

THE WORKOUT

WHAT?

- Circuit based group training combining the best of strength & high intensity training using medium to high load accessories.

HOW?

- Total body strength workout in sessions of 45 mins.
- Combines different formats: HIIT, sets and increasing reps.
- Takes your major muscle groups to failure via muscle congestion and cardiovascular intensity.

BENEFITS

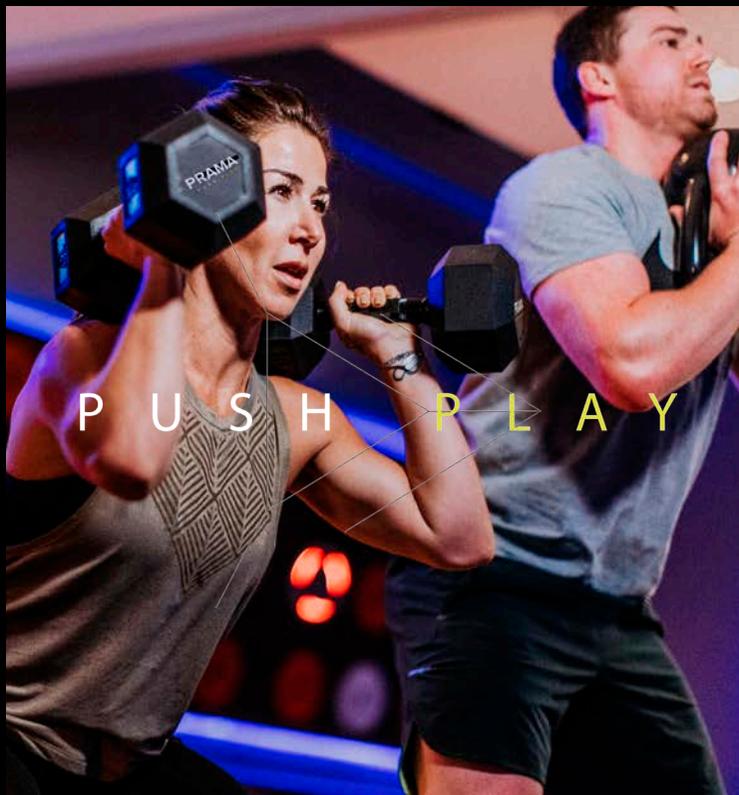
- Optimal way to shape your body.
- Increase muscle mass %.
- Decrease body fat %.
- Achieve a toned, athletic look.

THE SCIENCE

- Combines the best from two worlds: strength and cardiovascular training.
- Increased muscle mass helps to accelerate fat burn and weight loss.
- HIIT format provides the EPOC (Exercise Post Oxygen Consumption) effect that keeps burning calories for up to 48 hours after the workout.

FOR WHOM? HOW OFTEN?

- Adapts to any kind of user, offering different session levels.
- For optimal benefits it's recommended that PRAMA Strength be conducted maximum 2 to 3 times/week on alternate days to allow recovery and the supercompensation effect.



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PRAMA

P U S H P L A Y F O R _
S T R E N G T H



Strength *training*,
cardiovascular *intensity*
& immersive *experience*.



A whole new approach to group strength training:

- Increase strength & muscle mass.
- Burn body fat.
- Shape your body.

PRAMA SYSTEM

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



PRAMA CLOUD

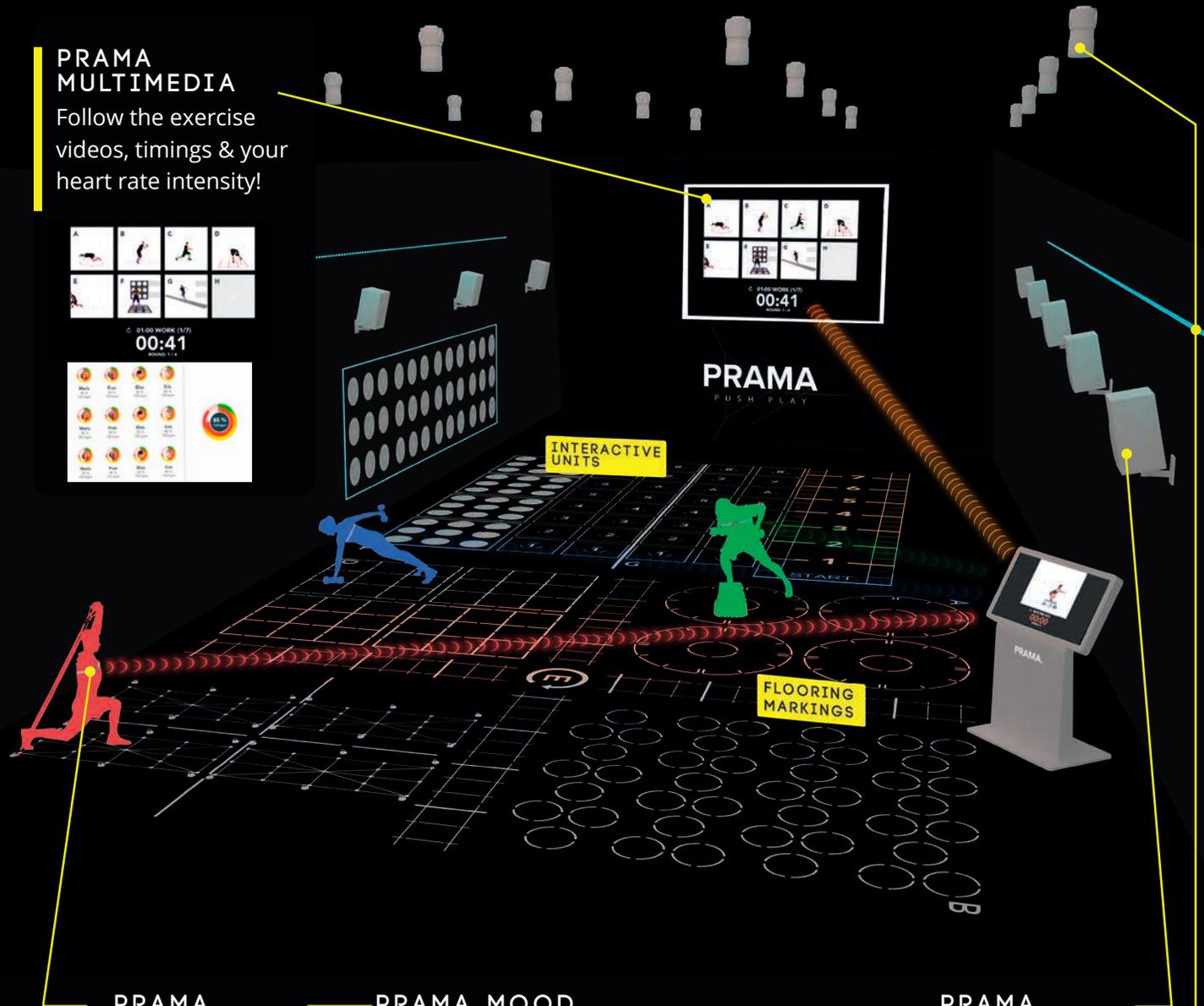
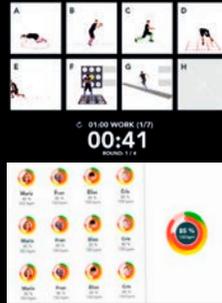
With the performance data being saved at PRAMA Cloud, you will be able to see your intensity and calories burnt during the session. All your training progress, results and achievements will be saved and always available in your PRAMA Cloud profile.



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.

HOW TO FOLD THE TRI-FOLD BROCHURE:

