

YOUNG BUDDY
Form 4
October 22, 2010

FORM 4

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

Check this box
if no longer
subject to
Section 16.
Form 4 or
Form 5
obligations
may continue.
See Instruction
1(b).

**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

OMB APPROVAL

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

3. Date of Earliest Transaction
(Month/Day/Year)
10/21/2010

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

(Street)
ENCINO, CA 91316

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

(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 Indirect Beneficial Ownership (Instr. 4)
Common Stock	10/21/2010		S	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.

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information contained in this form are not
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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 Repor Trans (Instr
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares

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.
- (2) 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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