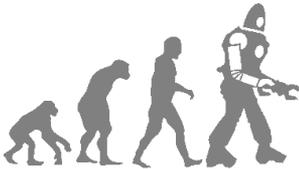


Evolution/Revolution

“Caveman meets Spaceman”

The secret to Fitness into the 22'nd century



Nick A. Morris

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Just like a Pineapple isn't a single fruit, but
lots of fruitlets all connected and united
together, my dream is to connect and unite
the world through fitness.

We're merely lots of cells and merely
interacting with lots of other cells
surrounding us.

We are all connected and united!
Let's enjoy the fact and acknowledge it,
with dedicated action to optimize it,
and spread fun

'mens sana in corpore sano'
"a healthy mind in a healthy body"

FOREWARD

This book is a review of evolution to stimulate the revolution for successful fitness, ie: The next evolution of **living with fun, health, happiness and productivity.**

It's a combination of knowledge and facts from our foundation of ancestry, the 'Caveman', with today's Space-age technology and tools, 'Spaceman'.

The resultant 'Caveman' meets 'Spaceman' is to give you the optimum effect and efficiency with your fitness actions and lifestyle choice NOW and indefinitely into the future.
It's the secret to fitness in the 22nd Century

Ignite, inspire, galvanize yourself
Up an at em!

Just 'TURN IT ON': *remember*

- ▶ Each of us is just trillions of cells
- ▶ Each cell has a nucleus (the brain) which has subsets of genes
- ▶ Each gene is made up of DNA (the code of action)
- ▶ A gene is either turned on/off (it has no choice)
- ▶ It's dependent to the message sent

TURN IT ON!

PS. remember we're based on 'fight or flight' responses: natural activations that we have no control over. Our existence is really out of our hands! It's all about the 'environment' surrounding us - the tools we engage with are our destiny! GET TURNED ON.

(check out PineappleFitness.com)

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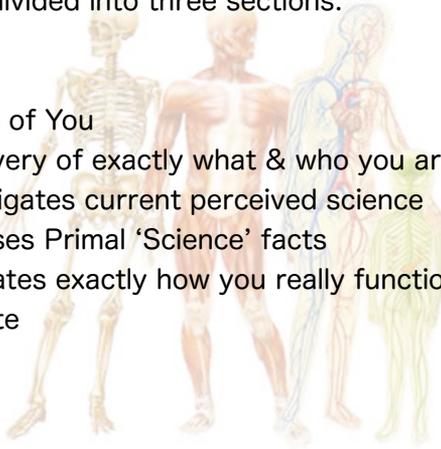
Appendix

This book is divided into three sections:

SECTION I

The Evolution of You

- Discovery of exactly what & who you are
- Investigates current perceived science
- Analyses Primal 'Science' facts
- Illustrates exactly how you really function and operate



SECTION II

The Big Fat Lies

- Debunking the crazy myths that permeate through the Fitness world
- Evolution Facts
- Optimize a Revolution Tip
- Galvanize Next-Evolution Inspiration

SECTION III

The Solutions

- The framework to specifically create an endless solution to pump you with optimum fitness towards the 22nd Century
- Sample programs
- Progressions
- Ideas and Motivation



**“EVOLUTION
REQUIRES US TO
CONTINUALLY
REFRESH OUR
COMPETTIVE
ADVANTAGE.**

**TO INNOVATE
FOREVER IS NOT AN
ASPIRATION**

**IT’S A DESIGN
SPECIFICATION!**

**IT’S NOT A
STRATEGY IT’S A
REQUIREMENT”**



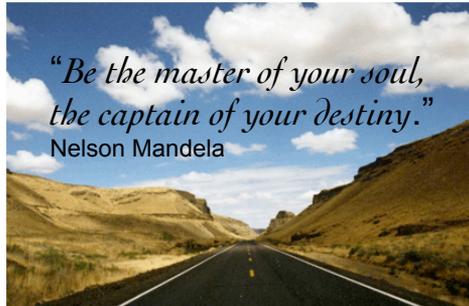
Introduction

Fitness is a lifestyle. It's a way of living. It's an understanding of balance and progression that allows you adventure and play for the length of your existence. Never is this more highlighted than by 'Evolution' – to the Caveman quite literally fitness was life. You either were fit enough to find food and evade being 'food' or you died – simple as that!

The Revolution begins by understanding the DNA of how we are made and using the incredible 'Space-age' technology that exists around us, and then leveraging that technology to become the next Evolution.

Take control of your destiny:
That's what fitness is. A self-responsibility that only YOU control, and therefore, can really enjoy.

You're going to see all the facts how YOU really are. You're going to be shocked by the big fat lies you've been told and read – then you're going to have the framework to always create the choice of solution to give you optimum fitness. Get on the Train! Let's journey to fitness into the 22nd century.



Just remember it's all YOUR GENES (no, not your denim either!)

Chapter One: YOU!

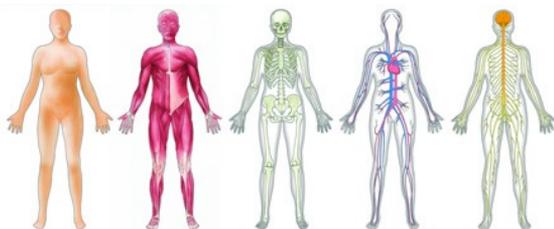
Let's examine the current perceived Science of how you function and operate:

First, a quick summary of what you're going to read here -

- You're basically a bundle of lots of cells! (trillions of cells, in fact).
- That's just a bundle of dynamic systems combined together that makes you a 'Body'.
- Exercise-wise: You're simply a rod (spinal column) with 2 sets of ball & socket joints (shoulder & hip joints) with some extra things hanging.
- Food-wise: You are a long tube that absorbs nutrients along the way, before it 'excretes' out the waste.
- It's all activated by a 'control box' (brain) that communicates everything through our nervous system (Neurological highway) which you can think of as the 'Super-highway'.



You're going to discover the secret of what you really are.



1.1 The Kinetic Chain

Space-age physiologists, doctors of kinesiology, and sports-scientists now refer to your body as having a ‘Kinetic Chain’.

I’m sure you have the foundation of thought that you’re made up of muscles, bones and nerves, or more technically, a ‘muscular’; ‘skeletal’; and ‘nervous’ system. The Kinetic Chain describes how those intertwine and operate together. It illustrates how they synergize with one another, truly exemplifying we are ‘one’ ie: ‘mind & body’, or as the Romans in an early revolution of fitness described, “mens sana in corpore sano” translated as “a healthy mind in a healthy body.”



The Facts:

we’re an intertwined chain of different systems:

- Skeletal
- Muscular
- Nervous

Evolution Fact

We’re just a bundle of systems that are constantly in communication with one another, ie: “Dynamic Systems”.

Revolution Fact:

Every action starts with a thought. Controlling the thought precedes the motion.

Next Evolution:

Visualize what you expect to happen

1.12 Your Muscular System

makes up the 639 muscles in your body and consists of: Cardiac, Smooth and Skeletal muscle

- Cardiac muscle is basically your heart.
- Smooth muscle or 'involuntary muscle' is found in the walls of various organs, structures and skin in your body, e.g.: stomach, bladder, blood vessels, skin – it's not under conscious control
- Skeletal or 'voluntary' muscle is anchored by tendons to your skeleton. There are 2 sub-divisions of skeletal muscle: type I (or slow-twitch (rich in mitochondria and capillaries) and type II (or fast-twitch)

There are 3 types of type II:-

- ▶ Type IIa – rich in mitochondria and capillaries
- ▶ Type IIb – less dense in mitochondria
- ▶ Type IIc – the fastest muscle type



1.13 The Skeletal system

creates the skeleton (structure) which all your muscles attach:



1.14 Nervous System

is made up of both a Central (CNS) and Peripheral (PNS) Nervous System.

The CNS consists of your Brain & Spinal Column.

The PNS consists of all the other nerves that run from the CNS to the working muscles.

These are classified as:
Sensory; Integrative; Motor

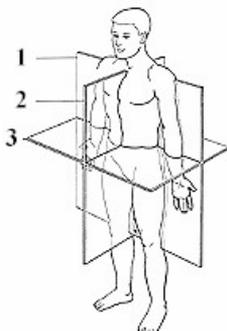
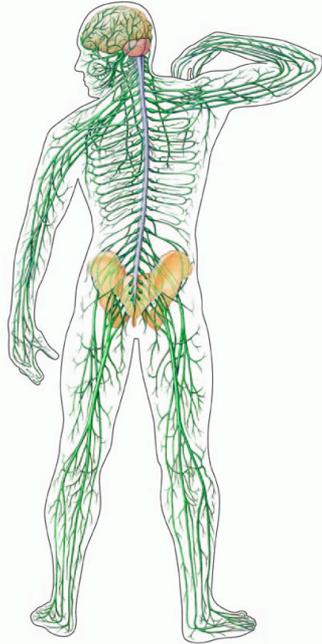
Sensory – detect and pick-up info

Integrative – transport the info through the CNS for a decision.

Motor – deliver the message from the CNS to the muscles.

There are 3 ways a muscle contracts:

- Eccentrically – muscle lengthens and effects force
- Concentrically - muscle shortens
- Isometrically - no change in muscle length



We can move in 3-planes (i.e.. 3-D)
1 = Sagittal
2 = Frontal
3 = Transverse
Sagittal and frontal – most traditional exercise
Transverse = rotation

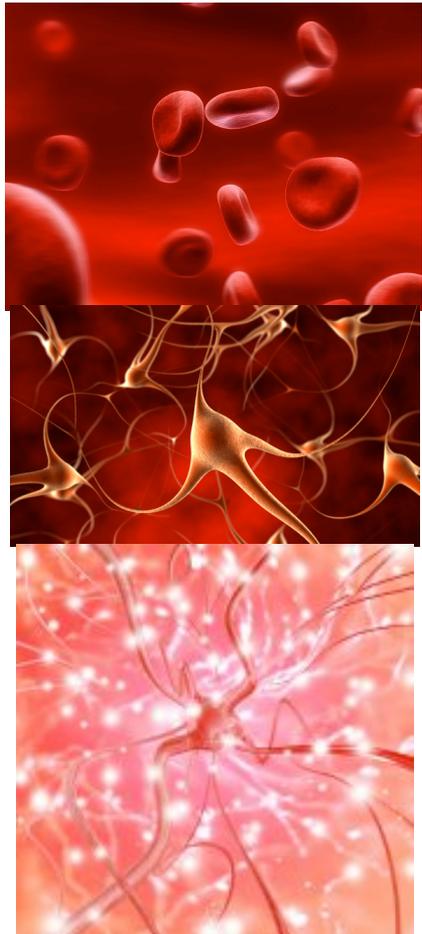
1.15 Three main energy systems:

ATP/PC (anaerobic) – Where energy is created without the use of oxygen. Adenosinetriphosphate (ATP) and Phosphocreatine (PC) together breakdown causing a chemical reaction to occur and energy to be released, allowing the muscle to contract. This gives instant energy, but only last up to about 10 seconds.

Glycolytic (anaerobic) – Uses glucose stored as glycogen to provide energy for about 1-2 minutes.

Oxidative (aerobic) – Uses oxygen from the air we breath to combine with glucose and other substrates within the active muscles to provide a constant supply of energy that keeps the muscle active. It takes 1-3 mins for this system to kick in.

What happens -
The Energy systems transfer from one to another,
e.g.: If the intensity increases and oxygen cannot be supplied to the muscles quickly enough, then the glycolytic system kicks in.



Section 1.2

Perception

Modern Scientists, Doctors, and Physicists also refer to you as being almost 70% water! Wow!

This is very important when you think about what water really is.

- It can be a liquid



- It can be a solid



- It can be a gas

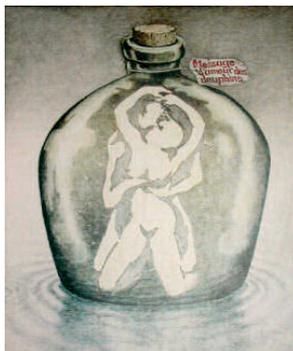


In other words,
it's very
ADAPTABLE

Maybe it's all down to perception:

Look at this:

Michael Michalko's creative thinking techniques give you the extraordinary ability to focus on information in a different way and different ways to interpret what you are focusing on.



To the right is a picture of an old bottle. Look closely at the artwork on the bottle. What do you see?

You see a couple in an intimate pose. Right? Interestingly, young children immediately see nine dolphins. They do not see the intimate couple because they have no prior memory associated with such a scenario.

Look again at the bottle. Do you see the nine dolphins now? If not, here's help. Look at the space between the woman's right arm and her head. The tail is on her neck; follow it up. Look at her left hip. Follow the shaded part down; it's another one. And on his shoulder ... do you see them now? Of the nine dolphins in the picture, seven are at least as long as the woman's upper arm, one is the size of the man's left hand, and another is the size of the woman's forehead. By focusing your attention in a different way (focusing on the dark shapes instead of the light ones your memory recognizes), you changed your perception of the pattern thereby allowing yourself to see something that you could not otherwise see. Similarly, the creative thinking techniques in Michael's books will change the way you think by enabling you to look at the same information as everyone else and see something different.

Even working with fact, relates to perception:

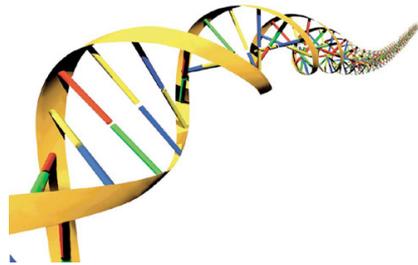
- A tomato is a fruit, but there are few people who add it to a fruit salad!

Section 1.3

The Real Essence of YOU

You're just trillions of cells so what the heck is in a cell? Each cell has a nucleus (think of it like a 'brain') with a complete set of DNA instructions divided into compact subsets called 'genes'.

There are lots of genes in each strand of DNA (approximately 20,000) Each of the DNA strands is organized into 23 pairs of chromosomes.



NOW - in any given cell, only a small portion of the total number of genes is actually actively involved in the actual 'business' or function of that cell

THAT hugely depends on the triggers surrounding that particular action and moment, i.e.: what's the environment at that second. Are you stationary or moving? How hard, what's around you etc...?

DEPENDING on the triggers means that certain genes then become 'active' and engaged in the manufacture and process of various electrical and chemical processes (or for certain genes it means nothing will happen), e.g.: myofibril contraction in a muscle cell if the exercise is challenging enough, beta cells in your pancreas producing insulin, liver cells synthesizing nutrients, bone cells replicating to keep the bone strong, etc. INTERESTINGLY, A gene is not self-determining! They don't turn on/off by themselves - NO, they only respond to the signals they receive from the environment surrounding them!

This is super-important!
YOU are just an ADAPTIVE ORGANISM!

Remember how you're almost 70% water – which can be a liquid, gas or solid? We're completely adaptable, meaning massive opportunity within our genetic potential which is beyond vast! Think of the amazing stories you've heard of people surviving seeming super-human feats of strength, endurance, power, etc. This is merely broaching closer to genetic potential but in no- way exceeding it!)

What this also means is that you can create powerful control over getting genes to turn on or off. You are in control of your life! So let's pick up the self-responsibility! Genes control your cell function all the time, so in summary, your health and survival from Evolution days is totally dependent on which genes are turned on or off. You may have heard of the term “fight or flight” response which describes the chemical release from genes in our body to power us with extra energy and strength to either “fight” or “flight” away. It's the response to react to danger or the response that lets a sportsperson suddenly achieve super-human action.

Your genes don't know and don't care what actually happens, they just respond to the environmental signal. You might have experienced the ‘red mist’ feeling when something causes you to ‘boil’ over and explode a punch or kick at someone. We know that's not right, but your genes don't; they just respond!

REMEMBER all this was designed by evolution to ensure our survival! An incredible mechanism to ensure we can find food and not become food! It programs us to be an action being.



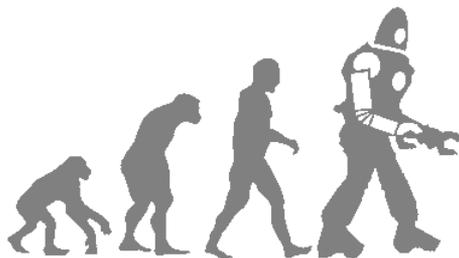
Here are some other examples:

Doing fitness activity makes our genes release chemical 'products' that strengthen and repair the exercised tissues. Too much, and other genes then cause the production of another chemical which leads to inflammation and fatigued recovery.

Unfamiliar foods cause genes to overreact and oversupply certain chemicals (think of your younger days in chemistry class and how a simple over amount could quickly distort the whole experiment and remember how a subtle change in temperature would change liquid water to either solid ice or steamy gas and there's not even a change in chemical structure)!

Type2 diabetes is the result of your genes trying to protect you from the danger of eating too many sugary carbohydrates.

So exercise and food control your gene expression (action)



THIS IS THE SECRET OF THE SOLUTION PROCESS FOR YOU

Let's charge forward with the secrets of Evolution and life from 10,000 years ago and how we can optimize them with Space-age technology and journey towards the 22nd century!

Evolution Fact

We're designed to move; either to find food and/or avoid being eaten

Revolution Fact

Daily movements to involve as much range as possible. We can only squat, lunge, push, pull & twist - do them all Daily!

Next Evolution

Create as much intensity of action as possible with the lowest impact available

Section 1.4

The New YOU Principles

1. Intermittent, high-energy action
2. Play
3. Eating food from the 'land'
4. Using your Brain
5. Rest / Sleep

Every one of these is adaptable to your specific lifestyle.

