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Trademark Assignment Cover Sh

Commissioner for Trademarks 2900 Crystal Drive Arlington, VA 22202-3513



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1. Name of conveying parties: BODYLAB, LLC Post Office Box 5917 Columbia, SC 29205 individual(s)association general partnershiplimited partnership corporation - state X_ other: limited liability company Addition name(s) of conveying party(ies) attached? 3. Nature of conveyance:	2. Name and address of receiving parties: FIRM Media, LLC Post Office Box 5917 Columbia, SC 29205 individual(s) citizenshipassociationgeneral partnershiplimited partnershipcorporation - stateX other: limited liability company
X Assignment Merger Security Assignment Name Change	If assignee is not domiciled in the United States, a domestic representative is attached Yes No
Other Execution Date March 21, 2001	(Designations must be a separate document from Assignment) Additional name(s) and address(es) attached? Yes No
4. Application numbers or registration numbers:	
A: Application Nos.: 76/117,357	B: Registration Nos.:
5. Name and address of party to whom correspondence concerning document should be	6. Total number of applications and trademarks involved: One (1)
mailed: Cort Flint FLINT & KIM, P.A Post Office Box 10827 Greenville, South Carolina 29603-0827	7. Total fee (37 (CFR 3.41) \$40.00 X enclosed authorized to be charged to deposit account
Greenvine, Bouin Caronna 23003 0027	8. Deposit Account No.
Do Not Use This Space	
9. Statement and Signature To the best of my knowledge and belief, the foregoing information is true and correct and any attached copy is a true copy of the original document Cort Flint 3-23-01	
Name of Person Signing Signature Date Total number of pages comprising cover sheet TWO (2) L:\WP51\FPM\ASSI-CTM.FM March 23, 2001	

TRADEMARK
REEL: 002317 FRAME: 0790

Trademark Assignment

WHEREAS, BODYLAB, LLC, a South Carolina Limited Partnership, with its principal

place of business at Post Office Box 5917, Columbia, SC 29205, ("Assignor"), has adopted,

owns and is using the Mark: FIRM BASICS ("the Mark") in connection with the following

goods and/or services: Prerecorded video tapes for exercise; and

WHEREAS, Assignor owns a pending application for federal registration for the Mark

in the United States Patent and Trademark Office in connection with the goods identified

therein, Serial No. 76/117,357, filed on August 28, 2000; and

WHEREAS, FIRM Media, LLC, a South Carolina Limited Partnership, with its

principal place of business at Post Office Box 5917, Columbia, SC 29205, United States

("Assignee"), desires to acquire the Mark and the above-referenced pending application

for federal registration;

NOW, THEREFORE, for good and valuable consideration, the receipt and

sufficiency of which is hereby acknowledged, Assignor hereby sells, assigns and transfers

to Assignee all right, title and interest in and to the Mark, together with the goodwill of the

business symbolized by the Mark, and the registration thereof.

BODYLAB, LLC

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