

Hello,

My Name is Vince I am the director of OMP (www.Our-Mission-Possible.com)

I have a website that invites people to network with each other and build community. On my website I will be offering e-books and short stories for sale and the purchaser will get to choose from a variety of charities where they want the money towards their purchase to go.

It will be set up so that the money will only go to the charities. I will also have a way for people to donate towards helping me to maintain my expenses towards operating this venture.

I will also be trying to raise money to pay off the debt on two houses I own – after which I will then turn both of these houses over to a veterans group and an organization that sets up halfway houses for women and their children suffering from domestic abuse.

To pay off the debt on these houses I am offering for sale my workout books displayed on my website.

- **LOOKING TO GET INTO TOP SHAPE?**
- **TIRED OF GOING TO HEALTH CLUBS ONLY TO WAIT IN LINE TO USE EQUIPMENT?**
- **WEARY OF HEALTH CLUB PRIMADONNAS AND THE MEAT MARKET ATMOSPHERE?**
- **DO YOU YEARN FOR MORE PERSONALIZED TRAINING AND JUST HANGING OUT WITH YOUR FRIENDS?**
- **I CAN OFFER YOU SOMETHING BETTER!**

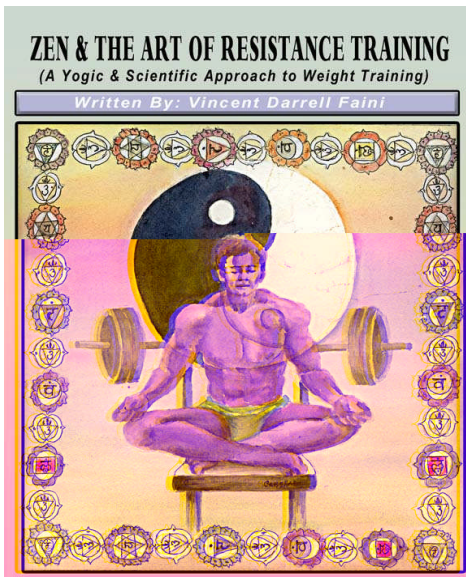
YOU CAN WORKOUT WITH ME!



MY CREDENTIALS:

I am a Former Competitive Drug Free WORLD-CLASS Power lifter. At the bodyweight of 180 and with a body fat percentage of 8% I have benched 480 pounds, Squatted 525 pounds for 25 repetitions, Leg Pressed 1500 pounds for 15 Repetitions, Pressed 300 pounds and I have also beaten the NFL's top bench press record set two years in a row by Larry Allen. He has benched 225 pounds X 43 Reps at a body weight of 340 pounds. My best is 225 pounds X 62 reps in 60 seconds at the bodyweight of 180 pounds. et cetera.

I AM THE AUTHOR OF A 600 PAGE TRAINING MANUAL



I am looking to get back into competitive shape and I will be training dividing my training into four 1 hour intervals throughout the day. I am looking to find people who are interested in training with me or simply use my gym as I engage in my own training protocols.

I can give top level guidance for a fair price. I can accommodate up to six people in a group and give group rates – which makes personalized training very affordable.

I also give consultations to people who are trying to tighten up their diets for maximum fat lose and physical and mental performance. I also excel in giving athletes sports specific training consultations to maximize their performance without the use of steroids. (Even Steroid users will benefit from the science of best utilizing their bodies' various energy systems

vinnyomp@gmail.com

www.our-mission-possible.com