



Bio-Oscillation™ Technology

Make any exercise simply
BETTER, FASTER & SAFER
by actively working 100% of your **CORE**
midsection muscles and central nervous system



The BOX

Juice your Body Up!

Machine Facts

The Modahl aka "The Box"

Optimum Versatility

Perfect for:
Studio or Commercial use

Tech Specs

Size 15 x 24 x 9 inches

Weight 78 lbs.

Bromelain Plenty

Bio-Oscillation
2mm with 2.5 to 15 Hz

Carry Capacity 350 lbs.

Warranty 1 year parts and labor

100% Real CORE Fitness Training

PineappleFitness.com
(877) 355-PINEAPPLE
12020 Wilshire Blvd
Los Angeles, CA 90025



Pineapple Fitness is 100% real CORE Training

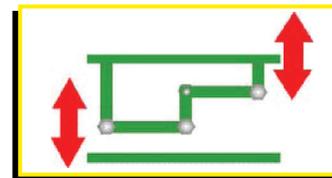
Pineapple: 3 key principles

Principle 1: Total Vertical Movement

Your body's greatest receptor network is in a vertical plane, hence it makes most sense to use this plane to ensure the most efficient transfer of stimulus into your body. **This is imperative for safety.** Due to this effective way of energy transfer there is no need to increase the frequencies.

Pineapple Bio-Oscillation

- Vertical Vibration through the Pineapple Linkage System



Principle 2: Less than 1 G-Force

All Pineapple's are set with between 0.1 and 0.9 g-force effect. This provides a near-floating effect onto your body (ie. Ultra low impact) – without reducing any transfer of stimulation to your muscles. Frequencies do not exceed 20Hz;

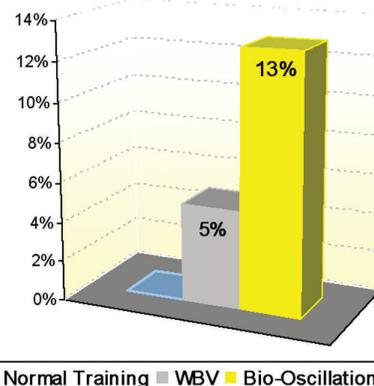
Models that have amplitudes of 30mm have a frequency no higher than 3.5hz, models that have amplitudes of 1 & 2mm have frequencies no higher than 20Hz; thus all models keep the g-force effect low. This also ensures a smoother super-comfortable feel Pineapple gives an increased effect on EMG activation shown below.

Control / Normal Training (No additional muscle action)

PowerPlate 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

The Increase in Muscle Activation through WBV & Bio-Oscillation



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.



pineapple
fitness



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