

PO3600037869

(Requestor's Name)

(Address)

(Address)

(City/State/Zip/Phone #)

PICK-UP     WAIT     MAIL

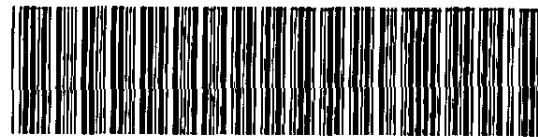
(Business Entity Name)

(Document Number)

Certified Copies \_\_\_\_\_ Certificates of Status \_\_\_\_\_

Special Instructions to Filing Officer:

Office Use Only



500056981185

07/08/05--01008--013    \*\*70.00

FILED  
05 JUL -8 AM 9:31  
SECRETARY OF STATE  
TALLAHASSEE FLORIDA

Aug 14 2005

Amen

**COVER LETTER**

**TO:** Amendment Section  
Division of Corporations

**NAME OF CORPORATION:** Plantation Workout Express, Inc

**DOCUMENT NUMBER:** \_\_\_\_\_

The enclosed *Articles of Amendment* and fee are submitted for filing.

Please return all correspondence concerning this matter to the following:

Caroline de la Cruz  
(Name of Contact Person)

Plantation Workout Express, Inc  
(Firm/ Company)

1021 S University Dr  
(Address)

Plantation, FL 33324  
(City/ State/ and Zip Code)

For further information concerning this matter, please call:

Caroline de la Cruz at (954) 423-3304  
(Name of Contact Person) (Area Code & Daytime Telephone Number)

Enclosed is a check for the following amount:

\$35 Filing Fee

\$43.75 Filing Fee &  
Certificate of Status

\$43.75 Filing Fee &  
Certified Copy  
(Additional copy is  
enclosed)

\$52.50 Filing Fee  
Certificate of Status  
Certified Copy  
(Additional Copy  
is enclosed)

**Mailing Address**

Amendment Section  
Division of Corporations  
P.O. Box 6327  
Tallahassee, FL 32314

**Street Address**

Amendment Section  
Division of Corporations  
409 E. Gaines Street  
Tallahassee, FL 32399

Articles of Amendment  
to  
Articles of Incorporation  
of

# Plantation Workout Express, Inc.

(Name of corporation as currently filed with the Florida Dept. of State)

(Document number of corporation (if known))

Pursuant to the provisions of section 607.1006, Florida Statutes, this **Florida Profit Corporation** adopts the following amendment(s) to its Articles of Incorporation:

**NEW CORPORATE NAME (if changing):**

(Must contain the word "corporation," "company," or "incorporated" or the abbreviation "Corp.," "Inc.," or "Co.")  
(A professional corporation must contain the word "chartered", "professional association," or the abbreviation "P.A.")

**AMENDMENTS ADOPTED- (OTHER THAN NAME CHANGE)** Indicate Article Number(s) and/or Article Title(s) being amended, added or deleted: (BE SPECIFIC)

See Attached

FILED  
05 JUL -8 AM 9:31  
SECRETARY OF STATE  
TALLAHASSEE, FLORIDA

(Attach additional pages if necessary)

If an amendment provides for exchange, reclassification, or cancellation of issued shares, provisions for implementing the amendment if not contained in the amendment itself: (if not applicable, indicate N/A)

See Attached

(continued)

## PLANTATION WORKOUT EXPRESS, INC.

## JOINT CORPORATE ACTION BY SHAREHOLDERS AND DIRECTORS

1. This action contained herein shall be effective as of the 24<sup>th</sup> day of June, 2005;
2. The shareholders and directors do hereby waive all formal requirements, including the necessity of holding a formal or informal meeting, and any requirement that notice of such meeting be given, and
3. The shareholders and directors do hereby adopt the following resolution:

The following persons are hereby elected to serve as the officers of the Company holding the offices as set forth below, to serve and have such duties as set forth in the By-laws of the Company and as provided under Florida law:

**NAMES:** **OFFICES:**

Caroline de la Cruz President/Secretary

Henry Sanchez Vice President/Treasurer

The appropriate officers of the Company are hereby authorized, empowered and directed to issue the following number of shares of Common Stock to the following persons upon receipt of consideration at least equal to the aggregate par value of the shares so issued, whereupon such shares shall be fully paid, duly issued and non-assessable:

**NAMES:** **NO. OF SHARES**

Caroline de la Cruz 50  
Henry Sanchez 50

The following person(s) are hereby elected to the Board of Directors of the Company to serve as Directors until the next annual meeting of the Shareholders of the Company and until successor(s) are duly elected and qualified, or until the sooner of death, resignation or removal:

Caroline de la Cruz  
Henry Sanchez

## DIRECTORS:

Santos de la Cruz  
Carmen de la Cruz

  
Henry Sanchez

The date of each amendment(s) adoption: 6/24/05

Effective date if applicable: 6/24/05  
(no more than 90 days after amendment file date)

**Adoption of Amendment(s) (CHECK ONE)**

The amendment(s) was/were approved by the shareholders. The number of votes cast for the amendment(s) by the shareholders was/were sufficient for approval.

The amendment(s) was/were approved by the shareholders through voting groups. *The following statement must be separately provided for each voting group entitled to vote separately on the amendment(s):*

"The number of votes cast for the amendment(s) was/were sufficient for approval by \_\_\_\_\_"  
(voting group)

The amendment(s) was/were adopted by the board of directors without shareholder action and shareholder action was not required.

The amendment(s) was/were adopted by the incorporators without shareholder action and shareholder action was not required.

Signed this 5th day of July, 2005.

Signature

Caroline de la Cruz  
(By a director, president or other officer - if directors or officers have not been selected, by an incorporator - if in the hands of a receiver, trustee, or other court appointed fiduciary by that fiduciary)

Caroline de la Cruz

(Typed or printed name of person signing)

President

(Title of person signing)

**FILING FEE: \$35**