

2008 FOR PROFIT CORPORATION ANNUAL REPORT

DOCUMENT# P07000009423

FILED
Jul 28, 2008
Secretary of State

Entity Name: ROCK SOLID TRAINING AND FITNESS INC.

Current Principal Place of Business:

1919 NORTH STATE ROAD 7
108
MARGATE, FL 33063

New Principal Place of Business:

1741 NORTH STATE ROAD 7
MARGATE, FL 33063

Current Mailing Address:

1919 NORTH STATE ROAD 7
108
MARGATE, FL 33063

New Mailing Address:

1741 NORTH STATE ROAD 7
MARGATE, FL 33063

FEI Number: 20-8302160

FEI Number Applied For ()

FEI Number Not Applicable ()

Certificate of Status Desired (X)

Name and Address of Current Registered Agent:

HESSING, PAUL D
6530 SW 8TH STREET
N. LAUDERDALE, FL 33068 US

Name and Address of New Registered Agent:

The above named entity submits this statement for the purpose of changing its registered office or registered agent, or both, in the State of Florida.

SIGNATURE:

Electronic Signature of Registered Agent

Date

In accordance with s. 607.193(2)(b), F.S., the corporation did not receive the prior notice.

Election Campaign Financing Trust Fund Contribution ().

OFFICERS AND DIRECTORS:

Title: P () Delete
Name: HESSING, PAUL D
Address: 6530 SW 8TH STREET
City-St-Zip: N. LAUDERDALE, FL 33068

ADDITIONS/CHANGES TO OFFICERS AND DIRECTORS:

Title: CEO (X) Change () Addition
Name: HESSING, PAUL D
Address: 6530 SW 8TH STREET
City-St-Zip: N. LAUDERDALE, FL 33068

I hereby certify that the information supplied with this filing does not qualify for the exemption stated in Chapter 119, Florida Statutes. I further certify that the information indicated on this report or supplemental report is true and accurate and that my electronic signature shall have the same legal effect as if made under oath; that I am an officer or director of the corporation or the receiver or trustee empowered to execute this report as required by Chapter 607, Florida Statutes; and that my name appears above, or on an attachment with an address, with all other like empowered.

SIGNATURE: PAUL HESSING

CEO

07/28/2008

Electronic Signature of Signing Officer or Director

Date