

OPERATING INSTRUCTIONS

SENSOPRO PICCOLO



SENSOPRO

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SAFETY INSTRUCTIONS



WARNING: Please follow the safety instructions carefully. Failure to do so may result in damage to the device, serious injury, or even death. Additional hazards may arise from possible falls from the device, muscle injuries, crushed fingers, or hair getting caught in rollers.

- It is important that every warning is fully and correctly understood. If any of the warnings are unclear, please contact the appropriate customer service immediately.
- It is the responsibility of the purchaser of the Sensopro Piccolo to read the user manual and the safety instructions and to instruct all persons, namely the users as well as instructors, trainers and supervisors, on the proper use of the products.
- The Sensopro Piccolo is a stationary training device of class S for professional and commercial use and class H for home use.
- These stationary training devices are intended for use in training rooms of facilities such as sports clubs, educational institutions, hotels, clubs and studios, whose access and supervision are specifically regulated by the owner (the person who bears the legal responsibility).
- The training device and the accessories must be checked before use. If anything appears damaged, it must not be used. Never attempt to repair a damaged device yourself! Contact the appropriate customer service.
- The training device may only be used while wearing sports shoes.
- The maximum load capacity of the Sensopro Piccolo is 120 kg.
- When using additional weights, the maximum permitted body weight is 100 kg.
- The maximum permitted additional weight is 20 kg.
- Improper or excessive use may cause injuries. It is recommended that all users consult a physician before starting a training program.
- If at any time during training the user feels faint, dizzy, or experiences pain, training must be stopped immediately and a physician must be consulted.
- To prevent injuries, body parts (hands, feet, hair etc.), clothing and jewelry must be kept away from moving parts.

- The Sensopro Piccolo is not intended for use by children or persons with special needs (e.g. visually impaired, hearing impaired, physically or mentally disabled persons).
- The Sensopro Piccolo may be used for educational purposes in schools and other educational institutions with children under the supervision of a qualified adult instructor. Parents or other supervising adults must closely supervise children whenever the products are in use in the presence of children.
- It is prohibited to wear loose-fitting clothing or jewelry while using the products. To ensure user safety, it is also recommended to tie back long hair to prevent contact with moving parts.
- All bystanders must keep a sufficient distance from the user, the moving parts and the other accessories whenever the Sensopro Piccolo is in use.

ALL SENSOPRO PICCOLO MODELS



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

- The Sensopro Piccolo is a stationary, free-standing training device and must be placed on a stable, level and load-bearing surface.
- The Sensopro Piccolo must be assembled properly in accordance with the assembly instructions.
- The free space in the direction from which access to the training device is made must be at least 0.6 m greater than the exercise area (see illustration on page 12). The free space must include the area for emergency dismount. If training devices are placed directly next to each other, they may share a free space.

- Before each use, check that the Sensopro Piccolo is in perfect condition. The device must not be used under any circumstances if:
 - Unusual noises or smells occur
 - The device has become wet
 - Foreign objects have fallen into an opening of the Sensopro Piccolo
 - The bungees, tapes or feet show signs of damage
 - Malfunctions occur

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

- Ensure that when using the Sensopro Piccolo, not only the user but also third parties in the vicinity of the device keep in particular fingers, hair, textiles or similar items away from moving parts and openings of the device.
- Use only original accessories to avoid risks of injury and damage to the device. The use of accessories and attachments not approved by the manufacturer will void all warranty claims.
- Use the Sensopro Piccolo only for its intended purpose and only in dry rooms. The device is not approved for outdoor use.
- Use of the Sensopro Piccolo on a table or standing desk is at your own risk.
- Jumping is not permitted on the Sensopro Piccolo.
- Please observe the instructions for maintenance and care of the device on page 20.

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SENSOPRO PICCOLO

SPECIFICATIONS

SENSOPRO PICCOLO SPORT

- 0.86 m x 0.60 m x 0.23 m (L/W/H)
- Recommended area: 1.6 m x 1 m (L/W)
- Weight: 17 kg

SENSOPRO PICCOLO OFFICE

- 0.86 m x 0.60 m x 0.28 m (L/W/H)
- Recommended area: 1.6 m x 1 m (L/W)
- Weight: 17 kg

GENERAL USER INFORMATION

- Maximum load capacity: 120 kg
- Maximum permitted body weight when using additional weights: 100 kg
- Maximum permitted additional weight: 20 kg

TRAINING RESISTANCE

Recommended training resistance:

- For each load: 40 bungees (standard setting)

INTENDED USE

SENSOPRO PICCOLO SPORT

The Sensopro Piccolo Sport is a training device designed to optimize and improve coordination. Through specific exercise programs, coordinative abilities such as postural and movement stability, balance and reaction ability are continuously trained. This leads to neurophysiological adaptations in the sensorimotor system and improves coordinative performance.