Let's look at the myths that have shrouded fitness, then move onto your solutions manual to get you galvanized with your strategy to success.

the 'magic' of getting FIT
(Functional Intelligent Training) is
the 5:95 rule.

Just 5% of your effort makes
95% of the results.



Chapter Two:
THE BIG FAT LIES!



The Five principles I've outlined are the secret for optimum fitness into the 22nd century:

1. Intermittent, high-energy action
2. Play
3. Eating food from the 'land'
4. Rest / Sleep
5. Using your Brain

These principles are the applied proven facts from Evolution, combined with Space-age modern technology to initiate the Revolution NOW, that will develop into the next Evolution.

Let's go through each of these and highlight the **Big FAT Lies** that each principle crushes.

First, let's recap where we all are today – in the 'jungle' of the year 2011! In fact, absolutely 'waist-thick' in the heart of an Obesity Epidemic.

The Obesity Epidemic

Here is the current list of 'fattest' countries on the planet, as published by the OECD (Organization for Economic Co-operation and Development):

The top 6 Obese populations are shocking:

#1 - Mexico	#2 - USA	#3 - New Zealand
#4 - Australia	#5 - UK	#6 - Canada

Now #2-6 are very commonly thought of as the most developed countries on the planet and #1 has the richest person on the planet and #1 has the richest person on the planet living there as well. Suffice it to say – they all have a lot of resources and tools!

The OECD rounded up the report by saying, "The solutions for the obesity epidemic are not simple and within reach. Policy makers, doctors and other health professionals, as well as academics have a huge task ahead of understanding the epidemic and working out counter strategies that are effective."

I'm not sure whether I'm more disgusted by the pathetically high levels of obesity in these incredible countries (with almost every available resource and tool open to all) OR the pathetic summary lacking any inspiration or action



An additional overview study by the John Hopkins University last year concluded that by 2030, 86% of the population will be Obese if current norms continue!

Think about the resources that are going to be 'wasted' to attempt to handle such a 'disease'.

**TODAY'S AVERAGE
COSTS OF OBESITY**

**\$4,879 FOR WOMEN
(ANNUALLY)**

**\$2,646 FOR MEN
(ANNUALLY)**

ATTN: LADIES!

**BEING FAT
ALSO REDUCES
YOUR WAGES,
AND REDUCES
PROMOTIONS**

We are all going to die at one stage, but remember this – your body is designed so it can live until about 130 years age! There is no need to shorten life through chronic disease (which will almost totally manifest itself from Obesity). Perhaps, think of it another way: “We’re earning illness!” – Yes, the tools and resource exist to be fit, happy & healthy – instead people choose to ‘earn illness’ instead!

Our design is that we either die from an accident (in evolution days, basically eaten by a predator) or die from ‘old-age’, which is certainly in the 100-year age category. We have an exceptional period of time to accumulate and pass on wisdom so that our next generation thrives and further ‘improves’ which is the essence of ‘Evolution’.



“It’s not the strongest nor the most intelligent that survives, it’s the one most responsive to change”

Our current modern society has sprung a 'twig' into the cog of progression (as highlighted by the devastating figures associated with our current Obesity epidemic). Take a moment to find some coins – try to find 40! Stack them one on top of each other then place one more coin on the top. That last coin represents our 'modern society' – pretty insignificant compared to the rest of the stack isn't it? Well, the rest of the stack is the fact and knowledge of 'Evolution' with our single coin representing our 'modern society' and the influence of the Industrial Revolution.



The Industrial Revolution, as the name implies, created an incredible array of machinery to help optimize efficiencies. Let's harness the bright spots of that, and dissolve the misinformed 'education' about fitness. The Industrial Revolution demanded that everything be viewed as a 'machine' – as outlined earlier, YOU – your being is not a machine but a

“Evolution requires us to continually refresh our competitive advantage. To innovate forever is not an aspiration – It’s a design specification! It’s not a strategy – It’s a requirement!”



Section 2.1 - Principles

Intermittent, High-energy Action

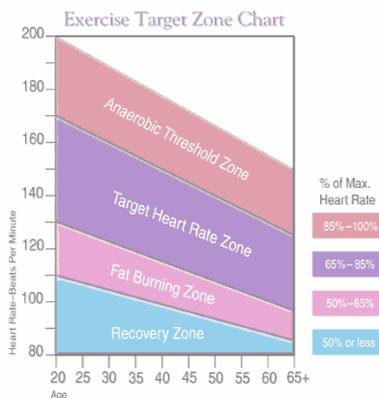
One of the 'silent killers' of modern society is the marketing pander to create the elusive 'fat-burn' zone and ubiquitous 'fat-burn' button on modern exercise machines. What a crock of nonsense! Here's the facts and sense to highlight the fat- burning BS

We've been emblazoned with Cardio Fever, since the 80's aerobics 'fever' – with a host of doctors jumping aboard the galling truck, and underscoring their name to fame.

The current crop of fitness manufacturers extol the virtues of 'cardio' training, and have fused 'magic' "Fat burning" buttons on the machines.

Now let's look through the facts here.

Yes – fat is burned with a higher percentage in the so-called 'fat-burning' zone, i.e.:Aerobic level BUT that isn't the whole picture!



Once you stop that 'aerobic' activity, the calorie 'burning' (expenditure in technical language) stops! Kaput. Stops dead, No more calories to be burned. Achtung! And just to remind you, almost everything could be termed 'aerobic' so perhaps broaden your choice of activity beyond the attempt for an Oscar by

acting like a gerbil or imitating a hamster on a treadmill or elliptical etc.).

How many – perhaps 200, 300, maybe 500+ calories

So what about Anaerobic? Anaerobic means to burn without the use of oxygen - basically at a high intensity when you become out of breath, and you create an oxygen debt. NOW – as the chart accurately describes, this means a lower and lower percentage of ‘fat being burned’ as a ratio.

That is a Charade!

Here’s the real deal!

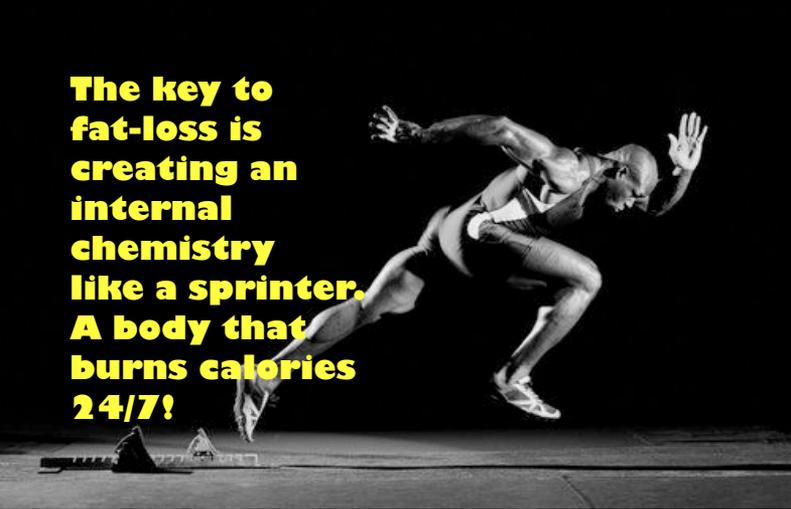
Have you ever seen a fat sprinter? Have you ever seen a sprinter chugging along on a treadmill or biking along watching TV on a fat-loss schedule in the over mentioned elusive “fat-burning zone?”

And here’s the kicker - you only have to train 10-30 minutes maximum a few times a week. The key is the Quality.

Bonus tip: It’s not about ‘size’ – it’s about quality! Quality can be crafted into quantities, but quantity can never be ‘upgraded’ to quality.

Calorie-Burning Chart for Various Activities			
<i>Approximate calories burned, per hour, by a 150-pound woman</i>			
<i>Exercise</i>	<i>Calories/hour</i>	<i>Exercise</i>	<i>Calories/hour</i>
Sleeping	55	Water Aerobics	400+
Eating	85	Skating/blading	420+
Sewing	85	Dancing, aerobic	420+
Knitting	85	Aerobics	450+
Sitting	85	Bicycling, moderate	450+
Standing	100	Jogging, 5mph	500+
Driving	110	Gardening, digging	500+
Office Work	140	Swimming, active	500+
Housework, moderate	160+	Cross country ski machine	500+
Golf, with trolley	180	Hiking	500+
Golf, without trolley	240	Step Aerobics	550+
Gardening, planting	250	Rowing	550+
Dancing, ballroom	260	Power Walking	600+
Walking, 3mph	280+	Cycling, studio	650
Table Tennis	290+	Squash	650+
Gardening, hoeing etc.	350+	Skiping with rope	700+
Tennis	350+	Running	700+

The key to fat-loss is creating an internal chemistry like a sprinter. A body that burns calories 24/7!



Here's the low-down of FAT-LOSS BULLSH*T

The traditional cardio session in the “fat-burning” zone is BullSh*T., unless you like hours of tiresome, boring exercise just to build more fat and degenerate your body plus accelerate your aging! (You might need to look up ‘Loony Bin’ on Google and check yourself in!)

Hence, the stooped, weak, arthritic, tired, and old body shape’s of long-distance fanatics / ‘Loonies’ (heck for full disclosure I’m a Loonie – well that actually means I’m a member of Kowloon Rugby Club in Hong Kong, hence the affectionate name – Loonie!)

How so?

During long-duration workouts, your body thinks to itself, “I’m burning fat. I need to make sure I have enough fat - at all times so I don’t run out of fuel during these stressful periods.” As a result, your body will actually start to make and store more fat as soon as you finish the workout. This is your body’s defensive response to an unnatural condition you created. To burn fat and keep it off, you need to give your body the right challenge - a challenge that triggers your body to stop, not encourage, fat production.

So how can you achieve that? Well first, let’s have a look at what happens when you exercise:

When you start exercising, the first fuel source available to you is ATP. This “high-octane” energy source doesn’t last long - only for the first two minutes. To keep going, your body burns carbohydrates stored in your muscles and liver. This lasts for the next 10 to 15 minutes. Once you pass the 20-minute mark, you’re predominantly burning fat.

Body Fuel with Varying Activity

Activity Level	Protein	Carbs	Fat
Resting	1 - 5 %	35 %	60 %
Low-Intensity	5 - 8 %	70%	15 %
Moderate-Intensity	2 - 5 %	40%	55 %
High-Intensity	2 %	95 %	3 %

The chart shows that at low-intensity activity, your body derives most of its energy from carbohydrates and only 15% from fat. But when you step up your activity level to moderate, you increase the energy burned from fat to 55% of the total. If you increase your activity to high-intensity, you dramatically reduce your dependency on fat and derive nearly all your energy from carbs.

The relationship between moderate-intensity exercise and fat burning has led many to the logical conclusion that you should exercise at moderate intensity, because that’s how you burn the most fat. But this is **Fat-Loss BullSh*T**. You can use this strategy to lose some weight and to get reasonably lean. But because your body learns to store energy as fat, you can only get lean after you sacrifice muscle and other high-energy burning tissues, plus make dramatic continual reduction in calories. In the long-term, your body will always win and will build more fat and give up more lean tissue, leaving you in a podgy state of ill-health with little strength and a damaged, fatty body – let alone the cost of your mental pain of sacrifice and defeat.

So what's the solution?

Intermittent, High-Energy Action, i.e.: Short, high-intensity activity for the body – remember how sprinters look? Lean and healthy.

Also, remember that the most important changes from exercise occur after, not during, the exercise period. If you look at the chart above, you'll see that the body burns an even higher percentage of energy as fat (60%) - while resting. (The “fat burning zone” zealots seem to overlook this fact!)

The way you exercise affects your metabolism for several days. This is good news. It means that all you have to do during exercise is stimulate the adaptive response you need. Then your body will continue making the important changes while you rest.

Evolution Fact

We're designed to be a hunter/ gatherer. We're designed for Intermittent, High-energy Action to hunt or gather food or possessions.

Fact #2

The Fight or Flight response is built into our Genes! Without tapping into that resource we die! In evolution, that meant either escaping with an intermittent burst of high-energy or capturing some predator/ prey with an intermittent bout of high-

Revolution Fact is understanding this foundation of our genes and tapping into it today. No, it doesn't mean fleeing from a Tiger or fighting a Bull (although you can arrange a holiday to South Africa or Run the Bulls in Pamplona)! It means finding strategies to activate and engage the systems to replicate this most basic of your human foundation DNA.

le: Trigger Your “After-Burn” Your Body’s Natural Fat Burner

Short bursts of high intensity exercise tell your body that storing energy as fat is inefficient, since you never exercise long enough to utilize the fat during each session. But carbohydrates, which are stored in muscle, burn energy at high rates. Exercising for short periods will use these carbs and burn much more fat after exercising (hence the term “after-burn”) while you replenish the carbs.

As a kicker, the short high-intensity activity also boosts your growth hormone & testosterone - **reducing the effects of aging, boosting your sexual wellness, enhancing your mind power & building strength.**

Evolution Fact:

Survival of the Fittest and the ability to reproduce is the pillar for life! Think about it. Sounds too good – well it is all backed by the most recent science; the rumblings of the Revolution and the factual plus scientific platform to explode the next Evolution!

- Researchers at Laval University in Quebec divided participants into two groups: long-duration and repeated short high intensity exercisers. They had the long-duration group cycle 45 minutes without interruption. The short high intensity group cycled in numerous short bursts of 15 to 90 seconds, resting in between for 20 minutes. The long-duration group burned twice as many calories, so you would assume they would burn more fat. However, when the researchers recorded both groups’ body composition measurements, it was the short, high

- intensity group that had lost the most fat - nine times more fat for every calorie burned. Because the short bursts stimulated a greater after-burn.
- Evolution Fact Daily bursts of high-energy action was needed to escape predators, and find prey to eat, plus additional intermittent high-energy action to bring the prey home, chop and create fire, shelter etc.
- Researchers from Loughborough University in Leicestershire, England tested growth hormone levels in sprinters and endurance athletes. On average, the sprinters had three times as much growth hormone as the endurance runners.
- Harvard conducted a recent study of over 7,000 middle-aged men regarding exercise, and cardiovascular health. Researchers found that men who performed repeated short bouts of high intensity exercise reduced their heart disease risk by 100% more than those who performed long duration exercise.
- High intensity exercise can also help you live longer. Another Harvard study compared vigorous and light exercise. Those who performed exercise that is more vigorous had a lower risk of death than those who performed less vigorous exercise.

I'm sure most of you drive a car and I'm sure most of you are very concerned with fuel efficiency. I'm sure you would love to increase the fuel efficiency of your car to ensure it burns less gas. Well if 'traditional cardio' is the most efficient fat burner - it actually means less 'fat' (gas) is burned. What you really want is the exact opposite of the 'car' analogy. You want your 'motor' (your body) to be an absolute 'gas guzzler' - something that burns and burns and burns!

Evolution Fact

Watch a hunt in the wild; for example a cheetah chasing a zebra. The Cheetah will only chase for a short period of time, then rest. In fact, the zebra will also watch and begin to rest when they see the Cheetah rest as well. Why? Because that's the most effective and efficient way to optimally move (either hunting or being hunted)!

Three more huge myths we need to crush with Intermittent, High-Energy Action:

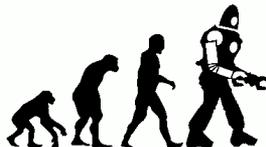
Myth One:

“I've never seen a fat runner.”

I've never seen one that looks healthy either. In fact, who do you think has better % body-fat and body composition... the long distance runner or the sprinter? I reckon you're basing your decision of who does the most 'cardio'. Well! The answer is the sprinter and I can guarantee you've never seen one of them ever do a 'cardio' session!

Evolution Fact:

We've seen descriptions of the wonderful and incredible athletic build and look of early man/woman. heck, they never did it to be on the front of a glossy glamour magazine - no, they did it for functional life, and they reaped amazing rewards!



Myth Two:

“But Cardio Burns Calories”

Yes, you're right. It does burn exactly while you are doing it, but what about the rest of the day? Let's assume you've done your one hour 'cardio'; what do you think happens for the other 23 hours?

The secret to fat burning is the other hours in the day.

The key is to increase your metabolism and create 'after-burn' effect from any exercise you do.

Think of cardio as burning a candle, and Intermittent, High- Energy Action as switching on the stadium floodlights. One has only a small shine and result, the other a shining explosion of solution!

Myth Three:

“All the machines have a fat burning zone.”

Yeah, and that's creative marketing at its best!

Remember, we're getting fatter in today's society, yet have more access to the so-called “fat-burning zones.”

Evolution Fact:

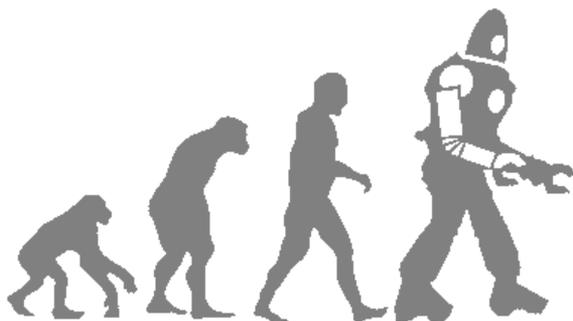
If Intermittent, high-Energy action didn't work, there wouldn't be any Today, there would be no society - we would never have succeeded with further society and evolution.

