

FOR IMMEDIATE RELEASE\_Contact: Cleo Anderson\_The Anderson Media Group\_Email: cleo@theandersonmediagroup.com\_Tel: (619)822-5493

**Attack the Snow With Energy and Confidence:**  
**Only Pineapple Fitness Can Prepare You for the Skiing and Snowboarding Season**

**LOS ANGELES, January 2009 -** For those who are gearing up for the upcoming skiing and snowboarding season, but want to be well prepared to tackle the slopes, make sure to let Pineapple Fitness optimize your body! Pineapple technology communicates to your entire body via your spinal column, in a series of electrical (neuromuscular) and chemical (hormonal) reactions, using Bio-Oscillation technology. Pineapple Bio-Oscillation activates and amplifies optimum cell function like no other fitness system - it's all about your core, and never so much as when you're on the slopes!

The Pineapple Fitness Bio-Oscillating platforms are the ultimate fitness tool for skiers and snowboarders and are undoubtedly the world's best ski fitness unit. The platforms range from the Pineapple Modahl (Travel Collection), Optima (Ultimate Function), Royale (Refined Power) and the Pro (The Workhorse); it is the Pineapple Pro that is best suited for skiers and snowboarders, taking only a few minutes to achieve an optimum workout. Not only that, but Pineapple Fitness platforms have plyometric training with no impact helping prevent quad burn and back pain.

It will take you only 20 minutes with Olympic trainer Nick Morris to be in the best shape for the mountains, and for those who are truly serious, why not prep for the season with Nick at the Pineapple Studio in Mammoth for the ultimate power mountain training? Follow that with luxury rejuvenation to refresh you after an amazing day on the slopes.

You may take pleasure in going downhill, but don't let your body do the same! With the help of Pineapple Fitness, we guarantee you will have your best time on the mountain...EVER! JUICE IT on the slopes this winter with Pineapple fitness. You'll be glad you did.

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