SENSOPRO PICCOLO OFFICE

The Sensopro Piccolo Office is a movement system for the workplace. The separate, unstable surfaces automatically activate the foot, leg and core muscles while standing. This improves posture, circulation and concentration without active training and without interrupting work.

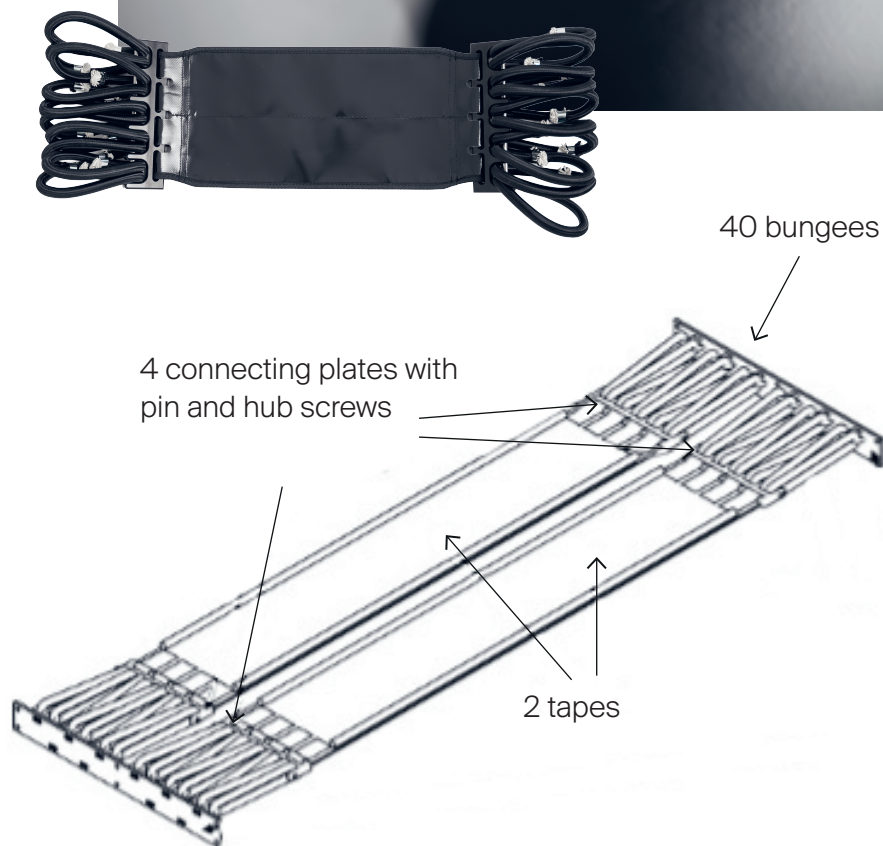
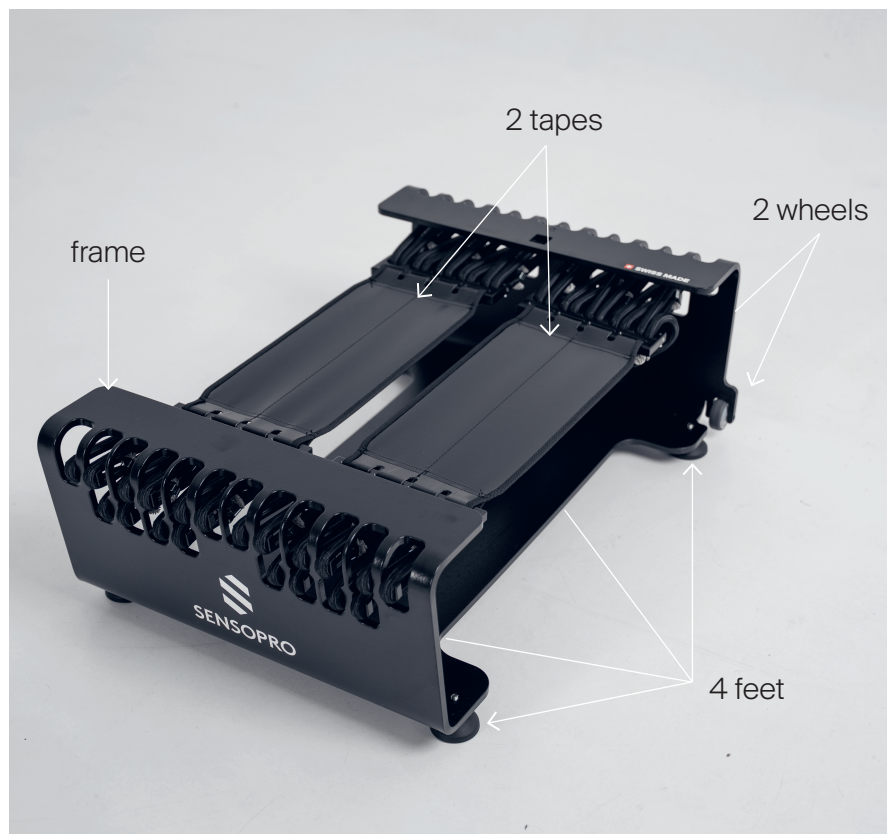
SAFETY INSTRUCTIONS