The fat burning zone is a concept that claims your body will become more efficient at burning fat. Well, that sounds fabulous! Whoa, not so fast! You actually want the complete opposite! Think about a car – you'd love to have that fuel efficiency (just like the 'fat-burning zone') – hey, that would mean that it 'burns' less! Exactly the opposite of what you want your body doing – you want your body burning as much 'gas' (calories & fat) as possible!

So 'Cardio' is a format of exercise that results in us burning less fat (using less fuel). So only do cardio for leisure and recreation; it's not training, and won't burn fat – the only tissue that can burn fat is muscle (and 'cardio' will actually decrease muscle (the fat burning meister)!

Get some muscle mass and work the muscle through as much range as possible!

It's fun! It's play. It's intuitive adventure! And no, you don't have to act like a hamster on a wheel! I haven't heard of any movie parts yet, save that Oscar!





Optimum **CARDIO WORKOUT...**

The time and effect of cardio-vascular exercise depends on the degree of oxygen consumption during the workout: the greater the amount, the less time required – ie. The quality of the workout is the secret to results.

The more muscle cells involved, the greater the oxygen consumption, and the less time requires, ie.

- Short HIGH Intensity training
- Pineapple is Ultra Intensity BUT Mega Low IMPACT
- Results, but no PAIN or Injury

the secret is **Bio-Oscillation**



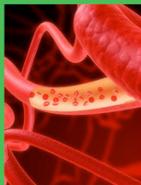
BIO-OSCILLATION TECHNOLOGY

Strength, massage and energy...

Instantly!



Increase your **VO2 max** in only 15-20 mins with **Pineapple Fitness training!**



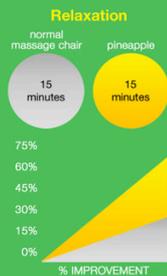
The Cardio Workout Myth

Most everyone believes (incorrectly so) that a cardio workout requires 20, 40 or even 60 minutes per day. **WRONG** – it's all about the amount of oxygen consumption, which is determined by 3 factors

- total muscle mass involved in the activity
- the range of motion of the muscles
- the resistance worked against the muscles

eg. walking involves 25% of the body's muscles and about 15% of their range of motion, ie. $25\% \times 15\% = 3.75\%$ of your potential muscle action and hence oxygen consumption.

To optimize you need to increase the amount of muscles involved, their range of motion, and activate some powerful resistance as well



The Pineapple fitness works Every Muscle – Every System

- Short High Intensity full body
- with low impact



Optimum **FAT BURNING...**

It's all about firing up your **Metabolism!**

Metabolism is the complete set of chemical reactions that occur in living cells, divided into 2 categories:

Catabolism – the breakdown to provide energy

Anabolism – the build up of cells

BIO-OSCILLATION TECHNOLOGY

Strength, massage and energy...

Instantly!



The secret to Fat burning is **high catabolic action** (ie. using as much muscle as possible) and also **ensuring an anabolic state** to give your body strength and lean structure.



The **secret weapon** to not only burn but **incinerate fat** is the Pineapple

Bio-Oscillation workout

- work every muscle
- keep your body Anabolic

An example:

A 180-pound person burns about 415 calories during a typical 60 minute "fat-burning" workout. The same person would burn **at least double** (at 800 calories+) in a **15-MINUTE PINEAPPLE WORKOUT.**

Want to **lose** your flubber and fat?
GET on your **Pineapple NOW.**



Force your body to **boost your metabolism** and to **incinerate FAT** off your Body Instantly!

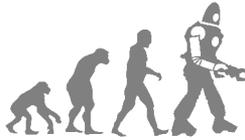
www.**pineapple**fitness.com

Evolution Fact:

Fitness was all based on using your muscles as the Intermittent, high-Energy Action

Revolution Fact:

'Cardio' is an ass backward concept!
(see below)



Hell, I don't know when I first thought this but it was confirmed to me when viewing Lance Armstrong's performance in the New York Marathon. I'd been taught through my college education and countless training certifications and seminars that cardiovascular exercise was necessary to improve the cardiovascular system and subsequently aerobic performance. I'm sure that basis of education is legion amongst many of you reading this too. But there seemed an inherent flaw in that argument. Let's say I tested your 'aerobic fitness' through a treadmill test. Then – for sixteen weeks – we developed a five-day per week aerobic training program that involved you running at various heart rates and for various lengths of times – progressively increasing in difficulty and duration – and this resulted in a very significant improvement in your aerobic fitness.

NOW, at the end of this six-teen-week period, how much do you expect your swimming times to have improved? Marginally, if at all!

Seems dumb to ask right? However – if we have one cardiovascular system – why doesn't your cardiovascular system improve across the board regardless of the activity?

Why didn't Lance Armstrong – with perhaps the highest recorded VO₂ max in history – win the New York Marathon? Or beat people with lesser aerobic levels than himself?

The greatest endurance cyclist (and possibly endurance athlete) of all time – the seven time Tour De France winner – finished 868th and described the event as the “hardest physical thing” he had ever done. Runners World Magazine actually examined Lance's physiology (and VO₂ max which was tested at 83) and compared them to the numbers of Paul Tergat (the World Record holder and defending NYC Marathon Champion at the time). They concluded: “This figure wouldn't mean much if it weren't for the pioneering research of famed running coach Jack Daniels, Ph.D., who first published his Oxygen Power tables in 1979. According to Daniels, who's rarely off by more than a smidgen or two, a max VO₂ of 83 is roughly equivalent to a 2:06 marathon.” Based on his other physical qualities, the magazine suggested that Lance was capable of running 2:01:11. (*The world record at the time was 2:04:55) Lance ran 2:59:36 (and don't misinterpret me - that's still a great time). But it's clear that the physiology didn't transfer the way standard physiology thinks and the flaw in this thinking was looking solely at aerobic capacity (VO₂ max - the “engine” as it were). Plus, it's certainly fair to say that Lance had a “Formula One” engine, i.e.: perhaps the greatest ‘engine’ of all time). But he didn't have the structural development for running. Lance was a cyclist - his body had adapted to the demands of cycling. But, NOT to the specific demands of running. In fact Lance had only run 16 miles at one time ever, prior to running the marathon



Lance had developed strength, postural endurance and flexibility in the correct “cycling muscles” but it didn’t transfer to running the way his VO2 max did.

The muscles don’t move because of cardiovascular demand. It’s the reverse. The cardio system is elevated because of muscular demand. We need to program the body based on the movements it’s going to perform – not based on the cardiovascular system.

Basically, if the muscular system cannot handle the stress of thousands of repetitions (which is what running, cycling is) then we have to condition that muscular system first. And by doing so, we automatically improve cardiovascular conditioning. The only reason there is any demand on the cardiovascular system is because the muscular system places that demand – the muscles require oxygen in order to continue to work. In fact, cardiovascular exercise is impossible without moving the muscle first. I’ve seen this across various sports. The cardio conditioning required to run a 10K won’t transfer to motocross or jiu-jitsu.

Now to highlight...

The BIG FAT Lie...

and a simple fact that is oh so pertinent to the ‘overweight’ crowd - this group of people more than anyone else has the least structural integrity - meaning that a resistance training program to target their weaknesses and imbalances has to be our first approach. Not over-repetition on a body structure not ready to handle it!

Research (Jones et al., Sports Med. 18(3): 202-214, 1994) has shown that the intensity required by the average sedentary person trying to improve their cardiovascular system will likely create an excessive structural overload – in fact in this study there was a 50-90% injury rate in the initial six weeks of training. Trying to address only the cardio system is like trying to put a new engine in a car while the front end is still out of alignment. We can increase engine “output” by working on alignment first.

And, if you saw Lance crossing the finish line in Central Park - he was not in any real cardiovascular fatigue or major oxygen debt, but he was in extreme discomfort because of shin splints (i.e.: a structural issue) - his aerobic capacity was in great shape for the race, but his muscles and joints had not adapted to the stresses of running.

Bottom line - if Lance Armstrong can become structurally and technically efficient at running - then we could be amazed what he could do with his “engine”

Conclusion - If cardio training doesn't transfer well from one activity to another - and it only 'kicks' in because of muscular demand - we must program muscular activity first - in order to create a cardiovascular response.

Evolution Tip You can only squat, lunge, push, pull, twist - doing all those in a workout is essential, with the simple progression being to aim to get as much muscle involved in as much range as possible. (We'll go through examples and program progression further in the Solutions Manual)

Evolution Fact How long can a cheetah sprint full speed? About 3 minutes.
How long can we run flat-out? The Current Mile record is 3.30, perhaps 3 minutes is the ultimate edge of human performance; that is 11 second/ each 100m split!



Revolution Fact

There is a 'sweet- spot' to how long we can exercise for with benefit. Basically about 3 minutes!

Evolution Tip

Workout in bouts of 3 minutes. Start with just one bout of 3 minutes a day. Every single one of us can commit to this. Build up to a couple of times each day.

Eventually doing a number of 3 minutes back-to-back, with further options to either do that a number of times of day, or keep building up to multiple 3-minute 'intervals' consecutively. The absolute ultimate would be 10 of them in consecutive fashion. This is an Olympic-grade workout!

Here's some further revolution science to highlight the magical 3-minute 'sweet- spot':

A ground-breaking study published in the British Medical Commission Journal of endocrine Science in 2009 identified doing 3 minutes of exercise in intermittent high- energy action (6 intervals

of 30 seconds) resulted in massive fat loss through the powerful boost in metabolic functioning after only 2 weeks.

A legendary workout described as Tabata protocol has been shown to feature incredible results in all areas of fitness. The protocol uses intermittent, high-energy action of 20 seconds on, 10 seconds off for 8 repeated intervals. (NB: the 'Work' phase here is almost 3 minutes!)

Caizzo et al '94, in a far- reaching range of studies that examined numerous types of workouts discovered that the one similarity of success was that the amount of 'actual exercise' undertaken when all the rest periods had been subtracted was about 3 minutes! Now – the 3 minute bouts of exercise is certainly the magic solution, but the essential secret is – you have to work out hard! Not trying to

damage of kill yourself but at an intensity that going to cause adaptation. (You can intuitively feel when you are actually 'working-out' and challenging your body system's to adapt to a fresh new improved YOU, or if you are just killing time!) le: You have to achieve

BENEFIT INTENSITY

Evolution Fact

If we didn't get it done, it didn't just happen. If you didn't achieve benefit intensity to chase down the prey you were catching for food – it would escape. If you didn't get to benefit intensity to haul it back home, or challenge yourself when building your shelter – it simply wouldn't be done – and sooner rather than later you would perish and die.

Revolution Fact

There's benefit intensity. The beauty is that just doing more doesn't achieve more. you simply have to focus to get to benefit intensity in a short intermittent high-energy action – and that's it. Short, sweet, simple – but you've got to give it some! It has to be at benefit intensity! Enjoy the challenge – tap into your DNA of 'fight or flight'.

Evolution Science

In 2009, the world famous Journal of Strength & Conditioning published an extensive research study that split people into 3 groups:

Group A - The control group did nothing.

Group B - Did 3 sets of 20 reps of ab-exercises 3 times a week

Group C - Did 3 sets of 20 reps daily

You would expect good to great results from groups b and c. However, none of the groups showed any significant increase in strength, reduction of their waist circumference or decreased body-fat. What a disaster! All that time and effort for zero result. WHY? Because they hadn't achieved Benefit Intensity. You've experienced this. How long have you worked out for, and suddenly realized nothing had changed! You had spent incredible time trying to achieve some great result – but unfortunately you had never been told the secret that you had to do it at Benefit Intensity, with the magic formula also being you only had to do it for a very short-period of time. A double whammy: incredible success in an amazing short period of time!

Here's some further cutting-edge sports science to highlight the amazing fact of benefit intensity and Sweet-spot (and blazing a huge floodlight on the big fat lie of the mythical one hour work- out).

Just recently in 2010, the Journal of Sports Medicine & Physical Fitness published a powerful study, which split the participants into 3 groups:

Group A: Low intensity circuit training group

Group B: Cardio-only

Group C: High intensity circuit training group.

The study proved that you have to achieve benefit intensity,

i.e.: only group C enjoyed success and amazing results in all areas of fitness.

- Weight Work capacity
- BodyFat Strength

This replicates the initial work completed in the Journal of Medicine Science & Sports Exercise in 2008, which identified the need for benefit intensity to achieve results. In this study the Benefit Intensity group exercised for less than 20% of the other groups time. ie one group ‘exercised’ for an hour thinking they were getting amazing training – whilst the other group only exercised for less than 15 minutes (But at Benefit Intensity!) and enjoyed incredible real success!

Ground-Breaking research summarizing the Benefit Intensity & Sweet-spot - “There’s a Biological Ceiling” and the “The Benefits of exercise are hormetic”

This is the ground-breaking study by Calabrese & Baldwin and published in the Journal: “Human and Experimental Toxicology 21:91-91” in 2002. This was further empowered by a potent article in the world- famous J.Physiol. 2008;586;1-2, titled, “Specificity of Training Adaptation:

“The Long-held view that the training response/adaptation is directly linked to the volume of exercise undertaken is wrong. There is obviously a threshold volume/duration beyond which additional stimuli do not induce further response and work capacity –
‘Biological Ceiling’”

le: There is a threshold of intensity that must be broached to gain benefit.

That benefit is not increased with increased effort.

In Summary:

1. You have to get over a 'threshold' to achieve results.
2. That's not 'no pain no gain' – as pain is an important message mechanism from the body to highlight danger and damage
3. It does indicate 'no discomfort, no excellence' i.e.. Challenging yourself to the next level i.e.. You've got to give it some!

AND WE'VE ONLY JUST BEGUN!

The Spaceman is coming! The world's most cutting edge sports science is blazing the signal for revolution, and highlighting the shining journey of the next evolution...

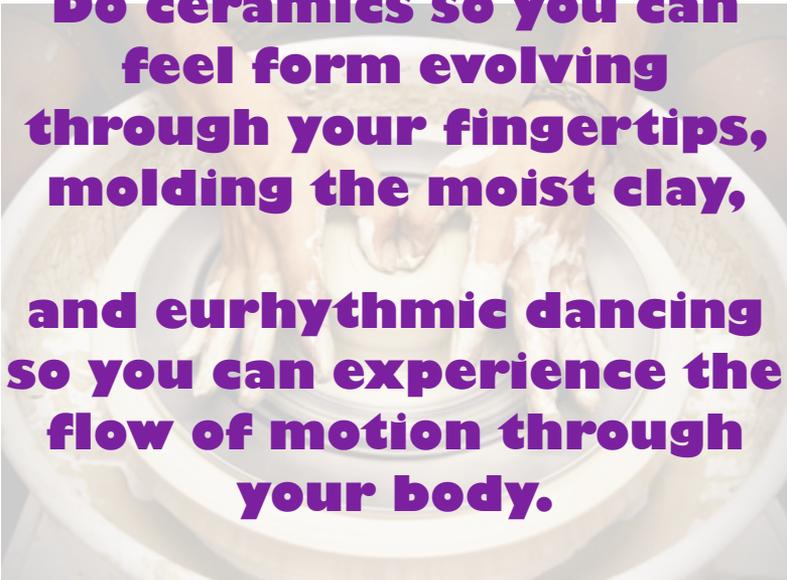
Intermittent, High-energy action!

Let's embolden the courage to throw away the ridiculous 'cardio' sessions you've been brain-drained into, and freshen, thrive and galvanize the route forward and pinpoint the evidence and best- sense!

Imagine a training program where you exercise for about 10% of the time you've previously spent, and got better results!

Jul;107(1):128-38. Epub 2009 May 14.

Want to be a fitness expert?



Do ceramics so you can feel form evolving through your fingertips, molding the moist clay, and eurhythmic dancing so you can experience the flow of motion through your body.

You might develop a sense of freedom that way.

Section 2.2 Play!



So is training only intermittent, high-energy action? If it's not 'training', then what is it? Or what should it be?

Play!

Actually that's the only reason we train – so we can Play. Think about early Evolution. Life was a matter of 'Hunting/Gathering (including building shelter) – this was all intermittent, High- energy actions OR it was PLAY! It means going for a run, cycle, hike, swim etc. It should be dominated by the total desire for that as a leisure activity. It's not a disciplined 'training-mode' – it's a leisure-driven choice. Do it because you totally want to. It's your 'play'. In addition, PLAY is the complete fun in movement/motion. It's playing games and sports.

That's what the essence of training is anyway. Ask any sportsperson (it's not the love of training; it's the love of the game that disciplines them to incredible training action and protocol.)

Play-time = Moving for the sheer leisure of it.

It's the passion and joy of freedom and movement.

*This is where you will find Inspiration and an Action-Agenda. If you are actually just doing 'long-distance' exercise because you think it's going to give you more benefit, spend a moment and ponder next time you're on the treadmill, crunching more miles for the heck of it. (That's if the previous chapter hasn't already propelled you forward to join the revolution, and begin your next evolution!)

Evolution Fact

We would only travel long-distance through a desire and choice to seek a new territory to find fresh food and shelter. Never just for the heck of it. No, we had open-ended opportunity to play with family and friends to satisfy every need of exercise (the joy of motion & movement).

Revolution Fact

The longer we engage in higher-level aerobic activities, such as those typically included in a workout, the more we secrete a nasty little group of hormones called 'glucocorticoids', with the stress hormone 'cortisol' chief amongst them.

One of the lesser-known qualities of cortisol is that it is catabolic in nature, meaning that it breaks down muscle tissue along with fat in order to metabolize this stored energy for immediate fuel.

Why is this bad?

