

FOR IMMEDIATE RELEASE

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**It's Phucking Phenomenal! Work every muscle and every energy system, in 15 minutes!**

**LOS ANGELES, California 2009** – Stripping away all the BS. Pineapple Fitness is now open to erupt the Los Angeles fitness scene – with an emporium to the Fitness connoisseur demanding Results!

Located in the Mecca of the Los Angeles fitness zone with a 4000ft<sup>2</sup> facility between Brentwood and Santa Monica on Wilshire Blvd is the Pineapple Orchard.

The workout takes place on the Pineapple "Bio-Oscillation" platforms. Bio-Oscillation means effective communication of energy to your cells. The workout certainly achieves that, as it activates more muscle fiber than is possible in any other safe method, and also has a rejuvenating massage effect at the same time.

"Everyone of our clients say it like a massage and a workout at the same-time!" enthuses Nick Morris, CEO and creator of the Pineapple Fitness technology. Nick is a former professional athlete and expert fitness coach with a roster of Olympic and World champions. He has circumvented the planet over the last 7 years to create the Pineapple Bio-oscillation technology.

After your workout, there is a Spa "Villa" where you can enjoy "Fitness Facials" (which take place on the special Pineapple sofa-chairs that detox and help you burn fat) and also "Pineapple Massages" that incorporate Pineapple Bio-Oscillation and special techniques using Tahitian sea-shells and warm rejuvenating oils.

Get your Juice on!

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

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