

PRAMA I N T E R A C T I V E U N I T S

STAY TUNED WITH FITNESS INDUSTRY TRENDS

ACCORDING TO
THE MAIN INDUSTRY
STUDIES, TECHNOLOGY
IS ONE OF THE
BIGGEST TRENDS AND
IS A CRUCIAL FACTOR
INFLUENCING WHICH
FITNESS CLUB TO JOIN.

PRAMA Interactive Units are at the core of PRAMA's system. Using integrated LED light markings on pressure sensitive floors & walls, these new training elements will keep your members sweating and smiling at the same time!

By using lights and sound effects your users will experience an unforgettable and unique workout at your club. Trainers will be able to design each workout and extract real time performance data.

Perfect for competitions and events, with PRAMA INTERACTIVE UNITS you will complete the transition from *flooring surfaces* to *INTERACTIVE SOLUTIONS*.



TRANSFORM YOUR FLOORING INTO AN INTERACTIVE TRAINING ELEMENT

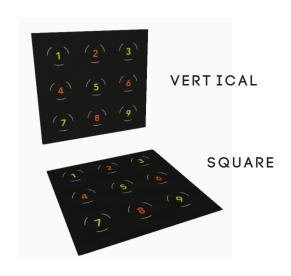
Train balance, speed, reactions, stability, precision, coordination, agility, mobility and postural control.

A totally different, innovative and fun way to exercise by using symbols and lights which guide movements.

Create events, challenges and games between users, tracking score and storing performance data.

CHOOSE BETWEEN OUR OPTIONS TO CONFIGURE YOUR OWN

TRAINING CIRCUIT





Stimulate user attention and increase intensity combining Square and Vertical interactive units.



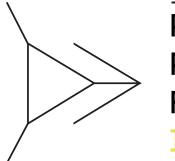
SPRINT

Ideal for interval training or SAQ skills. Length adaptable to any space.



PORTABLE COMBO

Thanks to its modular structure you can offer a full body workout to anyone, at anytime and **anywhere**!



PUSH
PLAY
FOR_
INTERACTIVITY









PRAMA touchscreen KIOSKS are the link between the interactive units and PRAMA's comprehensive training modes and programmes!



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