Well, our muscles give shape and definition to our bodies. If we lose muscle faster than we lose fat, then proportionately we're fatter, even if the scales tell us we're several pounds lighter! In a society that places a higher priority on what we weigh, this is a difficult concept to grasp, but it's true just the same.

Evolution Tip Everything in your training needs to be based on Intermittent, high-energy action.

But, absolutely do still go for a run, cycle, swim etc. Ideally, explore the open-ended varieties of all these by synergizing them into a sport. It must be fun, and totally dependent on

you getting satisfaction and pleasure. This will balance the challenge with any potential damage you could cause. It's not and never will be training. Dedicate your training energy and impetus, and everything else has to deliver fun and pleasure (abounding from the training you've done) – It's PLAY.

Revolution Science Facts

An amazing and insightful study was published in the highly prestigious British Journal of Sports Medicine in 2009. It highlighted how play is the magical DNA that helps create fitness success. The study split the large group of participants into 3 groups:

group A	play group, who played soccer
group B	traditional exercise 'running' group
group C	'control' group

The Soccer and running group both 'exercised' or 'played' for the same time (one hour). However only the 'Play' group got amazing results!

- The Play group improved fitness 62% more than the traditional exercising runners
- Lost 50% more fat
- Got more lean, toned muscle
- Increased bone mineral density
- Decreased cholesterol
- Boosted fat-burning metabolism!

It clearly describes everything we have talked about in this book. A beautiful combination of fun; playful motion with fun almost chaotic movement of squatting, lunging, pushing, pulling, twisting, jumping, and leaping – combined with intermittent high- energy action!

In technical parlance: intermittent, multi-movement, multi-planer play.

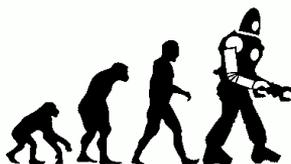
Just like the person during the evolution process: Intermittent, multi-movement, multi-planer 'exercise', i.e.: in a fashion of 'play' that is the revolution based on evolution, that revolves to be the evolution of fitness into the 22nd century.

Another incredible study identified the essence of play. It was completed in 2010 and published in the esteemed Journal of Strength & Conditioning. The study looked at the effect of swinging and throwing odd-shaped 'weights' around for just 12 minutes, i.e.: 4 bouts of 3 minutes!

The participants were free to stop and start whenever they wanted, i.e.: it was just play; they could enjoy any range of motions. Again, just play. The atmosphere was a positive one that encouraged the participants to exercise, but solely with joy of movement.

The results were outstanding - incredible improvements in all factors of fitness. The participants had intuitively achieved benefit intensity and the sweet-spot - just by play alone!

From a coaching perspective - the above study further highlights how crazy and silly it is to try to attempt a traditional 'cardio' workout with its high-impact, constant repetitive stresses - constantly hammering and damaging your joints.



Think about the variety of ways your body can move and benefit - that's how you should exercise (with adventure, play and freedom of fun into your body.

This is further backed from research in the Journal Sports Medicine that identifies the intensity required by the average sedentary person trying to improve their cardiovascular system will likely create an excessive structural overload – in fact in this study there was a 50-90% injury rate in the initial six weeks of the training Program; with muscular activity first – in order to create a cardiovascular response.

Evolution Solution:

Play. Get varied, exciting movement by exercising in an almost game-like sport fashion, rather than the damaging 'traditional cardio.'

Intuitively and with fun, develop even greater benefit intensity, and further develop into sweet-spot training. One mind-blowing piece of research published in the top-class Journal of Applied Physiology in 2009 showed that people exercising for one hour of jogging or cycling (traditional cardio) actually had negative effects and helped make the person fatter! The research showed it was actually better to sit on your bum and do nothing rather than do the “1 hr workout.”

Evolution Fact:

If there was no benefit, nothing to be achieved, then they simply did nothing! The caveman never woke up scheduling how he/she was going to get their 'cardio' session in that day – NO, if there was no action that day, for whatever reason, they he/she just kicked back!

Revolution Fact:

It's all about our genes! This is programmed into our DNA!

Evolution Action

If it's not a Benefit Intensity for a 'Sweet-spot' of time, then it's not training. So its play! Enjoy it. Only do it for the sheer pleasure, joy, challenge etc. Play is something that gives you great satisfaction and experience.

*section here to write any notes up to
NOW! (go on....)*

Play and your Midsection

The Crunch Crap

Whilst we are exploring the joys of play, I have to make mention of the Crunch Crap!

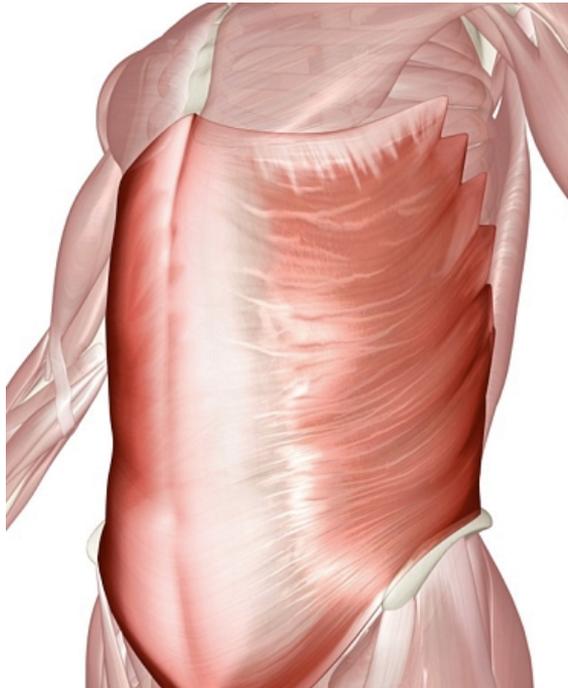
I'm not sure who it was, but I can appreciate their initial good-willed thought that began the 'crunch' culture anatomy of BS.

Yeah, it follows immediate logic as you examine the muscle 'picture' of the midsection. They contract by pulling you forward, hence, one bright spark, initiated the 'crunch'.

NOW, millions of injured and bored people later, we're open to the real facts!

The midsection is designed like a 'corset'.

The
Midsection is
a stabilizing
group of
muscles –
NOT a
shortening
mechanism
(i.e.. a
“crunch'er”)





Can you imagine the caveman – getting down and doing his/ her daily crunches! Lying there waiting for some predator to come and eat them!

NO! – They stayed strong with natural twisting and TORQUE (rotation power) that worked all their strengthening of their mid- section in a natural, organic way.

Revolution Tip

Enjoy the million varieties of exercise that challenges the mid- section to stay stable. The more torque that is applied the greater the challenge and range of overload progression.

Evolution Action

Play with your midsection. Throw balls, chop wood, surf, ski etc. Enjoy ‘instability’ challenges that engage your midsection to tone and trim with fun and play.



Revolution Science

A study released in the Journal Medicine Science & Sports Exercise in 2008 showed that the only group of exercisers to enjoy fat-loss success specifically around the mid-section was the group with intermittent high-energy action that also played sports! That combination ensured benefit intensity and fun consistent movement (Play).

Oh, and a study published at the end of 2010 highlighted that moving around outdoors reduced stress by 48% - and that was only 3 times a week for 15 minutes!

Evolution Fact:

Our main form of transport has been walking.

Revolution Tip

Get Walking! Both the American Council on Exercise and the American Medical Association have completed studies that clarify the simple fact of using your 2 legs in easy everyday situation helps burn fat super effectively.

In the Solutions Manual, let's adventure and explore how to integrate more play into your lifestyle.

Get a pet; Find a sport; Join Activity clubs etc...

The secret to success is strategy --
It's just like winning at sport...
adjust and create solutions!



**Is exercise more
important than
food?**

**Muscle is the
largest organ in our
bodies...therefore
the potential for
the greatest effect.**

**We need to activate
our muscles to
move, hence the
greatest potential
to improve fitness.**

**...Of course muscle
needs fuel to work!**

Section 2.3

Eat Food From the Land

Fruit - Vegetables - Meat - Fish - Nuts

There is no diet! None! Get over it! We eat nutrition. We enjoy nourishment.



Evolution Fact

There were no timepieces to indicate you have to eat every 3-4 hours! People simply ate as they intuitively felt.

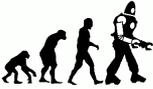
Revolution Tip

Regulation of Insulin so you enjoy a steady and constant flow of energy, balancing and maintaining your natural, intuitive control of hunger and need for nutrition.

Have you ever been presented with a large plate of natural food, e.g.: meat, chicken, or fish? You knew you could never finish it all, because your natural balance understands the calories being consumed and shuts your body down at a certain point, acknowledging it has received a vast input of food.

Evolution Fact

That's how we used to eat. Natural regulation. When your hunger arose, you would go out and "hunt" some more food.



Revolution Tip

Think about the Steakhouses that have a crazy offer/challenge on a super-sized steak to see if you can eat it all to get on the 'Hall of Fame'. Very, very few people achieve it, and certainly not without a fairly discomfoting and dedicated approach!

That's because the natural food has sent a natural signal to your body, that enough is enough.

Now think about when you see someone eat 3-4 Big Mac's when they're hungry and it still doesn't satisfy their hunger. Yet they have just eaten an absolute mountain-load of calories! The 'junk' food has kept tricking the body to keep eating. Absolutely brilliant marketing by McDonald's to keep you buying more of their product - eat more but reap a complete disaster of mon- strous effect to your waist-line!

Beware #1

The marketing skills of some very clever persons have convinced us that plastic is natural! Imagine that - natural plastic! Our common assumption when we see an item described as 'natural food' is that it is minimally processed and doesn't contain any hormones, antibiotics, sweeteners, food colors, or flavorings that were not an original (natural) essence of the food.

HOWEVER, in the USA, neither the FDA nor the USDA has any 'rules' governing the statement of 'natural foods' - i.e.: it's lawless. Just like the Old Wild West, with everything from 'snake-skin' doctors, to cowboys and the odd good-natured law-abiding Sheriff! The over-riding current

government caveat, outlined in the Food, Drug & Cosmetic Act prohibits labeling that is misleading, but doesn't give any specifics! Just like in the Wild West, it was law not to kill anyone, but it was fine to have a gun and bullets! Now... because there's no legal meaning for natural foods, many unscrupulous food manufacturers will often place 'natural' labels on foods which contain heavily processed ingredients such as vegetable glycerin; soy lecithin; mono-calcium phosphate, and mixed tocopherols. One of the worst culprits is the Poultry Industry which will often label chicken meat "all natural" even after it has been injected with about 25% of saline solution to create its labeled weight of produce!

Evolution Fact

That's how we used to eat. Natural regulation. When your hunger arose, you would go out and "hunt" some

Beware #2

Danger-list to be aware of...They are 'supplements' in the truest sense of the word.

Definition = In the United States, a dietary supplement is defined under the Dietary Supplement Health and Education Act of 1994[10] (DSHEA) as a product that is intended to supplement the diet

They allow for efficiency – but are not a substitution.

Otherwise, you would see the world's greatest athletes 'eating' only via intravenous drip – with the perfect calculations of 'super-nutrients'.

You need the whole food. In fact, some of the world's top athletes have incredibly constructed diets, but all based on eating actual food. It can sometimes be challenging to find the time to buy, prepare and cook the meals, but always remember that is the solution!

I once heard a nutritionist boast about their 50+ daily pills! That is insane.

Nutrition Facts ● 1	
Serving Size 1 cup (253g) ● 2	
Servings Per Container 4	
Amount Per Serving	
Calories 260 ● 3	Calories from Fat 70 ● 5
● 4 % Daily Value*	
Total Fat 8g ● 5	13%
Saturated Fat 3g ● 6	17%
Cholesterol 130mg ● 7	44%
Sodium 1010mg ● 8	42%
Total Carbohydrate 22g ● 9	7%
Dietary Fiber 9g ● 10	36%
Sugars 4g ● 9	
Protein 25g ● 11	
Vitamin A 35% ●	Vitamin C 2%
Calcium 6% ● 12 ●	Iron 30%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower ● 4 depending on your calorie needs:	
Calories: 2000 2,500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

1. Title: When you see the title “Nutrition Facts,” you know this is the current information label approved by the Food and Drug Administration.

2. Serving Size: Is your serving the same size as the one on the label? If you eat double the serving size listed, you need to double the nutrient and calorie values. If you eat one-half the serving size shown here, cut the nutrient and calorie values in half.

3. Calories: Are you overweight? Cut back a little on calories! Look here to see how a serving of the food adds to your daily total. This can vary from 2000 calories to several thousand more for

someone very, very active.

4. Daily Value: Feel like you’re drowning in numbers? Let the Daily Value be your guide. Daily Values are listed for people who eat 2,000 or 2,500 calories a day. If you eat more, your personal daily value may be higher than what’s listed on the label. If you eat less, your personal daily value may be lower. For fat, saturated fat, cholesterol and sodium, choose foods with a low % Daily Value. For total

carbohydrate, dietary fiber, vitamins and minerals, your daily value goal is to reach 100% of each.

5. Total Fat: Aim low: Most people need to cut back on fat! Too much fat may contribute to heart disease and cancer. Try to limit your calories from fat. For a healthy heart, choose foods with a big difference between the total number of calories and the number of calories from fat.

6. Saturated Fat: A new kind of fat? No--saturated fat is part of the total fat in food. It is listed separately because it's the key player in raising blood cholesterol and your risk of heart disease. Eat less!

7. Cholesterol: Too much cholesterol -- a second cousin to fat -- can lead to heart disease. Challenge yourself to eat less than 300 mg each day.

8. Sodium: You call it "salt," the label calls it "sodium." Either way, it may add up to high blood pressure in some people. So, keep your keep your sodium intake low -- 2,400 to 3,000 mg or less each day.

9. Total Carbohydrate: When you cut down on fat, you can eat more carbohydrates. Carbohydrates are in foods like bread, potatoes, fruits and vegetables. Choose these often! They give you nutrients and energy.

10. Dietary Fiber: Grandma called it "rough- age," but her advice to eat more is still up-to-date! That goes for both soluble and insoluble kinds of dietary fiber. Fruits, vegetables, whole-grain foods, beans and peas are all good sources and can help reduce the risk of heart disease and cancer.

11. Protein: Most Americans get more protein than they need. Where there is animal protein, there is also fat and cholesterol. Eat small servings of lean meat, fish and poultry. Use skim or low-fat milk, yogurt and cheese. Try vegetable proteins like beans, grains and cereals.

12. Vitamins & Minerals: Your goal here is 100% of each for the day. Don't count on one food to do it all. Let a combination of foods add up to a winning score.

Let's Summarize and quickly crush some of the crazy food myths out there.

Myth:

Mini-meals are better than just a few main meals a day.

Truth:

Many people trying to burn fat believe eating several small meals a day is a guaranteed way to quash hunger and assist fat-burning. No science has substantiated this. A study of 10,000+ people done in 2009 identified that with 'mini-meals' persons were actually 69% more likely to gain fat! The key is how big the mini-meals are!

Evolution Fact

It was a constant variety of mini-meals some days and only 1-2 meals on another day. The constant was an intuitive control over the calories at each meal.

Revolution Fact

The essence of food is fuel to keep you alive! It is also a social feast to share with your friends and family. However, remember the primary role was to ensure you 'fed-up' the energy to hunt for more food in the future, or escape being some other animals food. These intuitive mechanisms ensured we didn't overeat.

Evolution Action

Eat natural foods which will allow your body to naturally tell you when it's full and nourished.

Myth:

To lose weight, you have to cut out carbs and fat, but especially the carbs.

Truth:

Lots of diets preach that you have to restrict your carbohydrate (especially) and fat. A crushing study in 2009 and published in the prestigious New England Journal of Medicine outlines otherwise! It was a 2-year study where people were placed on meal plans with varying restrictions of carbs, protein and fat. The results? Everyone lost the same amount of weight - highlighting that the amount of calories you ate was the critical factor.

Myth:

Eating at night causes weight gain

Truth:

There are many people who believe that your metabolism magically plummets like a lead weight sinking into the ocean. Nonsense! It doesn't matter if you overeat in the evening, morning or middle of the day, overeating is overeating, and if your daily calorie consumption is too high, then bingo - you're going to gain fat!

Revolution Tip:

Develop the awareness and feel of how much food is required to satisfy your desires, plus complements the amount required to function your body optimally.

Myth:

Low-fat foods are a great and healthy choice.

Truth:

Re-read Chapter 1 which highlights the obesity epidemic we're in! We're the only society that has ever lived on the planet who has had the choice of 'Low-Fat'! We're the fattest society of people that has ever lived, yet the only society with the choice of 'Low-Fat'...Yeah, re-read that, and really ponder it!

Fact:

Low-fat foods have to have something in them to give them taste! That something is an 'un-natural' smorgasbord of monster sugars and associated artificial flavorings that trick your body into not feeling full. Add that fact to the marketing hype (surrounding 'low-fat') that creates an atmosphere where you think it's OK to eat a little more, heck it's 'low-fat' or zero-fat!

Myth:

A calorie is a calorie is a calorie.

Truth:

A calorie isn't a calorie! Why not?

It's not what goes in your mouth – it's what goes in your bloodstream.

Burning a log produces energy. Do you think eating the same log would produce the same energy? No way! Your tummy doesn't deal well with bark! Your hormonal response to foods is different. Does your body react the same to 1000 calories of steak and 1000 calories of vodka?

Nutrient-density is the key!

Section 2.4 - Use your Brain!

Not quite Rocket-Science! Whoa Nellie... hold your horses a little before you brush through this. This is probably the most important part! As we first identified, it almost entirely starts with our brain.