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

Make sure before training that the feet are firmly tightened by hand.

COMPONENTS



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BEFORE GETTING STARTED

When training with the Sensopro Piccolo Sport, you should wear sports shoes and comfortable, light clothing. Before training, check whether all parts of the Sensopro Piccolo Sport are functioning properly. Pay attention to the safety instructions on pages 7, 8 and 9. Start your training program at an easy level of difficulty in order to gradually increase intensity. Make sure to stabilize the tapes at all times, especially when stepping on and off.

The following instructions will help you stabilize the tapes while adopting different training positions. Instruct all participants / users in these principles.

CORRECT POSITION WHEN STEPPING ON

1. Step onto the training area via the frame.
2. Step onto the two tapes. Make sure that both feet are positioned in the middle of the tapes. This is the starting position for all exercises. Begin your training.

CORRECT POSITION DURING TRAINING

1. Continuously check that your feet are correctly positioned in the middle of the tapes.
2. Keep your upper body upright during training.
3. Avoid leaning forward or backward.

CORRECT POSITION WHEN STEPPING OFF

1. Step off forwards or backwards depending on your position.
2. Leave the training area in a controlled and coordinated manner.

EXEMPLARY EXERCISES

STAND (Level: less demanding exercise)

Starting position

1. Stand in the middle of the tapes so that your feet are centrally positioned both widthwise and lengthwise.
2. Stand relaxed on your legs, slightly bend your knees and ankle joints to absorb the gentle tape movements while standing. Keep your upper body, pelvis and head upright.

Execution

1. Maintain the starting position.

Variation: Turn your head from one side to the other and back.

Variation: Slowly tilt your head backwards.



STEP (Level: less demanding exercise)

Starting position

1. Stand in the middle of the tapes so that your feet are centrally positioned both widthwise and lengthwise.
2. Stand relaxed on your legs, slightly bend your knees and ankle joints to absorb the gentle tape movements while standing. Keep your upper body, pelvis and head upright.

Execution

1. Shift your weight alternately and rhythmically from one foot to the other.
2. Keep the knee of the supporting leg slightly bent during the weight shift. Bend the knee of the lifting leg without lifting the foot off the tape.
3. Once you feel stable, add arm movement diagonally to the legs while keeping your shoulders relaxed.

End position

1. The main weight is shifted onto the supporting leg.
2. Keep the knee of the supporting leg slightly bent and bend the knee of the lifting leg.



SQUAT (Level: moderately demanding exercise)

Starting position

1. Stand in the middle of the tapes so that your feet are centrally positioned both widthwise and lengthwise.
2. Stand relaxed on your legs, slightly bend your knees and ankle joints to absorb the gentle tape movements while standing.

Execution

1. Lower your hips backwards and downwards as if you were sitting down.
2. Make sure your back stays straight and your heels remain on the tapes.
3. Stand back up by fully extending your hips.

End position (Squat)

1. Make sure that the knees are aligned with the hip and ankle joints of the same leg.
2. Keep your upper body stable and your back straight.

Safety instructions

Feet must always remain in contact with the tapes.



SPRINT (Level: demanding exercise)

Starting position

1. Stand in the middle of the tapes so that your feet are centrally positioned both widthwise and lengthwise.
2. Stand relaxed on your legs and move into a high squat position with a straight back and your gaze directed forward.

Execution

1. Push one tape down alternately by extending the corresponding knee.
2. Keep your head, torso and pelvis stable in space and horizontally aligned at the same height.
3. Try to vary the rhythm, the standing height and the amplitude of the tape movement.

