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**For the High-End Traveler Who Wants to Stay in Shape Anywhere  
*It's Modahl by Pineapple Fitness!***

**LOS ANGELES, California 2008** - For the high-flyer on the go who is determined to stay fit and healthy, look no further than Pineapple Fitness; a BIO-OSCILLATION technology that uses your "true core," the spinal column, to obtain astounding results. Pineapple Fitness has developed a system that focuses on CORE training, which triggers and strengthens all muscles in the body to optimize muscle function and can be used anywhere.

For jet-setters who demand only the best in life, Pineapple Fitness has created the perfect product that wouldn't look out of place on any private jet; the Modahl. The Modahl is a small unit, something the Pineapple health gurus like to refer to as a "travel accessory" that will rejuvenate and invigorate the person who lives a busy lifestyle regardless of location. Perfect for anyone who doesn't want constant travel to get in the way of fitness, the Modahl is soon to be a must have for the traveler who just doesn't want to compromise. With Christmas coming up, this may well be the flash stocking filler you were looking for.

Not so big on travel? If you are someone who dreads the gym, or would rather just work out at home, the Pineapple BIO-OSCILLATION technology allows any owner to use the portable Modahl for any sport or workout anywhere, any time, with ease. In fact, if you can't think of a workout sequence, Pineapple Fitness provides you with a foundation workout of seven exercises that will work your body out completely. Yes, they really have thought of everything.

"This is the ultimate in cutting-edge fitness technology," says Pineapple CEO Nick Morris, "an evolution beyond current Whole Body Vibration. It's fitness for

the twenty-second Century Lifestyle."

Since you can take the Modahl wherever you go, it's great to use when you get home, before a meeting or up in the sky. It's functional meets sexy. It's your new best friend. Juice up.

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