Two areas I would like to identify are:

- Brain Fitness
- Uncovering the obvious choices for you

Brain Fitness

Just like every other part of us, if you don't use it you will lose it's function. (Use it or lose it!) – Giving your brain a fun workout is just as important as your body, and if you can synergize the two together... well that's the ultimate in effective and efficient solution. We'll keep exploring this through the chapter.

Obvious Choices

The key word assigned here, is 'uncovering.' They are many, many things we know are good and beneficial – but for an almost unknown reason, we as humans constantly and consistently destruct our good thoughts and intention, almost as a game of sabotage! Eating fruit and vegetables, getting enough sleep, not drinking too much etc...

Most times we have an inbuilt excuse that seems to relay that it's not really our fault, it's out of our personal control!

WRONG!

Re-read the chapter which identifies and describes how we are trillions of genes that can all be either turned on or off. Yes, we really do have ultimate control of ourselves.

Let's call this: The Gene Fallacy

THINK YOU CAN DO IT AND YOU CAN! WHATEVER YOU BELIEVE, YOU'RE RIGHT!

Evolution Fact

We are a hunter, gatherer. Our whole existence is created on specific and directed actions to hunt and gather food, stay away from predators, and mate to reproduce our next generation. All these require us to use our brain to consistently and continually make smart decisions.

Revolution Tip

No-one starts or does anything without an end. Think of what you've just done – turned the page over! You did it to achieve the target of reading more, or adventuring to see if there was anymore to read! Going out of your house – you don't just walk, and hope there's a door somewhere! You identify a doorway and then follow through on a number of further actions to successfully open and walk through the empty space. What about every exercise you've ever done? What's the reason for it? What was your aim? What was your motivation?

Your brain, the whole of You, is just an adaptation mechanism, if you don't think - you'll lose the ability!

USE IT OR LOSE IT!

Luckily, that also means that as long as you 'train' and 'exercise' it, you can make it better!

It has long been proven that exercise increases brain function through the increased blood circulation to your brain plus increased cognitive pathways. The most recent science also highlights that ‘strength-training’ (often the butt of dumb-jock jokes) is a significant player in the exercise-brain power equation. The key finding is that it enhances your “gene expression”, or pushes all parts of your being (brain & body) towards your genetic potential.

Evolution Fact

Life was that you wanted to stay alive; literally ‘alive’ – vibrant and flowing in movement. The activity meant survival, and those that chose not to made a stupid mistake. You can draw an easy line between exercise and intelligence!

Revolution Fact

Think now of Fitness in 4-D! Not just the 3-D of all the movements (squatting, lunging, pushing, pulling, twisting) but also your brain power. The Neurokinetic supercharge you enjoy when you exercise; your nervous system making fresh connections and vibrantly working through existing ones.

Uncovering the Obvious

Fitness Shoes fallacies

Every shoe company seems to be launching a range of ‘magic shoes’ promising to tone you up and burn more fat!

Evolution Fact:

We never had shoes.

Revolution Fact:

It's a little far fetched to expect you to go barefoot with all the trash and dangerous shards that exist outside! However, that's the principle of solution. Numerous 'independent' studies have tested the efficacy of so-called 'fitness shoes' – the resounding summary is, no they're nothing magical. If they do help to inspire you into action, well that's fabulous; they've achieved great positive benefit

Evolution Action

Identify shoes that are as neutrally and as near bare-foot as possible. This ensures you move exactly as you're designed. Neutral shoes work out all the small muscles in your feet that would normally be 'shut-off'.

Pills & Potions

C'mon – do you really believe deep-down that taking one of those 'pills' or 'potions' is going to make that crazy, incredible change... just from ingesting one?

Evolution Fact

Nothing existed except good, balanced and natural food choices. As we look through evolution, and some of the things that have taken place, superhuman feats really existed; it actually becomes clear that these amazing feats can be achieved by a natural body without any pharmaceutical aid.

Not eating poisonous things

Doesn't sound on-par with Einstein's theory? Whoa! Have a look in the mirror! What have you eaten recently that could be termed 'poisonous'? Nudge-nudge – anything coming out of a packet that could 'hang-out' on the grocery

store shelves for a long-time, is full of ‘poisons’ – all designed so that the ‘food’ can be conveniently packed and stored on a shelf. Super convenient for the company ‘making’ the food, but a poisonous disaster for you.

Revolution Fact:

Unfortunately, some of our natural foods no longer contain the nutrients they once did. To nourish the trillions of cells in our bodies – we do need some help! It’s certainly a ‘smart’ choice to ensure you take a multi-vitamin/mineral each day

Evolution Fact:

There was an amazing range of foods available to eat. The more squeamish amongst us would probably rebel, but those foods had some perfectly great nutrition in them. The essence of food and eating is to fuel our bodies. Anything that didn’t achieve that would make us ill, and if we persisted, would have killed us. It’s exactly what’s going on today with the disguised and flavorful ‘poisons’ that exist!

The cycle of death is

- a.) High Fat / High Toxic food (ie. Poison)
- b.) builds up in your liver & intestines
- c.) resulting in low-nutrient absorption & Fat-Metabolism
- d.) Slowing your Fat-metabolism & increasing Fat-storage
- e.) meaning hunger-cravings & low-energy
- f.) resulting in high fat / high toxic intake of food

DON'T EAT POISON!

Section 2.5 - Sleep / Rest

...Getting enough of it

Evolution Fact

There was no 'work-clock' to sign into or out of. No peer pressure to work longer hours to try and acquire a promotion. NO - just plenty of opportunity with a choice to rest as much as we intuitively needed. Our 'modern society' has warped our natural needs and program.

A 2010 study by the University of Chicago pinpointed that getting a good night's sleep, ensures double fat-burning effect!

Double-trouble - the sleep-deprived were hungrier and ate more as well; further confounding the troubles and problems!

The answer is all based on our genes and certain hormones whether

being turned on or off; depending on the sleep volume.

If you get enough sleep a hormone called gherlin is 'turned on' - boosting your metabolism.



To highlight the importance of quality rest.

- Colorado State University researchers measured how long fat continues to be burned after brief periods of exercise. Participants exercised for two minutes then rested for one minute. They continued this cycle for 20 minutes. The researchers found that participants continued to burn fat at a high rate 16 hours after the exercise. Even while they rested, their fat oxidation was up by 62%. Another study done at Stanford University School of Medicine tried to find out how long people needed to exercise to get this benefit. The study demonstrated that ten intense minutes of exercise is enough to burn body fat.

It's my Genes!

I bet you've made an excuse that it was because of your genes (your genetic make-up)

And Evolution might make you think you're onto something!

Hold-On!

Here's something that will shine forth the Revolution and catapult a fresh evolution: "No, your Genes aren't set!" A study released in October 2010 from the Institute of Metabolic Science at Cambridge University highlights that living an active lifestyle can reduce people's genetic predisposition to obesity by about 40%.

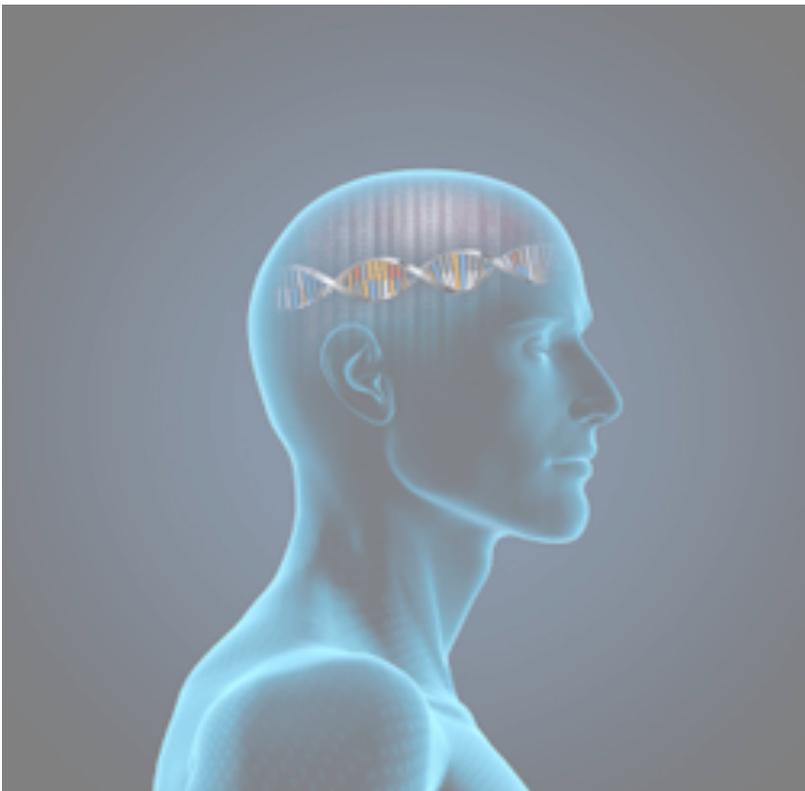
They evaluated identical twins (so you know their genetic profile is the same). One was directed to exercise and be active; the other didn't, crushing the view that exercise doesn't help people lose weight if they are genetically predisposed to obesity!

SO USE Your BRAIN
It's not your Genes – it's your Mind!

Remember, whatever you believe – you're right!

However, do please access the most up-to-date information!
And get moving, enjoy getting FIT (Functional Intelligent
Training)

“It's not the strongest nor most intelligent that
survives, it's the one most responsive to change.”



Solutions Manual



STAGE ONE: EXERCISE / MOVEMENT



EVOLUTION FACT

You, we, all of us as humans have only a certain range of movement:

- Squat: (pictures alongside each of these)
- Lunge
- Push
- Pull
- Twist

Everything is a combination of these: it's the principles and foundation of movement.

Foundation ONE

Just move...

Enjoy at least a balance of all these movements daily. Here are some ideas on how everyday motions can incorporate these in (remember Chapter 2.4 and engage your brain as well)

Walking upstairs

Lifting something from the floor

Pushing a trolley

Cleaning

Gardening

Foundation ONE (b)

Stability to Mobility. Ensure strength and coordination to achieve a stable position before adding more dynamic. Think about building a castle! Ensure a good foundation – which is always the basic stability of every exercise.

Tip: If you can't stop the motion at your desire and then hold yourself stationary, well then, you're not stable! Think of it like 'playing statue's'!

Foundation TWO

Achieve Benefit Intensity

Benefit Intensity means that you're moving and exercising strongly and powerfully enough to create a fresh change in your body. It's a level that's progressing a little bit more than

you've done before. It doesn't mean you have to try and 'kill



yourself'.

"No pain-no gain" is probably the worst and biggest myth out there. Pain is a signal from your body that something is WRONG. However, if you do want to achieve a level of excellence then the mantra certainly is no discomfort, no excellence. Discomfort means you are challenging yourself at fresh intensities of effort that quite obviously will bring some discomfort – that's the point, you're trying to shift

yourself from a 'comfort-level' of status quo to a fresh echelon of excellence.



Use your brain here: Progress, and enjoy the process of developing a fresh level. There's a saying, "Rome was not built in a day." Remind yourself of that! One training session is not going to dramatically 'build Rome' – it's a progress and strategy to continue with fun and enjoyment.

Think about driving a car. You don't drive it flat-out all the time. But it's great to drive it with some real wham every so often, and getting some more oomph into the motor certainly makes it more fun. That's the way to initially progress – little bursts of fun (top speed), and the enjoyment of getting more 'horse-power' into your 'motor'.

Write down what you thought your 'top-speed' was, and chart it to watch it increase.

Foundation THREE

Do it for the Sweet-spot of time.

As we clearly identified earlier, just doing more doesn't mean greater results. There's a biological ceiling! A cap to what your body can 'absorb' – beyond that you're just wasting time.

The target is to build your top-speed up, and to try to go for top-speed for 3 minutes.

BUT – use your brain. Start with 30 seconds and rest for 30 seconds: do this 3 times.

THEN - add an extra movement/exercise afterward so you are now doing 6 minutes.

Aim to build up to 15 minutes of top speed. This will probably take you almost 30 minutes with various rest.

The ultimate superhero might be able to go as near to Benefit Intensity exercises for 30 minutes!

Everything below 30 minutes fits in with Sweet-spot of time, and making sure you're doing at least 3 minutes means you can get results and amazing action!



Foundation FOUR

Explore and adventure multiple combinations of exercises and back-to-back sweet-spot of time and Benefit Intensity.

The progression is Simple (one motion at a time: squat, lunge, push, pull or twist) to 'Complex' (multiple motions at once, e.g.: squat and push to an even more complex lunge, pull & twist etc.

Aim to add some combinations.

Keep it to 3 minutes per combination, then look to add up to 5 combinations together – with as little rest as possible in between.

Chart how long you can go for (up to 3 minutes). If you can do it for 3 minutes – make it more challenging again. and how long you need to rest before you start the next combination.

The target is to reduce the rest time, so you are staying at benefit intensity the whole 5 combinations back-to-back!

Revolution Action:

Adding Spaceman to Caveman

The principles of movement have been around since the start of time, and the Law of Progression (Fitness overload) is now clearly charted (i.e.: You need to achieve benefit intensity for the sweet-spot of time to achieve a result.)

But is there a bigger secret?

Yes - you can now get even more! From evolution, we know that certain things can 'supercharge' us, i.e.: the 'fight or flight' response that's built into our body systems that ensures jolts of supercharged energy.

Wouldn't you want to have that every time you trained? You know what to do now - make every exercise a 'fight or flight' response - but without having to go into combat or flee away from danger.

Boom-Boom!

There's an answer and solution. It's a neurokinetic supercharge!

Brilliant! The technology is called **Bio-Oscillation®**, and makes every exercise 'fight or flight' in your body.

Bio-Oscillation®

The benefits

The human body is made up of trillions of cells. A Bio-Oscillation® Platform is designed to ‘communicate’ directly to the cells within your body - like a special cell phone hooked up to every single part of you! The amazing things that you can ‘shout’ down that cell-phone are:

- Increased muscle fiber recruitment – instantly be stronger!
- Optimized hormonal response – instantly be healthier.
- Enhanced neurokinetic power – immediate co-ordination and control boost.
- Enhanced neurokinetic power – immediate co-ordination and control boost
- Improved flexibility – be ‘stretchier’ NOW.
- Mental optimization – Einstein on ‘tap.’”
- Elevated metabolic expenditure – crank-up your fat-burning furnace!



See: APPENDIX- All this is achieved without any negative side-effect, that previous vibration machines create, and also related wellness and fitness drug and pharmaceutical aids.

In summary, Bio-Oscillation® supercharges the cellular effect in your body, i.e.: it makes your cells into Superheroes. In fact, a happy Superhero. Research out of the University of Alabama published in Dec 2010 highlighted how people that are depressed and unhappy gain weight. The first step is to overcome depression! Bio-Oscillation instantly boosts all your 'feel-good' and happy hormones!

HOW BIO-Oscillation works and supercharges all your cells
(see APPENDIX)

Spaceman meets Caveman #2...

➔ Bio-Resistance™

Evolution Fact

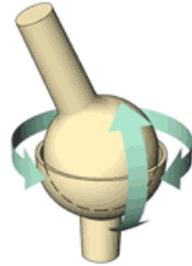
We are designed to rotate!

Revolution Tip

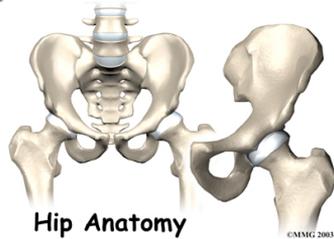
Train like you're designed: with rotation!

Evolution Action

Rotational fitness tools which also ensure you get a TOTAL core workout; training both you brain & body



The shoulder joint



Hip Anatomy

Cable-Core™

Various pieces of fitness equipment exist to allow a person to use their body weight.

Some problems are:

- Lack of suspension, reducing the opportunity of exercise that can be performed.
- Lack of rotation, making the exercise potentially dangerous, as the body's muscle symmetry is not stimulated.
- Lack of variable resistance choice.
- Rigid suspension straps, rendering potential impact danger and discomfort.
-

So let's add a 'Twist'.

The Cable-Core™ solves the above problems, and creates an optimum device for fitness and wellness achievement.



- It uses a pulley to allow a more complete range of exercise options plus fitness & wellness exercises.
- It's use of a pulley means rotational torque is added to every exercise and movement – resulting in balanced stimulation potential for all muscles, and improved fitness and wellness opportunity.
- A brake bar is created in the pulley to allow the user to apply a brake when necessary to slow the rotation movement and thus reduce the rotation torque into the exercise.
- A spring is fitted between the secondary hook and master hook to provide flexibility of the motion performed reducing any danger of jarring, and

The fundamental of human existence is primal movement: namely pushing, pulling, twisting, squatting, and lunging.

The idea of fitness is to provide appropriate resistance level to ensure benefit.

This Cable-Core™ allows all primal movement to be achieved with variable resistance controlled by the Brake Bar, and depending upon certain positions of the user, and hence leverage of their bodyweight.

The midsection of the human body is designed to maintain stability – termed ‘core or column strength’ – thus the correct method to exercise the ‘core’ is challenging stability and allowing the functional movement of rotating the spinal column around its axis. The Cable-Core™ complements this application exactly, allowing for variable resistance so users of any level can exercise appropriately, and with the crucial element of rotational torque being applied to every exercise.



The Cable-Core™ achieves a portable and condensed solution for fitness and wellness with the additional benefit of added rotational torque and safety optimization.

