

FOR IMMEDIATE RELEASE  
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**What to Buy the Man or Woman Who Has Everything This Christmas?  
*Pineapple Fitness has the answer!***

**LOS ANGELES, California 2008** - For those who packed on the pounds during the holiday season, and not only want to get fit, but want to do it the right way, then you'll need the help of Pineapple Fitness; a BIO-OSCILLATION technology that uses your "true core," the spinal column, in order to elicit the most amazing physical results yet. Pineapple is CORE training with an eye on the twenty-second century, activating and amplifying all muscles in your body to optimize muscle function. Its BIO-OSCILLATION speaks to every cell in your body, helping to prevent illness and boost your immune system.

If you're looking to buy the ultimate gift for the man or woman who has (almost) everything - or if you simply want to treat yourself - this Christmas is the perfect time to try two premium products from Pineapple Fitness that will have you looking and feeling your healthiest and ready for the New Year; the Pineapple PRO and Pineapple Sofa Chair. A great introduction to the Pineapple LIFESTYLE, both the Pineapple PRO and the Pineapple Sofa Chair will ensure that your training be centered on Quality and Optimum Results.

Because the PRO is a BIO-OSCILLATING "platform," it provides you with supersonic strength effect, but with ultra low impact, so you achieve optimum results. The Pineapple Pro trains and sculpts your body to perfection with its distinct BIO-OSCILLATION technology, providing perfect results to your workout; and making it your only needed fitness tool; especially for the skiers and snowboarders who are looking for an elite piece of equipment, which has been described as the 'perfect fitness ski/snowboard workout.' After that mega fast workout with the PRO (after all, it only takes a few minutes to achieve an optimum workout!), it will be time to rejuvenate and energize your muscles using The Pineapple Sofa Chair. No other chair like the Pineapple Sofa Chair allows you to sit and BIO-OSCILLATE your way to health. The Pineapple Fitness masterminds created this high-end product to help stimulate your lymphatic system while giving you the best de-tox your body has ever had. The technology communicates to your body through the spinal column in a series of electrical (neuromuscular) and chemical (hormonal) reactions, which activates and amplifies optimum cell function. The Sofa Chair will rejuvenate, relax and energize your muscles after that mega fast workout with the PRO, or even a hard

day on the mountain slopes!

"This is fitness for the twenty-second century lifestyle," says Nick Morris, CEO of Pineapple Inc. Pineapple Fitness products may be used any time of day and the range will give you the result you want whether it is relaxation, invigoration or revitalization. So for those who are serious about fitness and demand only the BEST, the Pineapple PRO and Pineapple Sofa Chair are the only way to go. What are you waiting for? Juice up. Bio-Oscillate your way into 2009!

For more information visit [pineapplefitness.com](http://pineapplefitness.com)

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