

(See instructions beginning on page 5)

Intentional misstatements or omissions of fact constitute federal criminal violations. See 18 U.S.C. 1001.

Item 1. Issuer's Identity

Name of Issuer

Athletic Evolution Strength and Conditioning, Inc.

Jurisdiction of Incorporation/Organization  
Massachusetts

Year of Incorporation/Organization (Select one)

Over Five Years Ago  Within Last Five Years (specify year)  2004

Previous Name(s)

None

PROCESSED  
NOV 21 2008  
THOMSON REUTERS

Entity Type (Select one)

- Corporation 
Limited Partnership 
Limited Liability Company 
General Partnership 
Business Trust 
Other (Specify)

(If more than one issuer is filing this notice, check this box  and identify additional issuer(s) by attaching Items 1 and 2 Continuation Page(s).)

Item 2. Principal Place of Business and Contact Information

Street Address 1

78-C Olympia Avenue

City

Woburn

State/Province/Country

MA

Street Address 2

ZIP/Postal Code

01801

Phone No.

781-935-7701

Item 3. Related Persons

Last Name

Kaloyanides

First Name

Erik

Middle Name

Street Address 1

78-C Olympia Avenue

City

Woburn

State/Province/Country

MA

Street Address 2

SEG  
Mail Processing Section

ZIP/Postal Code

01801

NOV 12 2008

Relationship(s):  Executive Officer  Director  Promoter

Clarification of Response (if Necessary)

Washington, DC  
101

(Identify additional related persons by checking this box  and attaching Item 3 Continuation Page(s).)

Item 4. Industry Group (Select one)

- Agriculture 
Banking and Financial Services 
Commercial Banking 
Insurance 
Investing 
Investment Banking 
Pooled Investment Fund

If selecting this industry group, also select one fund type below and answer the question below:

- Hedge Fund 
Private Equity Fund 
Venture Capital Fund 
Other Investment Fund

Is the issuer registered as an investment company under the Investment Company Act of 1940?  Yes  No

Other Banking & Financial Services

- Business Services 
Energy 
Electric Utilities 
Energy Conservation 
Coal Mining 
Environmental Services 
Oil & Gas 
Other Energy

Health Care

- Biotechnology 
Health Insurance 
Hospitals & Physicians 
Pharmaceuticals 
Other Health Care

Manufacturing

- Real Estate 
Commercial

- Construction 
REITS & Finance 
Residential 
Other Real Estate 
Retailing 
Restaurants 
Technology 
Computers 
Telecommunications 
Other Technology

Travel

- Air 
Lod 
Tou 
Oth

Other



08063206

**Item 5. Issuer Size (Select one)**

Revenue Range (for issuer not specifying "hedge" or "other investment" fund in Item 4 above)

- No Revenues
- \$1 - \$1,000,000
- \$1,000,001 - \$5,000,000
- \$5,000,001 - \$25,000,000
- \$25,000,001 - \$100,000,000
- Over \$100,000,000
- Decline to Disclose
- Not Applicable

OR

Aggregate Net Asset Value Range (for issuer specifying "hedge" or "other investment" fund in Item 4 above)

- No Aggregate Net Asset Value
- \$1 - \$5,000,000
- \$5,000,001 - \$25,000,000
- \$25,000,001 - \$50,000,000
- \$50,000,001 - \$100,000,000
- Over \$100,000,000
- Decline to Disclose
- Not Applicable

**Item 6. Federal Exemptions and Exclusions Claimed (Select all that apply)**

- Rule 504(b)(1) (not (i), (ii) or (iii))
- Rule 504(b)(1)(i)
- Rule 504(b)(1)(ii)
- Rule 504(b)(1)(iii)
- Rule 505
- Rule 506
- Securities Act Section 4(6)

Investment Company Act Section 3(c)

- |  |   |
|--|---|
| <input type="checkbox"/> Section 3(c)(1) | <input type="checkbox"/> Section 3(c)(9)  |
| <input type="checkbox"/> Section 3(c)(2) | <input type="checkbox"/> Section 3(c)(10) |
| <input type="checkbox"/> Section 3(c)(3) | <input type="checkbox"/> Section 3(c)(11) |
| <input type="checkbox"/> Section 3(c)(4) | <input type="checkbox"/> Section 3(c)(12) |
| <input type="checkbox"/> Section 3(c)(5) | <input type="checkbox"/> Section 3(c)(13) |
| <input type="checkbox"/> Section 3(c)(6) | <input type="checkbox"/> Section 3(c)(14) |
| <input type="checkbox"/> Section 3(c)(7) |   |

**Item 7. Type of Filing**

- New Notice **OR**  Amendment

Date of First Sale in this Offering:  **OR**  First Sale Yet to Occur

**Item 8. Duration of Offering**

Does the issuer intend this offering to last more than one year?  Yes  No

**Item 9. Type(s) of Securities Offered (Select all that apply)**

- |  |   |
|--|---|
| <input checked="" type="checkbox"/> Equity   | <input type="checkbox"/> Pooled Investment Fund Interests |
| <input type="checkbox"/> Debt  | <input type="checkbox"/> Tenant-in-Common Securities      |
| <input type="checkbox"/> Option, Warrant or Other Right to Acquire Another Security                                  | <input type="checkbox"/> Mineral Property Securities      |
| <input type="checkbox"/> Security to be Acquired Upon Exercise of Option, Warrant or Other Right to Acquire Security | <input type="checkbox"/> Other (Describe)                 |
- 