Studies done by the University of Virginia, using the Cable-Core versus traditional weight training, emphasize that the Cable-Core resulted in more than 2.4 times greater improvement!

How / Why?

Simple - It recruits more muscle and forces those muscles to work together.



X-Bag™ - “ding-dong bells are wrong, XBAG is IN.”

There are many fitness resistance items. - e.g.: some ‘Bells’, Dumbbell, Barbell, Kettlebell. A number of problems exist:

- They are made of rigid material with a hard surface, making them both un-inspiring, uncomfortable and only limited way to pick up the device (i.e. grab, hold)
- The rigidity also renders them dangerous; if struck against the user, and also if struck against any surface.
- The rigidity also means there is no shifting momentum when in use, highly reducing effects of shifting dynamic and reducing performance potential.
- As the weight load increases, it becomes very difficult to transport due to the heavy resistance.
- The rigid nature means they are not adjustable in resistance load/weight.



The X-Bag™ creates an amazing solution: It highlights the fuse of Evolution/Revolution with a ‘caveman’ style tool that has had a space-age makeover! It’s a space-age version of a caveman rock or big lump of wood!

- It is made of soft, live (the substance inside can always shift its load) material that has an ‘organic’ feel to it, allowing a user to pick-up the device in any manner, and constantly varied, because the material inside is always free to move.

- The soft organic nature and use of indestructible material renders the device safe to be projected against surfaces without breaking. It also provides a highly reduced soft impact to the user or the surface it strikes against.
- The Live nature, by having free-moving substance (the embodiment is to use sand or metal shot) creates a constant dynamic shift. This increases muscle activity optimizing the performance of the user, and optimizing their return on training effort and time expended.
- It can be filled or emptied, allowing for total portability. The user can choose to empty the unit completely for transport, and then fill it to desired resistance load when they get to their destination.
- It can be filled or emptied, depending upon choice of user, providing broad range of variable resistance. Allowing one device to sustain their total fitness and wellness needs.



The fundamental of human existence is primal movement: namely pushing, pulling, twisting, squatting, and lunging. The idea of fitness is to provide appropriate resistance level to ensure benefit.

The X-Bag™ allows for all primal movement to be achieved with variable resistance depending upon their desire.

You can lift, carry, throw, and hold etc the device. It is constructed from indestructible material.



Xcite your X-training – get Xplosive

Octopus™

Fitness machines have been made in the past to create variable resistance, with a number allowing for complete range of motion in the natural and functional planes of a human. They all have a problem in that they create ‘reactive-force’ (i.e.: as the user performs the exercise movement, the resistance being used causes a reaction force into the user’s body. It follows that the greater the resistance, the greater the reactive force).



- Reactive force can cause potential danger if the resistance is too strong for a user and the exercise movement becomes uncontrolled.
- Reactive force can also accumulate a ‘break-down’ effect in the ligaments, tendons and other soft tissues in the user exercising, plus the associated muscle groups.
- Reactive force is a dissipated energy, and means less than optimal result to the user, meaning a poor return on time and effort invested in the exercise and activity.
- The problems can be summarized as increasing risk of injury and inflammation of tissue, plus reducing the result manifestation and subsequent decrease in motivation to exercise.



The Octopus™ friction to create the resistance, with choice for different levels of resistance available by selecting to turn a resistance knob to a stronger or weaker setting. This solves previous problems with Fitness machines.

The Octopus™ is a mirror of the human anatomy in particular the ball and socket joint at your shoulders.

This creates a fitness solution, as it means:

- Perfect match of functional movement that you are designed to perform as you exercise – i.e.: replicating the use of your shoulder ball and socket joint.
- Hence, you can enjoy a complete range of motion in the natural and functional planes possible giving you the greatest opportunity for fitness success.
- You can achieve any resistance setting for the exercise, meaning you have choice and control to optimize your fitness success.
- It is also portable and adaptable to any setting or surface, i.e.: it can be placed on a floor, wall or ceiling surface. (Surfaces including all levels of structure or machinery as well), meaning you have motivational opportunity to exercise wherever you desire.



Octopus™– move like you've got 8 arms!

ÜBER™

The ÜBER™ for rotational torque uses friction to create the resistance, with choice for different levels of resistance offered by selecting to turn a resistance knob to a stronger or weaker setting.

The ÜBER™ solves previous fitness and wellness problems by allowing your upper body to exercise in synergy with your anatomy i.e.: the human anatomy for the upper body as founded on the ball and socket joint at your shoulders.

The OGI creates a solution:

- Matching & mirroring the functional movement you are designed to perform as you exercise.
- Providing you enjoyment for a complete range of motion in the natural and functional planes.
- Enabling you to achieve any resistance setting for the exercise.
- Safe, zero-impact.



ÜBER™: Upper Body Exercise Rotation



STEP ONE - EXERCISES

Here is a sample of some workout's

Also log-in to PineappleFitness.com for fresh ideas, inspiration and motivation

ÜBER

Standing Exercises



#1 Shoulders
Twist your hands back & forth. Try different angles with your hands, like palms to the front, or palms facing.



#2 Shoulders, Back and Arms
Rotate and twist one hand in a circular motion. Hold the other hand steady. Try extending your arm while rotating.



#3 Back, Biceps, Abs
Extend arms to the side and twist. Keep hips pointed forward. Try arms at different heights.



#4 Chest, Biceps
Twist and rotate with both arms. Hug and try holding for 3-5 seconds.



#5 Biceps
Rotate and curl into your bicep. Keep the other arm stable.



#6 Triceps
Flutter your hands up and down. Focus on working one arm at a time.



#7 Forearms, Shoulders, Abs
Rotate, twist and turn. Work on flowing easily from movement to movement.

ÜBER

Push-up Exercises



#1 Front to Back
Palms forward at top, backward at bottom.



#2 Back to Front
Palms backward at top, forward at bottom.



#3 Back & Front
One palm backward, one palm forward.



#4 Back & In
One palm backward, one palm inward.



#5 Palms Back
Both palms backward at all times.



#6 Palms Inside
Both palms inward at all times.



#7 External & Internal
At top, rotate palms forward to backward



ACTIVATION/STRETCH



POP & LAND



PADDLE



1-LEG SQUAT



SQUAT & 1-ARM PULL



PULL/HAUL



PLYOMETRIC PUSH-UP



SPIDERMAN



LUNGE & TWIST



WINDSCREEN WIPER

pineapple fitness



Modahl P7

Squat

Basic-Hold ¼ to ½ squat



Med-Full squat



Adv. 1-leg squat



Push-up

Push-up on knees



Full Push-up (then elevate legs)



One-arm Push-up



Ab-hold

Engage & contract abs in stable position



"Table-top"



1 leg on the ground 1 extended - lift torso



Side Plank

On knees



Full position



Rotate arm



Side Lunge

Static, drive weight through the leg on the platform



Additional weight and lift up the "anchor" leg



Completely drive other leg into the air



Dip & Bridge

Dip, extend



Dip, extend, plus drive through hips to extension



Extend legs to a straight position



Reverse Lunge

Static, and drive weight through the leg on the platform



Additional weight and lift "anchor" leg



Completely drive other leg into the air



Stand



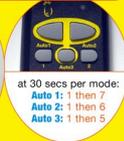
Lie



Sliding Scale

"Push to get more juiced" 1=lowest, 7=highest

Auto Function



at 30 secs per mode:
Auto 1: 1 then 7
Auto 2: 1 then 6
Auto 3: 1 then 5

the EVOLUTION of training

www.pineapplefitness.com

STEP TWO PLAY & SPORT

'It's all strategy – just like winning at sport! In fact, the best solution is to apply it like sport.

Take a visit to your local book-store and wander your eyes through the 'sports' section

What inspires you?

What excites you?

What fires a passion?

Search for a local club/association/membership using the internet

Call them - get involved.

The best time is NOW

Don't ever think you need to 'catch-up': you just need to start NOW.

Indoor sports

Outdoor sports

Action sports

Team sports

Individual sports...

GET STARTED NOW



Your Solutions Food Manual

All foods ‘from the land’ are great as we discussed in Chapter...

Some are a little more fantastic, and I’ve laid out of menu of the top choices.

All these foods have gone through my ‘SuperFood’ test – which is a 5-part evaluation.

Just because a food doesn’t exist on this list, doesn’t mean anything is wrong with it, it just hasn’t achieved all the criteria (e.g.: pomegranates, which taste great, have rich nutrient-content, can be very expensive, which stops it from getting on the list. If they’re affordable in your locale and budget – fabulous get them on your menu).

The 5-part Evaluation:

Part I: ‘Food from the Land’ – it must be a whole, natural food, that hasn’t been highly-processed or contain any artificial ingredients.

Part II: The food must be super-nutrient dense. ‘Nutrient-dense’ is the simple analysis of the number of nutrients in ratio to the number of calories, i.e.: high nutrient density is when nutrients are high in relationship to low calories.

You get all your essential nutrients for the least number of calories (maximum bang for your buck)!

Part III: The food has to be widely available, i.e.: common ‘everyday’ foods that you will be familiar with. Some supersonic food from the Amazonian forests can sound great, but if the reality is you can’t get access to it – then

Part IV: The food has to be affordable so you can easily action it into your lifestyle, and not be a luxury treat. Solutions are consistent and constant actions! Be aware to season's and proximity of the source to ensure the 'price' doesn't get warped.

Part V: The food has to taste great. Hey, this goes with Principle x – 'Use your Brain' If you don't enjoy it, you're never going to do it forever.





Vegetables

Asparagus

Great for your heart; in fact for all your cardiovascular functioning.

Asparagus is an excellent source of energy, vitamins and minerals. The potential smell in your urine that asparagus causes, highlights how it helps your kidneys function well.

Avocados

A vital, fruity fat! Avocados boost your vitality and although it has a high fat content for a fruit – these are health promoting fats.

Beets

A superstar that gives your heart ‘beat’ with some unique phytonutrients and a complete range of minerals and vitamins that generate energy to give you antioxidant power plus flush your digestive system.

Bell Peppers

Ding-ding! Bell peppers are a great all-rounder: antioxidant, energy-provider; full of fiber and some unique phytonutrients to optimize your brain fitness.

Broccoli

The Immune Warrior! Broccoli fights off disease, plus has an outstanding rich composition of vitamins, minerals and phytonutrients to give you energy, fight cancer, and strengthen you.

Brussels Sprouts

Roll over Beethoven and Vienna. Brussels Sprouts are rich in both disease fighting phytochemicals, plus a full range of minerals and vitamins for complete and optimum fitness.



Cabbage

Beyond a 'patch' and the doll. Cabbage is chock full of cancer-protective phytonutrients, plus anti-inflammatory omega-3 fatty acids - alongside a potent range of vitamins and minerals powering galvanized health.

Carrots

The favorite food of Bugs Bunny. Its benefits are legendary with regarding optimizing your eyesight due to their amazing Vitamin A content. They are also rich in Carotenoids which help reduce cancer risk and also regulate your blood sugar. In addition, they have special photo-nutrients that aid your colon.

Cauliflower

Detox, anti-inflammatory and antioxidant wonder with a rich completion of vitamins, omega-3 fatty acids, minerals, protein and fiber

Celery

Cholesterol-lowering king, plus it eases your blood-pressure. Celery is an excellent source of vitamin C, and has a super supply of minerals and fiber.

Collard Greens



Collard Greens

Cholesterol lowering anti-inflammatory with great digestive properties. Collard greens are an excellent source of a complete host of minerals, vitamins and fiber.

Cucumber

Cool as a cucumber! Cucumber has great beauty and skin 'magic', with high concentrations of certain minerals as well as key vitamins.

Eggplant

Unique phytonutrients that boost your brain power + powerful anti-oxidant. Eggplant is a very good source of many minerals, dietary fiber and some key vitamins.

Fennel

Unique phytochemicals make fennel an anti-oxidant wonder-horse and free-radical scavenging monster. Fennel has a great concentration of minerals.

Garlic

'The Stinking Rose' helps blossom your cardiovascular ability and reduces stress based on its unique sulfur composition. Plus excellent source of certain minerals with balanced range of vitamins and protein.

Green Beans

An energy supercharger! Green beans have a fabulous range of vitamins, minerals, omega-3 fatty acids and some protein and fiber.

Kale

Almost unsurpassed in health benefit, this superhero is a standout in three basic areas: (1) antioxidant and anti-inflammatory nutrients, (2) macronutrients and (3) cancer-preventive nutrients called glucosinolates. Kale is a near completion of minerals, vitamins and even free-fatty acids.



Leeks

Part of the Garlic and Onion 'brotherhood' that displays amazing cardiovascular and anti-oxidant power. Leeks have some amazing mineral concentrations.

Mushrooms

This mysterious fungus is a queen of phytonutrients; optimizing immune strength and anti-aging prowess. Mushrooms are an excellent source of many minerals, and full of protein.

Mustard Greens

Fabulous detox and anti-inflammatory ability. Mustard greens are an excellent source of many vitamins and minerals as well as fiber.

Olives

A 'protector', charged to fight free-radicals and provide heart and gastro-intestinal support. Olives are a very good source of monounsaturated fat and a good source of dietary fiber.

Onions

A unique combination of its brother 'garlic' sulfur



qualities with its own special mix of flavonoids – makes this an ‘unknown super-power’. Onions are packed with energy, immune-power and bone-supporting strength.

Potatoes

A country was built on them (Ireland!) It’s a wonderful all-round protector and energizer with a make-up to rival Broccoli!

Romaine Lettuce

A nutritious preventer of many potential health issues. Romaine lettuce is super rich in vitamins plus fiber, and a sprinkling of key minerals.

Sea Vegetables

A turbo-packed injection of all the Ocean’s minerals! Anti-inflammatory, anti-cancer, anti-oxidant vessel! Sea vegetables are unique amongst all vegetables in terms of their nutritional profile. Perhaps unrivaled is their diverse mineral content as well as spectacular phytonutrients.

Spinach

Popeye-powered, spinach is incredibly rich in vitamins and minerals, plus it is also concentrated in health-promoting phytonutrients and flavonoids to provide you with powerful antioxidant protection.

Squash

A disease-fighting ‘warrior’ and unique prostate-protector. Squash is an excellent source of manganese and vitamin C. It is also a very good source of a wide range of vitamins, minerals,

manganese and vitamin C. It is also a very good source of a wide range of vitamins, minerals, omega-3 fatty acids and it's filled with protein as well.



Sweet Potatoes

Sweet tasting sugar-balancing champion with incredible anti-oxidant power. Sweet potatoes are rich in unique phytonutrients and have unique antioxidant properties.

Swiss Chard

If Popeye was a European he'd be eating Chard! Rivaling the amazing Spinach, Chard holds additional magical blood-sugar balancing qualities.

Tomatoes

The red baron of anti-cancer and antioxidant wonder, flying the 'nutritional skies' with imperial prowess, protecting you from all manner

Turnips

An amazing 'all-rounder' to have on your team, with the ability to 'cover' in all areas of health from protector, provider and energizer! Turnip greens are an excellent source of many vitamins & minerals. Plus packed full with omega-3 fatty acids, and protein.

Yams

Not as sweet as Sweet Potatoes, yams originate from Africa and are a leader in cardiovascular protection.



Fruits

Apple

Adam's appetite-controller. Apples have unique phytonutrients that help balance your hunger and blood-sugar

levels, plus wonderful Vitamin C expression to fight cancer and cardiovascular disease.

Apricots

A sensual queen of 'Carotenoids (a range of Phytochemicals) that illuminates your sight and soothes stress reduction. Apricots are rich in key vitamins that provide powerful antioxidant action.

Bananas

Pre-packed energy! Bananas are your turbo-charge, and provide a great balance of protection and internal system relaxation.

Blueberries

The Free-Radical Ranger! Blueberries have immense anti-oxidant strength, and protection of your heart and eyesight. Additional phytonutrients aid brain-power!

Cantaloupe

A functional energetic student who scores A+. Cantaloupe is an excellent source of vitamin A, providing incredible functional skills including vision and general cell functioning, plus other vitamins to provide antioxidant power.

Cranberries

Crush cancer with Cranberries and their astonishing array of phytonutrients which also offer antioxidant, anti-inflammatory health benefits.



Figs

Beyond covering nudity, figs helps fight fat with their high fiber content that makes you feel full. They also aid in lowering elevated blood pressure.

Grapefruit

A champion of Vitamin C with immense anti-oxidant properties, grapefruit is also a good source of dietary fiber plus contains phytochemicals that activate detoxification.

Grapes

A juicy protector that fights a broad section of potential disease away from you, and helps reduce the effects of aging. It has a powerful antioxidant effect with a fantastic array of phytochemicals.

Kiwi

This emerald delight exudes not only tropical flair but a power-punch of antioxidant and general well-being with its wonderful composition of vitamins and minerals.

Lemon / Lime

A brother/sister combination that charges you with anti-cancer and antioxidant powers. They contain a full array of nutrients, including amino acids, vitamins, minerals, fiber, sodium and fatty acids. Squeeze 'em into your food, or just a glass of water to keep fully stoked.



Orange

A healing angel that's more than just vitamin C. Oranges are a great energizer with their profile of B vitamins, plus overall great protector for your entire being with a full array of nutrients also including amino acids, minerals and fatty acids.

Papaya

A protective angel composed of the unique enzyme papain (which aids recovery and regeneration), plus rich in antioxidant nutrients that promote the health of your cardiovascular system and also provide protection against colon cancer.

Pear

A single dose of a pear protects your cells and also has superb antioxidant qualities.

