



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

PRAMA CONCEPT

PRAMA is the most cutting-edge fitness concept on the market. Focused on fun and delivering an outstanding experience, PRAMA is nothing like other fitness activities. Welcome to the best fitness experience!

PRAMA is designed to enhance your business and add value to your club.

PRAMA is the most advanced workout in the fitness industry. It offers an interactive, immersive, and intense experience designed for training strength, speed, agility, mobility, resistance and more.

PRAMA gives limitless workout options for every class.

Combining the most sought-after trends in fitness, this turnkey studio solution offers music, videos, mood lighting and atmosphere, interactive software, and high intensity group training at the touch of a button.



www.pavigym.com/prama

EXPERIENCE



PRAMA creates a unique experience for each and every user. It's a circuit training programme controlled by software that combines music, lights, videos, interactive stations and floor markings to create an all-in-one workout that adapts to every level of ability.

A turnkey solution that includes all the fitness elements required to deliver an unrivalled gym experience.

TRAINING SOFTWARE



PRAMA includes complete training sessions so you don't have to worry about the exercises, music, activities or programmes. We present you with a ready-to-use programme that coordinates lights, music, timings, and exercises.

PRAMA CLOUD

Allows users, personal trainers, and gyms to store and synchronise all session data.



PRAMA SOFTWARE

Our touch-screen software enables the use of our pre-set sessions with timeline. All you have to do is PUSH PLAY.

PRAMA KIOSK

These touch-screen kiosks allows you to control the training modes, the programmes, music, etc.



Deliver an outstanding experience by simply pushing play and letting our official PRAMA sessions do the work.

INTERACTIVE UNITS



Using markings made of integrated LED lights on pressure sensitive floors & walls, these new training elements **keep your members sweating and smiling at the same time!** PRAMA is the best way to add value to your gym.

PROGRAMMES



PRAMA offers several **programmes designed to engage a varied market with different goals.** These programmes contain hundreds of exercises that are constantly updated, specific music, and different workout structures.

The preset exercises and programmes allow trainers to focus on what's important – engaging with their class and achieve retention.
+1500 exercises, +100 sessions, +25 new songs per programme every month, and new content for each programme!

PRAMA is a shared group training experience. Users will get the benefit of personal training results while having the opportunity to socialise and play.

ENGAGEMENT



PRAMA is designed to offer maximum engagement and reach sections of the market that include those who stay away from traditional gyms.

Our immersive environment encourages participation without being intimidating.

PRAMA is also about gamification. The heart rate monitor allows users to keep an eye on their performance during the session and their progress over months of going back to PRAMA again and again!

OUR ADDED VALUE

We want our clients to be successful.

That's why we consult on different layouts and business models for each PRAMA partner we work with, and follow up at regular intervals.

Our team will provide constant support to ensure you get the most out of your investment!

