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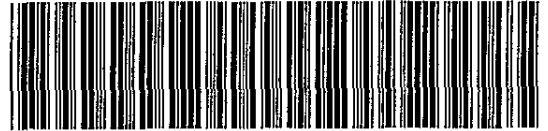
(Business Entity Name)

(Document Number)

Certified Copies _____ Certificates of Status _____

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STATE OF FLORIDA
TALLAHASSEE, FLORIDA

04 DEC 30 AM 10:34

FILED

Handwritten initials

TRANSMITTAL LETTER

Department of State
Division of Corporations
P. O. Box 6327
Tallahassee, FL 32314

SUBJECT: No Pain No Gain Fitness Trainers Inc.
(PROPOSED CORPORATE NAME - MUST INCLUDE SUFFIX)

Enclosed are an original and one (1) copy of the articles of incorporation and a check for:

\$70.00 Filing Fee
 \$78.75 Filing Fee & Certificate of Status

<input checked="" type="checkbox"/> \$78.75 Filing Fee & Certified Copy	<input type="checkbox"/> \$87.50 Filing Fee, Certified Copy & Certificate of Status
ADDITIONAL COPY REQUIRED	

FROM: Dionide Ramos
Name (Printed or typed)

588 SW 16 terr
Address

Homestead FL 33030
City, State & Zip

954-461-9191
Daytime Telephone number

NOTE: Please provide the original and one copy of the articles.

**ARTICLES OF INCORPORATION
FOR
NO PAIN NO GAIN FITNESS TRAINERS, INC.**

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04 DEC 30 AM 10:3
SECRETARY OF STATE
TALLAHASSEE, FLORIDA

The undersigned subscribers hereby associate themselves together to form a corporation for profit under the laws of the STATE OF FLORIDA: and hereby adopt the following ARTICLES OF INCORPORATION.

ARTICLE I

NAME

The name of this Corporation shall be: No Pain No Gain Fitness Trainers, INC and its business shall be carried out in BROWARD COUNTY, FLORIDA, and also within and without the STATE OF FLORIDA, and UNITED STATES OF AMERICA and FOREIGN COUNTRIES as may from time to time be deemed desirable or expedient.

ARTICLE II

TERM OF EXISTANCE

This corporation shall have a perpetual existence unless dissolved by action of law or by vote of the stockholders, and shall commence business as of the date of these Articles of Incorporation.

ARTICLE III

NATURE OF BUSINESS

The specific nature of the business to be transacted by this Corporation and the objects and purposes thereof are as follows:

1. The transaction of any and all lawful business for which corporations may be incorporated under chapter 607 of the State of Florida Statutes.
2. To maintain offices in connection with said business and where necessary, to build or construct new facilities or additions in connection with its business.
3. To buy, sell, manufacture, repair, alter and exchange, let or hire, export or deal in all kinds of articles and things which may be required for the purpose of any of the said business, or commonly supplied or dealt in by the persons engaged in any business which may seem capable of being profitably dealt with in connection with any said business.

ARTICLE IV
CAPITAL STOCK

The maximum number of shares that this corporation is authorized to have outstanding at any time shall be five thousand (5000) shares of common stock, each having a par value of one dollar (\$1.00). The capital stock may be paid for in property, labor, or services at just valuation, to be fixed by the Incorporators or by the Directors at a meeting called for such purpose or at an organization meeting. Property, labor or services may also be purchased or paid for with capital stock at a just valuation of said property, to be fixed by the Directors of the Company. Stock in other corporations or going businesses may be purchased by the corporation, in return for issuance of its capital stock, and said purchases shall be on such basis and for such consideration and the issuance of so much of the capital stock as the Directors of the company decide.

ARTICLE V
PREEMTIVE RIGHTS

Every share holder, upon the sale for cash of any new stock of this corporation of the same kind, class or series as that which he already holds, shall have the right to purchase his pro rata share thereof (as nearly as may be done without the issuance of fractional share) at the price which it is offered to others.

ARTICLE VI
INITIAL CAPITAL

The amount of capital with which this corporation shall begin business shall not be less than five hundred (\$500.00) dollars.

ARTICLE VII
ADDRESS

The Mailing Address of this Corporation in the State of Florida is:

588 S.W. 16th Terrace
Homestead Florida 33030

The Address of the initial Principle Place of Business of this Corporation in the State of Florida is:

ARTICLE VIII
REGISTERED AGENT

The name and address of the Registered Agent of this corporation is:

Dionide Ramos
588 S.W. 16th Terrace
Homestead FL 33030

ARTICLE IX
BOARD OF DIRECTORS AND OFFICERS

Neither directors or officers need to be stockholders. The number of directors may be increased or decreased from time to time as the stockholders desire, in accordance with the By-law hereof, but at no time shall there be a number less than one (1). The name and addresses of the initial directors and officers are:

PRESIDENT: DIONIDE RAMOS
588 S.W. 16th Terrace
Homestead FL 33030

VICE PRESIDENT: DIONIDE RAMOS
588 S.W. 16th Terrace
Homestead FL 33030

TREASURER: DIONIDE RAMOS
588 S.W. 16th Terrace
Homestead FL 33030

SECRETARY: DIONIDE RAMOS
588 S.W. 16th Terrace
Homestead FL 33030

DIRECTOR: DIONIDE RAMOS
588 S.W. 16th Terrace
Homestead FL 33030

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SECRETARY OF STATE
TALLAHASSEE, FLORIDA

**ARTICLE X
INCORPORATOR / SUBSCRIBERS**

The names and address of each incorporator/subscriber signing these Articles of Incorporation, the number of shares of stock each agrees to take, and the value of the consideration paid thereof are as follows:

<u>NAME</u>	<u>ADDRESS</u>	<u># OF SHARES</u>	<u>AMOUNT PAID</u>
DIONIDE RAMOS	588 S.W. 16 TERR. HOMESTEAD FL 33030	500	\$500.00

In WITNESS WHEREOF: the undersigned incorporator has hereto executed these Articles of Incorporation, this 12/29/04 day of December 2004

Dionide Ramos
SIGNATURE OF INCORPORATOR/ REGISTERED AGENT
DIONIDE RAMOS I HEREBY AM FAMILIAR WITH AND ACCEPT THE DUTIES AND RESPONSIBILITIES OF THE REGISTERED AGENT.

STATE OF FLORIDA)
COUNTY OF BROWARD) SS:

BEFORE ME, the undersigned authority, personally appeared DIONIDE RAMOS who, after being fully sworn, disposes and states that he/she, signed the foregoing Articles of Incorporation for the purposes therein expressed. DIONIDE RAMOS used a valid Florida Drivers License: Lic# R520-160-78-164-0 as identification.

WITNESS my hand and official seal at the state and county aforesaid, this 29 day of December 2004.

Laurence R. Solomon
, Notary Public



LAURENCE R. SOLOMON
MY COMM. EXP. 7/23/ 2007
NO. DD 229053
BONDED BY MERCHANTS BONDING CO.