Pineapple

This spiky superhero energizes and has a unique regenerating and anti-inflammatory property with its signature Bromelain ingredient. It is additionally an excellent antioxidant plus source of dietary fiber.

Plum

Antioxidant hero and brother to the Prune, both have a unique array of phenols, that combine with the high concentrations of vitamins powers' amazing antioxidant properties. In addition, plums are a good source of dietary fiber.

Prune

Sisterhood antioxidant hero to the Plum with its unique range of phenols.

Raisins

An amazing convenient package of boron for bone strength and phenols for antioxidant protection.



Raspberries

The 'anti' Queen rich in phytonutrients that provide superb antioxidant, antimicrobial and anticarcinogenic Protection.

Strawberries

Their heart-shape highlights the fabulous protective properties through an array of phenols, phytonutrients and antioxidant protection.

Watermelon

THE thirst-quencher with antioxidant and energy super-powers

Eggs & Low-Fat Dairy

Cheese

With 1000's of varieties, you'll find a wide variety that you love the flavor of, and reap the benefit of its empowering calcium content. Calcium protects against cancer; strengthens your bones, plus eases migraines.



Eggs

Protein-packed brain booster! Eggs provide an incredible source of choline; an essential part of brain functioning.

Milk 2% or below

Dynamic energy-boosting bone strengthener. Milk is a very good source of strength vitamins, plus cardiovascular health and energy production.

Yogurt

Anti-aging convenience! Yogurt is rich in minerals and energy vitamins. Yogurt's 'live cultures' also power up your immune system, has and have a great dollop of protein.

Beans & Legumes

Black beans

You probably know a story about 'beans' and flatulence, yes they are high in fiber! Black beans are also power-packed with protein and a great antioxidant plus aids in being an energy provider as well!

ChickPeas

A star of fiber and protein. Chickpeas also help lower cholesterol and provide tons of energy with a super rich mineral concentration.

Kidney Beans

A fiber all-star, plus energy generator! Packed full of fiber and minerals- they also help lower cholesterol.

Lentils

A mighty all-rounder!
They're flowing with
minerals and power-
packed with protein.

Lentils are an energy generator that also regulates your
blood-sugar.



Miso

Provides an amazing dose of trace minerals that
support your immune function, energy production,
bones and blood vessels.

Pinto Beans

A fiber all-star that protects your heart with its
amazing phytonutrients. They're also packed with
protein and an energy generator.

Soy Beans

A great alternative to meat with excellent protein
content, plus high levels of essential fatty acids,
numerous vitamins and minerals. Also isoflavones, and
fiber - a wonderful protector and promoter of health.

Tempeh

A superb alternative to meat with excellent protein
content, high levels of essential fatty acids, numerous
vitamins and minerals, isoflavones, and fiber. It has a
great ability to lower your cholesterol and regulate your
blood sugar. Plus, it's an anti-prostate cancer.

Tofu

Protein-packed and rich in minerals for energy and
antioxidant protection, tofu is also chock full of
omega-3 fatty acids for cardio-protection.



Poultry & Lean Meats

Beef

The Protein Factory! Ideally choose organic and lean. Beef is also super rich in all the B vitamins, especially B12 which reduces risk of colon cancer. So ignore the 'bad press on red meat', which only applies to poorly cooked and prepared options, and get Beef!

Chicken

Protein-packed and cancer protector! Chicken has excellent mineral qualities which also fires up your metabolism. Rounded up with a complete range of vitamins for energy production.

Lamb

The Immune Warrior. Beyond just protein-power, Lamb has incredible quantities of zinc to aid your immune functioning. A full complex of B vitamins means excellent energy generator as well. Baa!

Liver

Beyond protein, liver is an exceptionally nutrient-dense food as it is an excellent source of many vitamins and minerals.

Turkey

Protein supercharged, turkey is additionally a very good source of immune-supportive minerals and heart-healthy vitamins. Enjoy year-round!

Venison

Ultra low-fat protein charged, energizer! Venison has a great array of vitamins and minerals.

Seafood



Essential fatty acids are so named because they are essential for our health but cannot be made by the body. They must, therefore, be obtained from foods. Cold-water fish are a rich source of the omega-3 essential fats, a form of essential fatty acids in which the standard American diet is sorely deficient.

The other form of essential fatty acids, the omega-6s, are plentiful in a variety of commonly consumed oils such as corn and safflower oil. In fact, the omega-6s are so plentiful in the typical American diet that too much omega-6 is consumed in proportion to omega-3s - an imbalance that promotes inflammation, thus contributing to virtually every chronic disease in which inflammation is a key component.

Cod

A Power Protector! Cod is an excellent source of protein and select minerals and vitamins. Cod has incredible protective qualities with its source of Omega-3 fatty acids which also improve mood. So be happy and chow up your Cod!

Halibut

A nutrient King! In addition to the high-quality protein, halibut is rich in important minerals that galvanize your overall health plus has the beneficial omega-3 essential fatty acids.

Salmon

An exceptional fish due to its amazing range of Omega-3 essential fatty acids. Salmon is a leading protector against all levels of disease, aging and



boosts your mood and brain power!

Sardines

Heart and bone power, with exceptional levels of vitamins. Plus

a balancing dose of minerals protein and omega-3's.

Scallops

C-protector! Scallops are amazing for cardio-protection and a range of cancers! Scallops have some exceptional mineral concentrations.

Shrimp

Low-fat, low-calorie protein, plus a full array of vitamin, minerals, and omega-3's. "Throw one on the Barbie mate!"

Tuna

Very similar to Salmon – an exceptional fish with amazing nutrient density

Nuts & Seeds

Almonds

A little monster of nutrition that's power-packed for energy, strength and protective qualities. Almonds have been proven to reduce cholesterol, heart-disease and aid weight-management

Cashews

An anti-oxidant energy boost! Cashews are a turbocharged with minerals.

Flaxseeds

An anti-inflammatory, cholesterol-lowering protector! Flaxseeds have an incredible quality of Omega-3 essential fatty acids plus phytonutrients. They are also a great source of fiber.



Olive Oil (extra virgin)

The Mediterranean Marvel! A superfood for your heart; protecting, plus providing anti-aging benefits in concert. Olive oil is a concentrated source of monounsaturated fats plus contains phytonutrients that have antioxidant activity. It's the fat that helps you lose fat!

Peanuts

Rivals fruit for antioxidant power! Peanuts are also packed with protein, plus fats that help you lose fat!

Pumpkin seeds

Great for your prostate and bone strength. Pumpkin seeds are a very good source of minerals plus protein.

Sesame seeds

A special protector with its high concentration of phyosterols, that in particular help reduce cholesterol. Sesame seeds are a very good source of the minerals that protect your bone and joint fitness.

Sunflower seeds

Hunger-busting anti-oxidant hero! Sunflower seeds have an excellent source of vitamin and minerals.

Walnuts

Be as tough as a walnut with this protector and brain booster. Walnuts have an amazing quality of omega-3's, phytochemicals and select minerals.



Grains

Barley

Lower your Cholesterol and stay regular with barley's rich minerals and fiber.

Brown Rice

An energy generating antioxidant! Plus a full range of phytonutrients makes this so superior to white rice.

Buckwheat

Energy supercharger that lowers blood pressure and cholesterol. Buckwheat is powered with protein, key minerals, fiber and significant flavonoids.

Corn

Energy and Health! Corn has a fabulous range of phytonutrients and is a good source of many nutrients that will amplify your fitness to fresh levels.

Millet

Repair and protect. Millet is high in rejuvenating minerals.

Oats

Energizing, protein-packed and amazing antioxidant! A whole country (Scotland) was built on Oats! No wonder.

Quinoa

A complete protein (all 9 essential amino-acids). Quinoa is wonderful antioxidant as well as full of minerals.

Rye

Fight Fat, diabetes risk and gastrointestinal problems with this high fiber 'knight'. Rye is a good source of minerals and protein, plus some great phytonutrients.



Spelt

A 'shield' for your heart, reducing all range of associated potential disease, and reducing the risk of diabetes. A great source of protein and fiber.

Whole Wheat

Whole Truth! Wheat is essential to be 'whole' to keep the range of vitamins and minerals intact and available to you.

Spices & Herbs

Basil

An anti-inflammatory protector with its unique profile of flavonoids and oils. Basil is also bountiful in vitamins and minerals.

Black pepper

Spice it up for better digestion and internal health. Black pepper is an excellent source of select minerals and dietary fiber.

Chili

The spicy Fighter! Crush pain and inflammation with chili peppers' magical ingredient, capsaicin. It also has a nice range of vitamins and minerals.



Cilantro

A Healing Angel with its high concentration of wonderful and unique phytonutrients. Cilantro seeds are also very good source of dietary fiber.

Cinnamon

The anti-machine! Anti-microbial, anti-clotting, anti-sugar-spike! Cinnamon has a fantastic range of oils plus is an excellent source of minerals and dietary fiber.

Cloves

Anti-inflammatory anti-oxidant. Cloves are charged with vitamins, minerals and omega-3 fatty acids.

Cumin

Tons of Iron for amazing energy and immunity. The iron helps transport oxygen from your blood into your cells.

Dill

A healing maven through its unique composition of: monoterpenes; and flavonoids. Dill seed is also a very good source of calcium (for bone strength), and a good source of the minerals for additional antioxidant protection.

Ginger

A soothing anti-inflammatory that's great for your digestion. It packs a punch to boost your immune system with key minerals.

Mustard

A healing wizard. Full of phytonutrients to protect you, plus great concentrations of minerals for anti-inflammatory effect. Mustard seeds also have a good dose of omega-3 fatty acids and protein.

Oregano

Nutrient-dense anti-oxidant. Oregano is an amazing source of phytonutrients, plus minerals, vitamins and omega-3 fatty acids.



Parsley

Far more than a decoration for your food, parsley is a powerful anti-oxidant with its range of phyto-oils, flavonoids and micro-nutrients

Peppermint

A pain-reliever and anti-cancer agent! Peppermint is a great source of select vitamins, plus it has a wonderful range of phytonutrients that adds to its protective qualities.

Rosemary

The sweet smell of circulation! Rosemary aids your blood flow, boosts your immune system and has an anti-inflammatory effect.

Sage

Get sage wisdom with this brain booster. Rich in flavonoids and phyto-oils, sage also has a strong anti-inflammatory effect.

Thyme

Time's up for cell damage! Thyme has great recovery properties with its high concentration on phyto-oils. It's also a great source of calcium to protect and strengthen your bones.

Tumeric

A cleansing, anti-inflammatory that has a strong nutrient density of vitamins and minerals.



Natural Sweeteners

Cane Juice

More natural and less refined than sugar without any known side-effects. Cane juice is also high in vitamin B2 to provide energy.

Honey

Packed with micro-nutrients and phytonutrients. Honey is nature's nutritive sweetener and is a useful anti-oxidant and anti-microbial agent.

Maple Syrup

Sweet nutrient power with less calories than honey. Great for your immune system with a strong supply of zinc and strong anti-oxidant effect with a good dose of manganese.

Molasses

Strong and energetic sweetener! Molasses has a great supply of manganese and copper, and is a good source of iron, calcium, potassium and magnesium, providing strength, energy and some antioxidant effect.

Other



Green Tea

China's nectar! Green tea is rich in unique flavonoids giving amazing antioxidant and anti-cancer effect. Plus powerful fat-burning and brain boosting power as well as protecting your internal organs.

Soy Sauce

Liquid protein! Soy sauce is an excellent protein source and is also rich in manganese which helps the general functioning of your body.

Water

The essence of life. Pure, natural water does not contain protein, fat, carbohydrate or fiber. It is also calorie-free. Certain spring waters will contain minerals in it.



Brain Fitness

Your thoughts...

What and how you think is totally controlled by you.

It sounds easy but we all have come across challenges that tamper and inhibit this simple formula.

"What do I do?" is the scream.

Let's examine some common issues:

- ▶ Lack of Confidence
- ▶ Negative thought
- ▶ Bad mood

Life is a spiral – either going up or down. Arrest the downward spiral, get a stop, then get some 'upward' momentum and motion of your spiral into a positive mode. STOP the downward:

- Acknowledge the situation
- Think about a previous success and/or great experience
- Relate that to your current situation
- Set a small goal you can quickly achieve
- A victory is a victory
- Set the small goal (no matter how small)
- Work off the new momentum
- Keep winning!
- We all love victory and the sweet smell of success

- Galvanize more
- Optimize!



You are what you think.

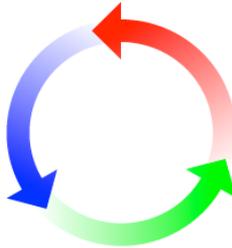
Some things to work on...

- ▶ Awareness-Appreciation 'Cycle':

The more aware you are, the more appreciative you are

In turn...

The more appreciative you are, the more aware you become



- ▶ The glass half full...

The door that closes, opens another...

The island where all the islanders wore no shoes, what an amazing opportunity to sell them shoes! (If you were a shoe-salesman and landed on an island where everyone was barefooted - what would you think)

It all depends on your perspective

Your perspective is driven by your thoughts.



What do you want?

What are you prepared to 'pay' for it?

What's Essential to you?

**Do as little as possible to achieve
the essential, not as much as you
can.**

Be effective and efficient – Optimize!

Stay fresh, fun and excited.

There are so many programs and our brain is quite amazing in its complexity.

Let's keep it as simple as possible.

YOU ARE WHAT YOU THINK.

The answer really lies in what you want to be:

➔ A solution person with a perspective that sees and understands wisdom, learning, opportunity and answers even in tragedy or less than optimum successes

Or...

Someone who accepts a failure as a result.

Life is merely a journey and every step is part of that journey. Understand this perception and adjust your thoughts to a more flowing, fluid process that allows you to craft victory and success in everything.

It's just like exercise; fluid, flowing and endless in discovery.

Galvanize and Optimize

You are Special!

Yes, even on a 'bad-day' – there's only ONE you on the planet. Be a first-rate version of yourself, not a second-rate version of someone else!



You are the Boss.
Be Great
You Decide!

There is no one way. There is only Action.
Positive Thought & Positive Attraction

Yes – there are important tools, but remember just that:
Tools.

If you want to test it out - sit there and think of something you want and see if it happens! Similarly imagine sitting in the middle of a freeway and thinking for all the cars to miss you!

Attraction:

Imagine standing in the middle of Times Square and expecting the person you 'want' to meet coming up to you and saying hello.

Evolution Fact

Without action, nothing took place.

Revolution Tip

Decide what you want -
decide what price you're prepared to pay.

Evolution Tip

- Work on appreciation/awareness cycle.
- Define what's essential.
- Do what you need to achieve the essential, nothing more.

Whatever you believe – you're right!

RELAXATION / REJUVENATION

Chill time. Write down 3 of your favorite things/
places – let’s craft a solution that re-creates that
– into a daily practice. (see Brain Fitness)

(yeah, really do this...

List 3 of your favorite things/places

.....

.....

.....

Use these to act as a reference ‘anchor’ for you.
A mental ‘safe-point’ you can explore and
adventure to - to initiate ‘relaxation /
rejuvenation’



Also explore, adventure and experiment with additional 'body-tools'

Try massage / bodywork

Be Social - we are an organism that's designed to interact with others. Surround yourself with people you feel happy and comfortable with. Create yourself an ocean of good energy vibration engulfing you. You are the atmosphere and environment surrounding you.

Try Bio-Oscillation® – Use it daily and even multiple times in the day.

PLUS get out into nature:-

Go to a parks, visit the countryside, art gallery, flower shop/stall, Zoo, Aquarium....



APPENDIX



Pineapple Fitness is driven to inspire movement, functionality and optimum health.

ie. Improve Performance in the best, fastest and safest method.

Based on

- Understanding humans
- Harnessing technology
- Liberating solutions

We term it Fitness Darwinism, as it's the Evolution of Training. A marriage of primal movement (understanding humans) with space-age machinery (harnessing technology) that can stimulate optimally the trillions of cells that we are made up of. It's a fusion of musculo-skeletal and cellular action that ensures the most effective and time-efficient workout possible. (liberating solutions)

A pineapple isn't a single fruit, each spike is a fruitlet - so in fact a pineapple is a combined and connected thing of lots & lots of 'systems' - just like we are! ie. a combined and connected 'body' of systems.

Pineapple fruit also has a significant core - just like us. In fact our core is our nervous system - activating not only our midsection muscles but in fact every muscle and movement!

Pineapple is also unique that it contains bromelain, a special element proven to improve performance and recovery.

The Pineapple name is an eponymous connotation of vibrant, fit and healthy lifestyle.



You might also have heard of the weather system “Pineapple Express” or even the movie. Pineapple Fitness is the quickest most effective & efficient ‘workout’ on the planet.

Hey - there’s too much fun out there to waste any training time, and life is too important not to enjoy amazing results from your training

Pineapple creation

Pineapple was founded by Nick Morris an expert in functional fitness training for express results, with a background in the high-stakes world of training Olympic &



World champions. Nick has been exposed to a wide variety of training methodology & research information – with the key premise being to produce incredible and fast results. He has rigorously evaluated/analyzed current science plus leading-edge techniques and applied his personal intuition to streamline practical applications to optimize your workout” He was an early pioneer of compound movements for sports training, and has a foundation philosophy that the body is a complex body of dynamic systems, and trains people in a holistic manner, aiming to combine as much functional chain movement and energy systems together as possible.

