



## sensbalance MiniBoard

*with Measure, Exercise and Game Software*



A new, interactive piece of training equipment with meaningful exercise software, easy-to-understand measuring software and exciting game software. Based on the conventional wobble board and made even more applicable for effective training of physical balance, reflexes, proprioception and core stability. For Therapy, Prevention and Fitness.

**Sensamove** is a young, dynamic and innovative company that develops and produces interactive exercise equipment. Sensamove wants to encourage exercising by giving useful visual bio-feedback, making therapy more fun, and its results readily measurable.

## Sensbalance MiniBoard

The Sensbalance MiniBoard combines the interactive training software and exercise games with the well-known benefits of a conventional wobble board. This results in an innovative and very effective new product in the range of interactive balance products of Sensamove. With easy exchangeable accessories the tilting angle and exercise difficulty can be customized. This makes the MiniBoard a widely applicable training and therapy tool.



## Features of the MiniBoard

- Wooden wobble board (diameter: 40 cm / 15.7 inches).
- Made of high quality birch with anti-slip coating.
- Easy exchangeable rubber accessories using a magnetic click-on system.
- Includes a standard spherical rubber accessory of 10°.
- Optional spherical accessories of 15° / 20°, and one-directional accessory of 15°.
- Integrated sensor for registering tilts.
- Standard USB connection cable or optional Wireless Module.
- Including basic exercise software with measuring & archiving functions, for diagnosis and comparison purposes, to show improvements over time.
- Balance game with 18 Training exercises and 10 exciting Easy levels.



## Sensbalance Measuring & Exercise Software

The Sensbalance Measuring & Exercise Software shows the sensor signal as a red cursor within concentric circles on the screen either during or right after the exercises. By seeing the tilting results real-time on the screen the users can easily and effectively train neuromuscular control by correcting and improving their exercise movements on the fly. The sensitivity of the sensor is adjustable. This enables dedicated mobility or stability training. Movement trajectories can be measured and saved for future reference.



## Exercise sheets for Ankle, Knee and Core

The product contains exercise sheets explaining how visual feedback can be used for training of neuromuscular control of dedicated muscle groups or general core stability.

## Sensbalance Game Software

The Sensbalance Game Software adds a nice game element to the exercises. Suddenly, exercising becomes exciting. It adds a complete new dimension to the often tedious fitness or therapy exercises. The Game Software consists of 18 Training Levels and 10 Easy Levels. The Training Levels start with an exercise in one movement direction and continues with exercises in two, three and finally all directions. The Easy Levels offer exercises with gradually increasing difficulty using an increasing number of balls and obstacles to challenge the user. The pleasure of the games and the satisfaction of achieving subsequent levels have a positive influence on the frequency, persistence and effect of the exercises, either individually or in a group!



## Software Extensions

Professional software extensions are separately available for Baseline Measurements, Balance Tests, and Children Physiotherapy. The Game Software can be extended with Balance Game Medium, Hard and Very Hard level packs, each containing 20-25 ever challenging exercises.



Dealer:



Sensamove  
Europalaan 20  
3526 KS Utrecht  
The Netherlands

Postbus 1593  
3500 BN Utrecht  
The Netherlands

T +31 (0)6 29 37 14 51  
F +31 (0)84 727 93 04

info@sensamove.com  
www.sensamove.com



**sensamove**

Quality of free movement