

LANAFORM

feat.

S SÉVERINE JACINTO

Balance & Pilates

LA100306



5 410984 083763



Master box dimensions
55 x 47 x 31 cm



Master box weight
15,7 kg



Colour boxes/master box
6 pcs



Colour box size
24 x 17 x 31 cm



Colour box weight
1,92 kg

Tone & Shape

LA100307



5 410984 083770



Master box dimensions
41,5 x 33 x 41,5 cm



Master box weight
10 kg



Colour boxes/master box
4 pcs



Colour box size
40,5 x 8 x 40,5 cm



Colour box weight
2 kg

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FITNESS KIT



Tone & Shape

FITNESS KIT



LANAFORM

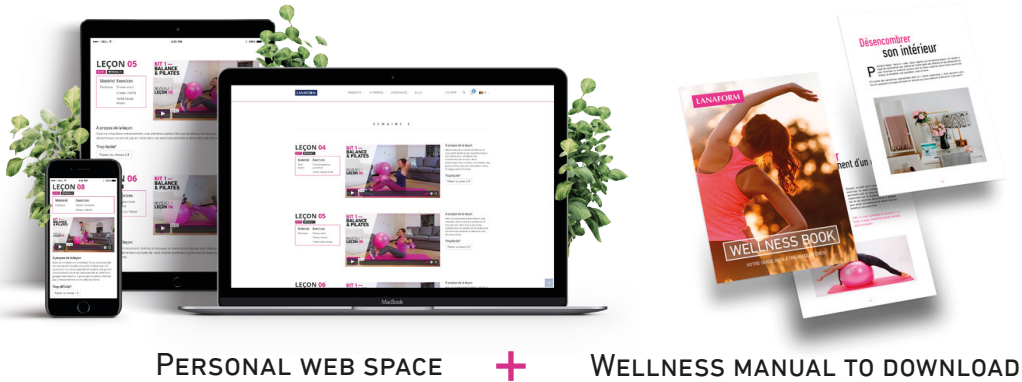
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/// 2 MONTHS ///

OF EXCLUSIVE TRAINING
WITH A PROFESSIONAL COACH

480 MINUTES OF DETAILED EXERCISES



PERSONAL WEB SPACE + WELLNESS MANUAL TO DOWNLOAD

Fast-paced days are a daily reality for many of us. There's no time to take care of yourself and take regular exercise. But, as you know, exercise is unavoidable if you want to lead a healthy life that's conducive to well-being.

Objective : to make physical exercise at home a regular, no-pressure habit.

As a single kit, it's a set of fitness accessories, as well as an exclusive video training programme that can be accessed with a personal code:

// **Comprehensive :** twelve 20-minute exercise sessions with ongoing assessment by a professional coach spread over a month in 3 sessions a week.

// **Flexible :** can be accessed when you want via a web space and offered in its entirety at two levels of difficulty.

And if fitness classes were held in your home...

Specifically selected fun accessories, a progressive training programme and a coach to guide you... This is what LANAFORM is offering with two fitness kits.



SÉVERINE
JACINTO

Professional sports coach and fitness expert in different media, Séverine is also a mother of 3. Far removed from the usual fitness clichés, she emphasises respect for the body and well-being in general. Her support is part of a healthy, positive lifestyle.

Balance & Pilates

Enhancing core
body strength

Find your shape, suppleness and balance with no constraints and strengthen your posture with this fitness accessories kit specifically selected for exercising inspired by soft gym and Pilates.



Tone & Shape

Toning your figure

Rediscover the benefits of physical activity and a firmer body with this kit of fitness accessories selected specifically for carrying out muscle-strengthening exercises and cardio training.