He began investigating WBV (Whole Body Vibration) training, at the turn of the Millenium, and this is his current review:

General Benefits of Whole Body Vibration

The first recorded use of vibration for the improvement of performance was in ancient Greece, where a saw covered in cotton was used as a tool to transmit mechanical vibrations to injured parts of the body that was not functioning properly. In the 1880s and 1890's, Dr. John Harvey Kellogg was using vibrating platforms at his sanitarium. These were part of his "wellness" strategies for his patients

The immediate predecessor of modern vibration training is Rhythmic Neuromuscular Stimulation (RNS). In former East Germany [Dr. Biermann \(11\)](#) was experimenting with the use of cyclic oscillations on the human body back in the sixties

In that same era the Russian scientist Nazarov found practical uses for athletes from the work done by Dr. Bierman. He observed a substantial increase in flexibility and strength after the application of vibrations in the athletes he studied. - [Kunemeyer & Smidtbleicher \(12\)](#).

Mechanical stimulation generates forces on the body. These forces cause the muscles to lengthen, and this signal is received by the muscle spindle, which transmits to the muscles involved. Due to this subconscious contraction of the muscles, many more muscle fibers are used than in a conscious, voluntary movement ([Issurin & Tenenbaum 1999 \(13\)](#)). This is also causes the heightened EMG activity ([Bosco et al.\(10\)](#), [Delecluse et al.\(14\)](#)).

Due to this, muscles are incited more efficiently ([Lamont et al. \(15\)](#); [Cormie et al.\(7\)](#) ; [Bosco et al.,\(10\)](#); [Rittweger,\(16\)](#); [Abercromby et al.\(8\)](#)). The immediate effect of WBV is therefore that the muscles can be used quickly and efficiently, making them capable of producing more force. Another immediate effect of WBV is an improvement of circulation. The rapid contraction and relaxation of the muscles at 20 to 50 times per second basically

of the muscles at 20 to 50 times per second basically works as a pump on the blood vessels, increasing the speed of the blood flow through the body (Kersch-Schindl et al (17).; Lohman et al. (18)).

Another important difference between conventional training methods and WBV is that there is only a minimum of loading. No additional weights are necessary, which ensures that there is very little loading to passive structures such as bones, ligaments and joints. That is why WBV is highly suited to people that are difficult to train due to old age, illness, disorders, weight or injury. On the other hand, it is also highly suitable for professional athletes who want to stimulate and strengthen their muscles without overloading joints and the rest of the physical system (Cochrane et al(19); Mahieu et al.(20).

These benefits have been researched on specific training regimes to show improvements in several specific areas. Power Cormie et al (7) found that WBV resulted in a significantly higher Vertical Jump Height immediately following vibration. Whole-body vibration is a positive potential warm-up procedure for increasing vertical Jump Height.

Speed

Paradis & Zacharogiannis (25) found that performance in 10 m, 20 m, 40 m, 50 m and 60 m improved significantly after 6 wk of WBV training

Rejuvenation/Healing

Lohman et al. (18) stated that circulation plays a vital role in tissue healing. Significant improved and continued skin blood flow was caused by standing on the WBV platform alone, ensuring advanced rejuvenation and healing.

Flexibility

Fagnami et al (21) found that after 8 weeks of training (10 minutes of WBV 3 times a week.) Significant improvement was found in Strength, Power and flexibility of the Vibration group. No significant change was found in the control group.

Pineapple Bio-Oscillation®

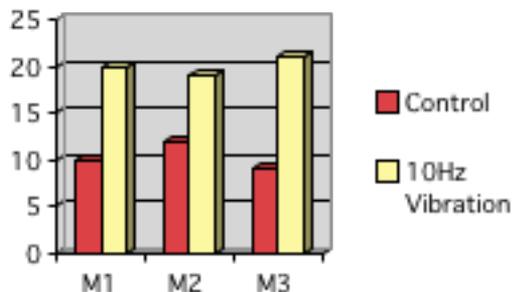
The common conclusion of the above WBV research, was to suggest investigating the protocols, ie. Amplitude, frequency.

Intuitively Nick knew this, as this extended from his foundation philosophy of us humans being complex dynamic systems, and thus more than one parameter drives the stimulus. Allied to his frequent exposure to Eastern culture, and the effects of Qi and energetic flow to realize human performance benefit.

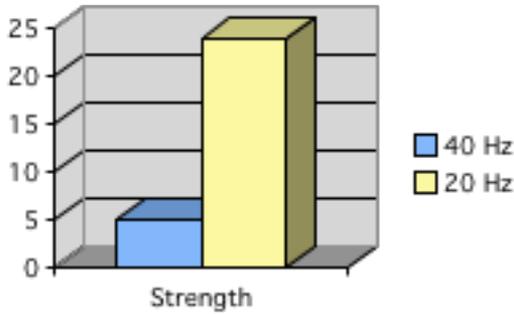
Two poignant research articles highlighted the potential solution

- [Mileva et al. Med Sci Sports Exer. 2006 Jul;38\(7\): 1317-28](#)

Where low frequency, ie. 10 Hz showed profound strength improvement (which had only previously been viewed at 30Hz and above)



Which identified 20Hz to create greater strength improvement than 40 Hz



At the same time – it was being discovered that Nitric Oxide (Molecule of the Year in 1992), and proclaimed by many of the most eminent scientists on the planet as the “Hero of Human Biology” was a previously unknown factor in many acts of performance enhancement., was actually a vital catalyst and activator for human improvement.



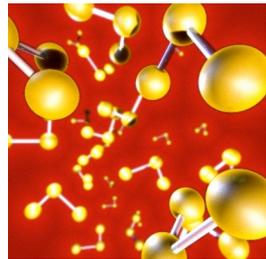
To summarize Nitric Oxide is a gas which disappears within 4 secs of its release into the blood-stream. It is has been shown to be released by exercise but no other method – as scientists have attempted to administer it as a drug or supplement (ie. To achieve the same effects as exercise) – but have failed without bad side-effects.

Nitric Oxide

- Widens blood vessels
- Promotes and anti-inflammatory effect
- Improves co-ordination & balance
- Enhances brain power
- Helps prevent heart problems.
- Nick discovered a host of research being done where scientists were looking at Nitric Oxide release and the use of low frequency vibration to stimulate this.

Research highlights

- Sackner et al (2005) – Nitric Oxide is released into circulation with whole body periodic acceleration
- Fujita et al. (2005) Whole body periodic acceleration enhances the release of nitric oxide
- Sackner et al (2005) Moderate exercise releases the same level of Nitric Oxide as passive whole body periodic acceleration:



This cemented in Nick's mind to create a fresh form of vibration equipment. He developed his own range of performance enhancement platforms – based on 3 key principles

PRINCIPLE 1: Safety on Whole Body Vibration

The International Safety Organization threshold for human tolerance of vibration, ISO 2631, establishes a level of 0.9g as the safe level for vibration. With g-forces that exceed this level, discomfort can arise not only from pain in muscle and joints, but from induced alterations in visual perception and tracking. Ignoring such dangers, g-forces that greatly exceed 1.0 are the very basis of some devices and should be approached with caution.

As early as 1938, [Coermann \(22\)](#) reported discontinuities in visual activity between 25 and 40 Hz for whole body vibration (WBV). In addition, he noted that at some acceleration levels, vibrations above 20 Hz temporarily diminished patellar reflexes, a finding which has since been confirmed by [Goldman \(23\)](#), [Roll et al \(24\)](#).

As a result of this research and the recommendations by the ISO, the Pineapple platforms do not exceed 0.9g and the maximum frequency on the platforms is 20Hz. Indeed the Pro platform, which is the predominant



PRINCIPLE 2: Pure Vertical Motion

The Pineapple Platforms all have pure vertical motion (Lineal) through the patented linkage system. Gravity is the force against which the human body is designed to operate and it is this force that WBV accentuates to produce its benefits. Any lateral movement adds no benefit and in some cases can be a cause of injury as joints are not designed to tolerate random sideways movement.

Abercromby et al (8) and Burkhardt (9) stated that vertical movement is the most defining component in generating and inducing muscle contractions. They also concluded that vibrations transmitted to the brain were significantly less with non-side alternating systems



Bosco et al (10) was the first scientist to prove that every person has his own muscle frequency and that human bodies are designed to absorb vertical vibrations better due to the effects of gravity. He also stated that, many machines vibrate in three different directions: sideways (x), front and back (y) and up and down (z). The z-axis has the largest amplitude and is the most defining component in generating and inducing muscle contractions.

PRINCIPLE 3: Functional Design

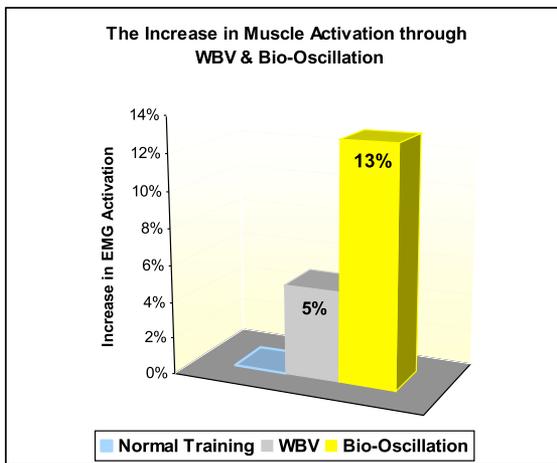
Pineapple is an 'open' platform design to ensure that any exercise or activity can be achieved – total functional movement.

This also ensures proper core training



He tested this by cross-comparison research against some key WBV studies, and in the primary areas of fitness, namely: Strength, Cardiovascular function (Cardio), Flexibility

Strength



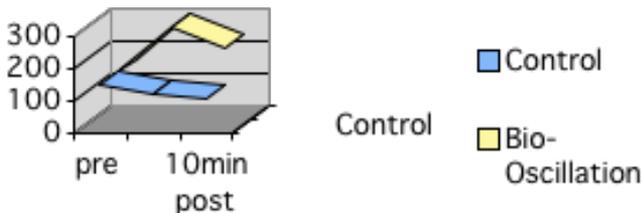
Control / Normal Training (No additional muscle action)

High frequency WBV: WBV-induced increase in leg muscle activity during different squat exercise. Roelants, M, Verschueren, S, Delecluse, C, Levin, O, and Stijnen, V. *Journal of Strength and Conditioning Research*, 20(1), 124-129, 2006

Pineapple Bio-Oscillation: The analysis of Quadriceps and Hamstring Muscle activations during Pineapple Optimal Vibration Fitness training-Y Song, C-C Hu, T-B Su., and H-J Lee; Biomechanics laboratory, Graduate Institute of Physical Education, Health and Leisure Studies, Department of Physical Education, National Chia-Yi University

Cardiovascular function

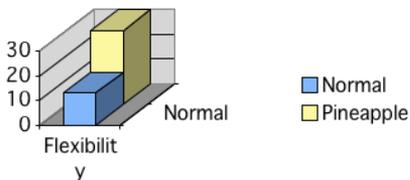
Lohman et al. Med Sci Monit. 2007 Jan 18;13(2):CR71-76
Mester et al. J Biomech. 2006;39(6):1056-65



We extended: Med Sci Monit. 2008 Mar;14
(3):CR112-116. In conjunction Dr Colleen Hinds to mirror
these findings using only 15 Hz.

Flexibility

J Strength Cond Res. 2006 Feb;20(1):192-6



We verified this with

Pineapple Bio-Oscillation

Effect of Whole Body Vibration on Muscle Tone and Hardness of
Lower Extremity in the Patients with Spinal Cord Injury

Yu-kuang Wu, Kwan-Hwa Lin, Chang-Yi Yen, Hsing-Kun Wang
School and Graduate Institute of Physical Therapy, College of
Medicine, National Taiwan University, Taipei

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UPDATES:

Mitochondria - These are the 'energy powerhouses' in your cells. They supercharge us with dynamic energy and vitality. We replicated a ground-breaking study (Spine, 19 (13): 1455-61:2005) that stated **Bio-Oscillation® increases the volume of mitochondria (the energy powerhouses in your cells) guaranteeing you increased energy with both muscle power and recovery.**

Plus researchers at the University of South Carolina have just proven that the same effect happens in brain cells. "Exercise Training Increases Mitochondrial Biogenesis in the Brain." to be published in the American Journal of Physiology

French National Rugby Team: Runner's Up World-Cup 2011



In seeking a fresh solution to substitute Plyometric training in their fitness camps - the FFR investigated a whole series of WBV machines. Similar to the problem with regular plyometric (of 'impact on joints & tendons) - the FFR found the 'traditional WBV' machines to be

- Linked to injuries due to the high frequency machines
- and risk of trauma to internal tissue and organs

They discovered Pineapple Bio-Oscillation and their research revealed

Provides a 'Plyometric' effect without the trauma, impact or risk of injury.

Pineapple also ensures

- Additional recruitment of stabilization muscle

- Additional endurance effect into the muscle.

They conclude that it's

- Perfect for In-Season power development
- Perfect for Off-Season additional Strength
- Perfect for Pre-Season Endurance into explosive muscles

Addendum

Pineapple Bio-Oscillation (and unlike every other form of fitness vibration - there is No g-force!

Remember we are basically just water (ie. 70% of us is water)

No g-force is like being in water, meaning that Bio-oscillation synchronizes even more profound effect and action than any other forms of vibration.

The essential foundation is that we are trillions of cells all connected, combined & united together. Progress in 'performance' is entirely based on cells communicating to each other (perfectly highlighted in a study by Dr. Norman Pollock in Georgia that has earned Pollock the 2011 American Society for Bone and Mineral Research Young Investigator Award. Summarized that cells talk to each other!

Bio-Resistance™

As at Printing: highlights of research

Cable-Core training improves balance, kicking velocity and torso stabilization strength in elite soccer players

Yu-kuang Wu, Kwan-Hwa Lin, Chang-Yi Yen, Hsing-Kun Wang
School and Graduate Institute of Physical Therapy, College of Medicine, National Taiwan University, Taipei

Conclusion: The unique functional training program performed using the Cable-Core clearly improved static balance and reduced low back-pain. In addition, a small but significant improvement in kicking performance was observed. The Cable-Core appears to be an effective modality for enhancing control and joint stability

Baseball: Training with Cable-Core improves throwing performance in University- standard players G-Y Song, C-C Hu, T-B Su,, and H-J Lee

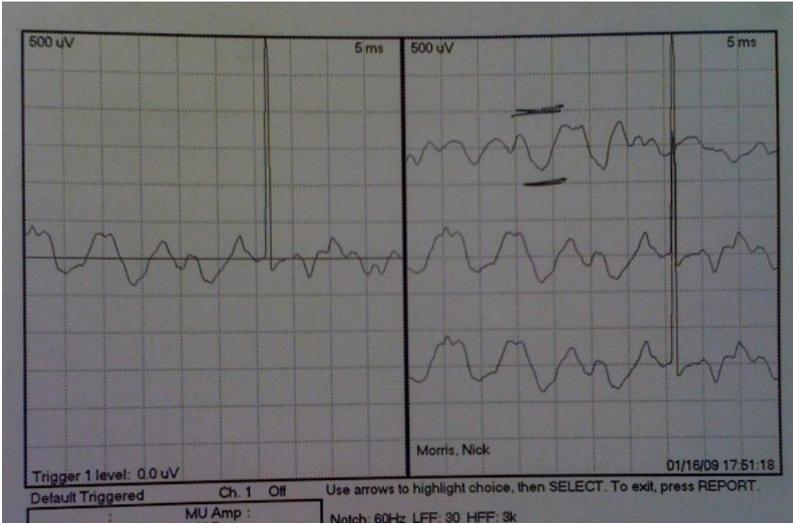
Biomechanics laboratory, Graduate Institute of Physical Education, Health and Leisure Studies, Department of Physical Education, National Chia-Yi University

Results: The group that trained exercises in closed kinetic chain (CABLE-CORE) significantly increased (3.4%) throwing velocity compared to the group that trained exercises in open kinetic chain(0.5%). Several of the strength tests trended towards significant improvements with closed kinetic chain training but low subject numbers limited significant group differences to be observed.

Summary: The authors conclude that neural adaptations may be the cause of the improvements observed in the group training with Cable-Core

Some EMG studies highlighting the increased activation from Bio-Resistance™ technology devices.

Regular



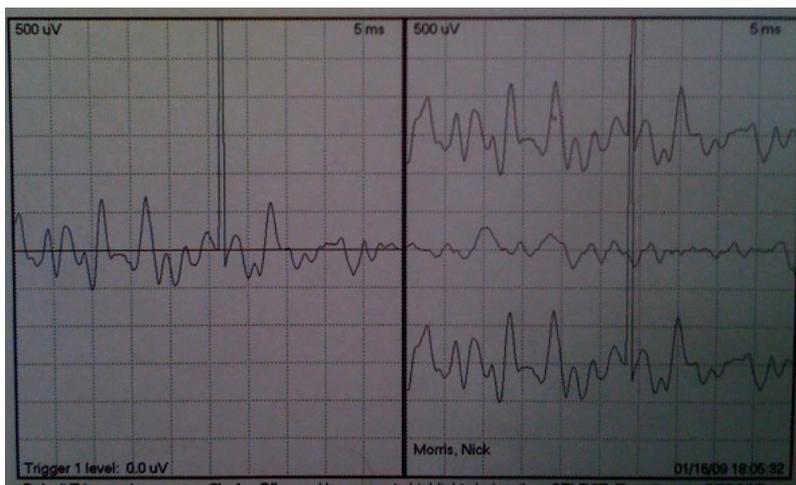
Bio-Resistance™



Regular



Bio-Resistance™





A tomato is a fruit, but you don't really put it in a 'fruit-salad'

The key of knowledge is the application...