

**NEW FROM COLD RUSH WELLNESS**

# AlphaSwitch Metabolic Training

**Cryo-  
Stimulation**

+

**Vibration**

+

**Brief Intense  
Workout**

+

**Daily Fast**

=

ABSOLUTE

**OPTIMAL  
METABOLISM**



**ONE FREE TRIAL SESSION!** WITH THIS AD. EXPIRES 11/30/16.

POWER  PLATE.



**Cold Rush  
Wellness**

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