manufacturer: Sensopro AG

Anschrift / Address: Südstrasse 4, 3110 Münsingen, Switzerland

Typ /Type: Fitnessgerät / Fitness device

Modellbezeichnung / Model Name: Sensopro Luna Fitness inkl. Zubehör /
Sensopro Luna Fitness incl. accessories

Das vorgehend bezeichnete Produkt und das Zubehör entsprechen den
Vorschriften folgender weltweiten Normen und europäischen Richtlinien /
The aforementioned product complies with the provisions of the following
worldwide Standard and European Directive:

EN ISO 20957-1:2013 Stationäre Trainingsgeräte – Teil 1: Allgemeine
Klasse H, S und I sicherheitstechnische Anforderungen und
Prüfverfahren / Stationary training equipment – Part 1:
General safety requirements and test methods

2014/35/EU Niederspannungsrichtlinie / LV Directive

2014/30/EU EMV-Richtlinie / EMC Directive

2011/65/EU RoHS-Richtlinien / RoHS Directive

2009/125/EC Ökodesign-Richtlinie / ErP Directive

Das Produkt darf nur bestimmungsgemäß eingesetzt werden. /
The product must be used in accordance with the regulations.

Datum / Date: 14.2023

Name, Unterschrift, Funktion / Name, Signature, Function:



Florian Kuchen, Mitglied der Geschäftsführung / Member of the Board





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