

YOUNG BUDDY
Form 4
October 22, 2010

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
YOUNG BUDDY

2. Issuer Name and Ticker or Trading Symbol
PROGRESSIVE TRAINING, INC.
[PRTR]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)

3. Date of Earliest Transaction
(Month/Day/Year)

Director 10% Owner
 Officer (give title below) Other (specify below)
President, CEO, CFO, Chairman

C/O PROGRESSIVE TRAINING
INC., 17337 VENTURA BLVD STE
305

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

ENCINO, CA 91316

(City) (State) (Zip)

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Ownership (Instr. 4)
Common Stock	10/21/2010		S	V 3,718,000 D \$ 0.06	287,716	I	By Trust (1) (2)

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

SEC 1474
(9-02)

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

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1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secur Bene Own Follo Repo Trans (Instr
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Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
YOUNG BUDDY C/O PROGRESSIVE TRAINING INC. 17337 VENTURA BLVD STE 305 ENCINO, CA 91316	X	X	President, CEO, CFO, Chairman	
Young Rebecca C/O PROGRESSIVE TRAINING INC. 17337 VENTURA BOULEVARD SUITE 305 ENCINO, CA 91316		X		

Signatures

/s/ Buddy Young 10/21/2010

**Signature of Reporting Person Date

/s/ Rebecca Young 10/21/2010

**Signature of Reporting Person Date

Explanation of Responses:

- * If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) These shares are owned directly by the Young Family Trust (the "Trust") and are beneficially owned by Buddy Young and Rebecca Young as settlors and co-trustees of the Trust, which is revocable.
Rebecca Young, whose address is c/o 17337 Ventura Boulevard, Suite 305, Encino, CA 91316, is filing this Form 4 jointly with Buddy Young as a 10% Owner of the Common Stock of Progressive Training, Inc. [PRTR]. Rebecca Young is filing this Form 4 with respect to the same shares and transactions as are reported in this Form 4 by Buddy Young.

Remarks:

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After completion of the transaction reported in this Form 4, Buddy Young and Rebecca Young ceased to be 10% Owners of th

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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