

THE WORKOUT

WHAT?

- Circuit based group training combining 3 dimensional functional movements with cardio intervals using your bodyweight and accessories.

HOW IT WORKS?

- Total body workout in sessions of 45 mins.
- Combines functional training and HIIT (high intensity interval training).
- Movements are 3D using the bodies natural movement patterns to increase the energy demand and deliver faster results.

BENEFITS

- Decrease body fat % .
- Tone your body and burn more calories in less amount of time.
- Increased total fitness conditioning of balance, coordination, agility, power and reaction time.
- Improved quality of movement and function.

THE SCIENCE

- HIIT format provides the EPOC effect (Exercise Post Oxygen Consumption) that keeps burning calories for up 48 hours after the workout.
- The most efficient training method that produces 3 times the benefit of regular isolation training by increasing strength, fitness and function at the same time.
- Increased muscle activation and total energy consumption for accelerated fat loss.

FOR WHOM? HOW OFTEN?

- Adapts to any fitness goal and any fitness level. PRAMA ENERGY is designed to keep challenging you as your fitness improves, with everyone able to train together in the same session.
- For optimal benefits it's recommended that PRAMA ENERGY be conducted 3 times per week.



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PRAMA

P U S H P L A Y F O R _

ENERGY



Functional *movements*,
high intensity
interval *training*
& immersive *experience*.

A whole new approach to group functional training that delivers:

- RESULTS: Accelerated fat loss.
- EFFICIENCY: Maximum results in less time.
- MOTIVATION: Achieve more together.

PRAMA SYSTEM

Thanks to the PRAMA system which coordinates music, lights and timing, traditional functional training becomes interactive, motivational and an intensive experience!

PRAMA

PUSH PLAY



PRAMA CLOUD

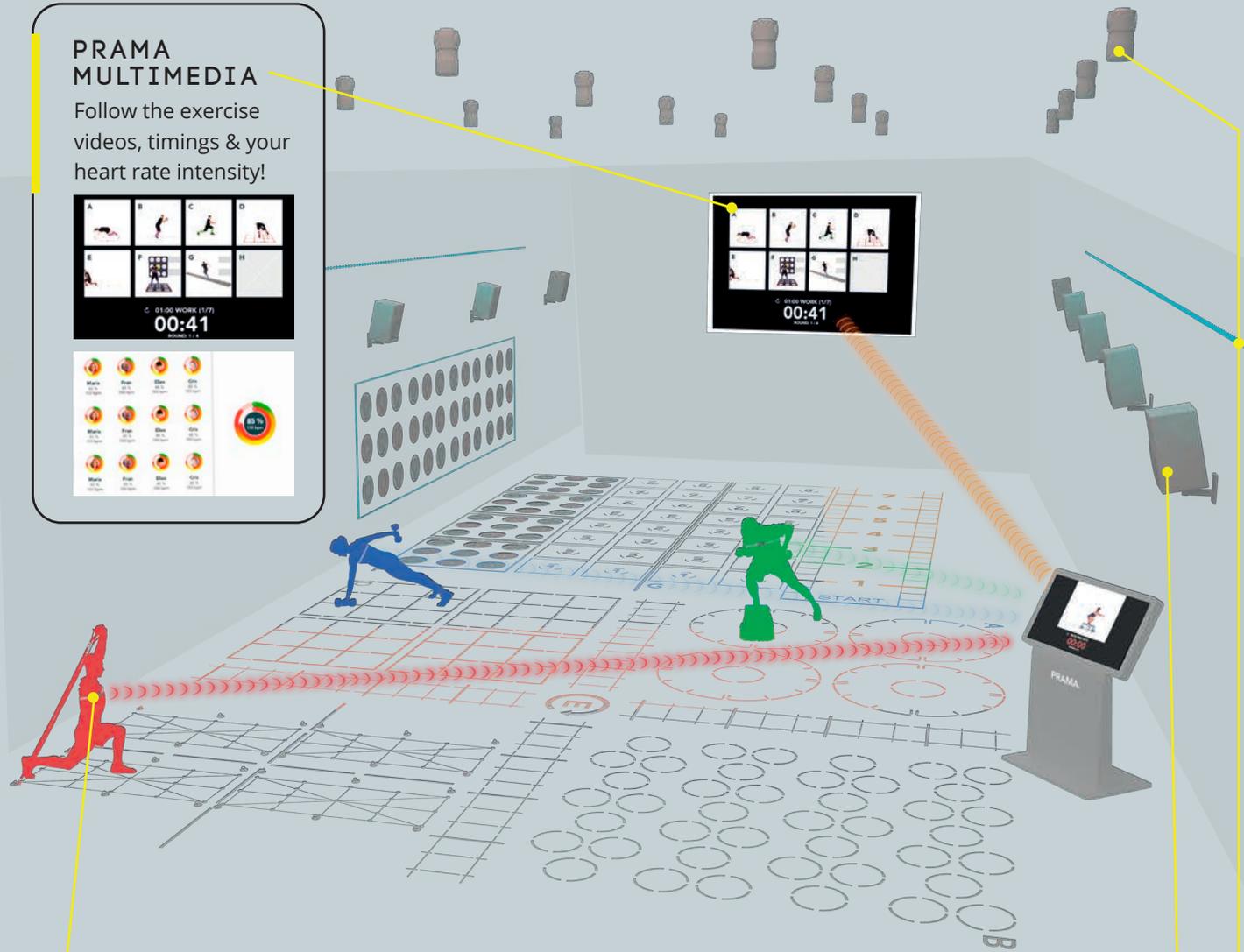
With the performance data being saved at PRAMA Cloud, you will be able to see your intensity and calories burnt during the session. All your training progress, results and achievements will be saved and always available in your PRAMA Cloud profile.



SHARE YOUR PROGRESS!

PRAMA MULTIMEDIA

Follow the exercise videos, timings & your heart rate intensity!



PRAMA HEART RATE MONITOR



PRAMA MOOD LIGHTING

Led light system to create amazing environments in your room!



PRAMA MUSIC

Everything you need to fill your workout space with inspiring tunes.