End position

1. The main weight is shifted onto one leg.
2. Keep your upper body centered above the tapes.

Safety instructions

Feet must always remain in contact with the tapes.



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MAINTENANCE AND CARE



WARNING: The safety level of the Sensopro Piccolo can only be maintained if the device is regularly checked for damage and wear.



WARNING: Defective parts must be replaced immediately and / or the products must no longer be used until repaired. Only original spare parts may be used. With other parts, the required material properties may not be guaranteed.

DAILY

1. Before each use of the device, make sure that the feet are firmly tightened by hand.

WEEKLY

1. Check the tapes, the bungees and the hooks for wear and damage. If you notice any damage, the defective parts must be replaced immediately and the device must not be used.
2. Clean all surfaces with a mild, water-based cleaning agent.

MONTHLY

1. Check that all screws, knobs and fastenings are properly secured.
2. Carry out a visual and functional inspection of all accessories.
3. Replace all parts that show signs of wear. Contact customer service for this purpose.

SPARE PART INSTALLATION



WARNING: Bungees and tapes can be replaced by yourself using these instructions. For any other spare part installation, please contact customer service. Only original spare parts may be used. With other parts, the required material properties may not be guaranteed.



WARNING: Replace the bungees and tapes if there are signs of wear or damage.

REPLACING BUNGEEES

REQUIRED TOOLS:

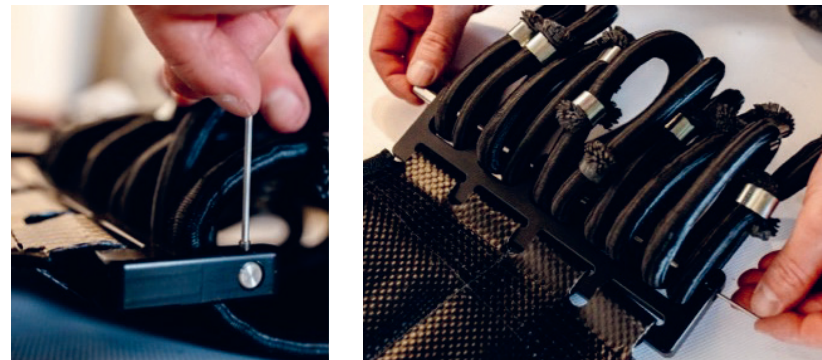
- Allen key No. 2

INSTRUCTIONS:

- Tilt the Sensopro Piccolo onto its side.
- Secure the frame of the Sensopro Piccolo with one knee and remove all bungees from the hooks of the hook plate by gripping one bungee at a time with both hands and unhooking it.



- Loosen the hub screw of the connecting plate using Allen key No. 2 and push the pin out of the connecting plate using the Allen key.



- Replace one or more bungees.
- Position 2 bungees per connecting element and fix them by pushing the pin back through the designated holes. Make sure that a total of 10 bungees are used per connecting plate.



- Secure the pin with the hub screw.

- Hook the bungees into the hooks of the hook plate in the following order. To do this, secure the frame of the Sensopro Piccolo with one knee, grip the bungee with both hands and hook it into the designated hook of the hook plate.

Order:

Top right (1), top right (2), bottom right (3), bottom right (4) (do not hook in at minimal resistance), top middle (5), top middle (6), bottom left (7) (do not hook in at minimal resistance), bottom left (8), top left (1), top left (2).



- Check that all bungees are correctly attached and place the Sensopro Piccolo back onto its feet.
- You can now start training.

REPLACING TAPES

REQUIRED TOOLS:

- Allen key No. 2

INSTRUCTIONS:

- Loosen the bungees on both sides of the tapes according to the instructions «Replacing bungees», steps 1-5 (page 22).
- Replace the old tapes with new tapes.
- Attach the bungees to the new tapes and to the hook plate according to the instructions “Replacing bungees”, steps 6-11 (page 22).

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DECLARATION OF CONFORMITY

Manufacturer: Sensopro AG

Address: Südstrasse 4, 3110 Münsingen, Switzerland

Type: Fitness device

Model Name: Sensopro Piccolo including accessories

The aforementioned product complies with the provisions of the following worldwide Standard and European Directive:

EN ISO 20957-1:2013 Stationary training equipment – Part 1:
Class S/H General safety requirements and test methods.
The product must be used in accordance with its intended use.

Date: 14.04.2026

Name, Signature, Function:

Florian Kuchen, Member of the Board



NOTES

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