

PRESS RELEASE

SPEEDPLAY INVADES MANILA

Makati City, Philippines (March 18, 2019) - Group exercise trainers and fitness professionals enjoyed Hollywood's hottest HIIT class last March 17 at the Rockwell Atletica.



Xavier Quimbo, the co-creator of Speedplay, taught fitness professionals on the basics of the class. Guaranteed to burn as much as 900 calories, Speedplay is a high intensity interval training (HIIT) that is fused by the latest hits you will definitely enjoy. While Speedplay is a combination of different workouts, it will help strengthen cardiovascular endurance and lose body fat. Speedplay started in Los Angeles and the full workout incorporates other machines like treadmill, rowers and suspension training. But the Speedplay Bodyweight class alone, will surely give the calorie burn you wanted.



"This is just a peek of what's to come. We aim to invite more fitness professionals on the next run of Speedplay," teased by Ruby Gan, founder of Power House Academe who brought Speedplay in Manila. "This group has a lot of energy and I am positive that the fitness industry has a lot of potential just seeing the participants today," described Quimbo.



Power House Academe aims to bring more workshops and certifications in the country that will be available to fitness professionals. Gan added, "Watch out as we will soon have other workshops that will highlight the power of food and even specific training for women, that is definitely something that you should look forward to."

Speedplay workshop was presented by Power House Academe with venue partner, Rockwell Atletica, event partners Certified Calm and Aura Athletica and media partners Her Style Asia and Tickled Media. Follow Power House Academe on [Facebook](#) and [Instagram](#) to get regular updates of their workshops and seminars.

ABOUT SPEEDPLAY

Speedplay is revolutionary high-intensity interval training. Run, row, suspend, and lift in LA's most effective workout. Speedplay was borne out of the need for a challenging, effective, and exclusive training class for everyone from beginners to seasoned athletes. Envisioned as a creative workout atmosphere, 60-minute classes are fast-paced and playlist-curated. Our workouts burn up to 900 calories during class, and HIIT training means you'll keep burning calories up to 48 hours after class.

ABOUT POWER HOUSE ACADEME

Power House Academe offers training programs for both professionals and enthusiasts. No matter your fitness level, we are committed to helping you elevate your game.

Image Captions

Image 1: Xavier Quimbo, co-founder of Speedplay teaches fitness professionals held last March 17 at Rockwell Atletica

Images 2 and 3: Fitness professionals gathered in groups for peer evaluation in the Speedplay Workout in Manila last March 17

Image 4: Speedplay workshop in Manila last March 17 gathered fitness professionals with Xavier Quimbo and Ruby Gan, founder of Power House Academe