

THE WORKOUT

WHAT?

- Fitness disguised as fun!
With circuit workouts designed for mixed sessions of kids and parents, as well as a dedicated kids-only sessions, the PRAMA Kids & Families programme is unique in the industry.

HOW?

- Combining the best of gamification & movement.
- Getting kids to keep healthy and exercise is not an easy task. PRAMA sets an appealing environment for both kids and parents to enjoy 45 minutes of skills and fitness development.

BENEFITS

- Physiological and psychological improvement (managing obesity, ADHD, depression...).
- Cognitive function improvement (motor skills, memory...).
- Social development (self-esteem, team work, healthy competition,...).
- Enhancement of family quality time.

THE SCIENCE

- Training motor skills, fitness and cognitive aspects together promotes not only physical improvement but also intellectual and academic benefits.
- The cardiovascular component of the sessions prevents obesity and type 2 diabetes.

FOR WHOM? HOW OFTEN?

- For kids between 5 and 12 years old and their parents.
- PRAMA KIDS & FAMILIES adapts to any fitness level.
- For optimal benefits it's recommended that PRAMA KIDS & FAMILIES be conducted up to 3 times/week.



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WWW.PAVIGYM.COM



To learn more
about **PRAMA**
SCAN HERE

Active,
healthy kids
turn into
active, **healthy**
adults



A unique program which allows kids and families to train together:

- Improve skills & cardiovascular capacity.
- Improve cognitive function.
- Increase Family active time.

PRAMA

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

PRAMA SYSTEM

Thanks to the PRAMA system which coordinates music, lights and timing, traditional training becomes interactive, motivational and a fun experience!



PRAMA CLOUD

Parents can take advantage of the training, not only by sharing the experience with their children but also by tracking their intensity, calories burned and training achievements all saved in their PRAMA Cloud profile.



SHARE YOUR PROGRESS!

EVERYTHING UNDER CONTROL

PRAMA MULTIMEDIA

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



PRAMA MOOD LIGHTING

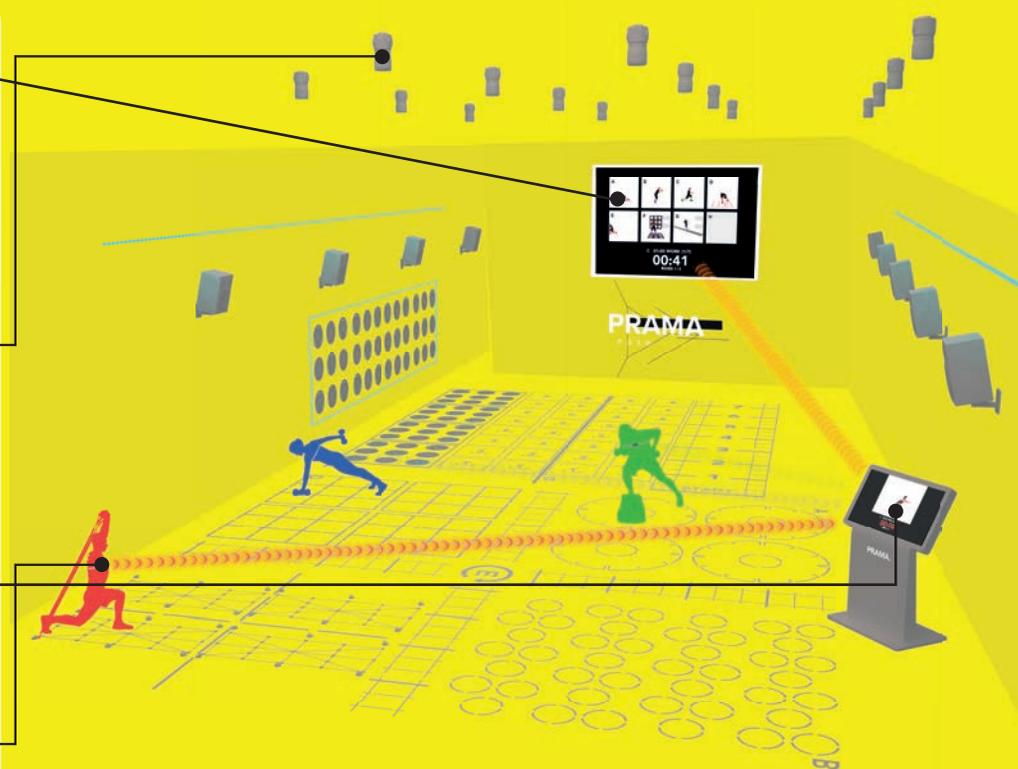
Get an extra motivation from room lighting!



PRAMA MUSIC

Software functionality to coordinate music to the timings of your workout.

PRAMA HEART RATE MONITOR



MORE INFO WWW.PAVIGYM.COM