**Item 10. Business Combination Transaction**

Is this offering being made in connection with a business combination transaction, such as a merger, acquisition or exchange offer?  Yes  No

Clarification of Response (if Necessary)

Item 11. Minimum Investment

Minimum investment accepted from any outside investor \$ 10,000.00

Item 12. Sales Compensation

Recipient: None, Recipient CRD Number: [ ], (Associated) Broker or Dealer: [ ], Street Address 1: [ ], Street Address 2: [ ], City: [ ], State/Province/Country: [ ], ZIP/Postal Code: [ ]

States of Solicitation: [ ] All States, [ ] AL, [ ] AK, [ ] AZ, [ ] AR, [ ] CA, [ ] CO, [ ] CT, [ ] DE, [ ] DC, [ ] FL, [ ] GA, [ ] HI, [ ] ID, [ ] IL, [ ] IN, [ ] IA, [ ] KS, [ ] KY, [ ] LA, [ ] ME, [ ] MD, [ ] MA, [ ] MI, [ ] MN, [ ] MS, [ ] MO, [ ] MT, [ ] NE, [ ] NV, [ ] NH, [ ] NJ, [ ] NM, [ ] NY, [ ] NC, [ ] ND, [ ] OH, [ ] OK, [ ] OR, [ ] PA, [ ] RI, [ ] SC, [ ] SD, [ ] TN, [ ] TX, [ ] UT, [ ] VT, [ ] VA, [ ] WA, [ ] WV, [ ] WI, [ ] WY, [ ] PR

Item 13. Offering and Sales Amounts

(a) Total Offering Amount \$ 444,999.35 OR [ ] Indefinite
(b) Total Amount Sold \$ 211,000.00
(c) Total Remaining to be Sold \$ 233,999.35 OR [ ] Indefinite

Clarification of Response (if Necessary) [ ]

Item 14. Investors

Check this box [ ] if securities in the offering have been or may be sold to persons who do not qualify as accredited investors, and enter the number of such non-accredited investors who already have invested in the offering: [ ]

Enter the total number of investors who already have invested in the offering: 6

Item 15. Sales Commissions and Finders' Fees Expenses

Provide separately the amounts of sales commissions and finders' fees expenses, if any. If an amount is not known, provide an estimate and check the box next to the amount.

Sales Commissions \$ 0 [ ] Estimate
Finders' Fees \$ 0 [ ] Estimate

Clarification of Response (if Necessary) [ ]

**Item 16. Use of Proceeds**

Provide the amount of the gross proceeds of the offering that has been or is proposed to be used for payments to any of the persons required to be named as executive officers, directors or promoters in response to Item 3 above. If the amount is unknown, provide an estimate and check the box next to the amount.

\$ 50,000.00

Estimate

Clarification of Response (if Necessary)

Normal salary as approved by the Board of Directors.

**Signature and Submission**

Please verify the information you have entered and review the Terms of Submission below before signing and submitting this notice.

**Terms of Submission.** In Submitting this notice, each identified issuer is:

Notifying the SEC and/or each State in which this notice is filed of the offering of securities described and undertaking to furnish them, upon written request, in accordance with applicable law, the information furnished to offerees.\*

Irrevocably appointing each of the Secretary of the SEC and the Securities Administrator or other legally designated officer of the State in which the issuer maintains its principal place of business and any State in which this notice is filed, as its agents for service of process, and agreeing that these persons may accept service on its behalf, of any notice, process or pleading, and further agreeing that such service may be made by registered or certified mail, in any Federal or state action, administrative proceeding, or arbitration brought against the issuer in any place subject to the jurisdiction of the United States, if the action, proceeding or arbitration (a) arises out of any activity in connection with the offering of securities that is the subject of this notice, and (b) is founded, directly or indirectly, upon the provisions of: (i) the Securities Act of 1933, the Securities Exchange Act of 1934, the Trust Indenture Act of 1939, the Investment Company Act of 1940, or the Investment Advisers Act of 1940, or any rule or regulation under any of these statutes; or (ii) the laws of the State in which the issuer maintains its principal place of business or any State in which this notice is filed.

Certifying that, if the issuer is claiming a Rule 505 exemption, the issuer is not disqualified from relying on Rule 505 for one of the reasons stated in Rule 505(b)(2)(iii).

\* This undertaking does not affect any limits Section 102(a) of the National Securities Markets Improvement Act of 1996 ("NSMIA") [Pub. L. No. 104-290, 110 Stat. 3416 (Oct. 11, 1996)] imposes on the ability of States to require information. As a result, if the securities that are the subject of this Form D are "covered securities" for purposes of NSMIA, whether in all instances or due to the nature of the offering that is the subject of this Form D, States cannot routinely require offering materials under this undertaking or otherwise and can require offering materials only to the extent NSMIA permits them to do so under NSMIA's preservation of their anti-fraud authority.

Each identified issuer has read this notice, knows the contents to be true, and has duly caused this notice to be signed on its behalf by the undersigned duly authorized person. (Check this box  and attach Signature Continuation Pages for signatures of issuers identified in Item 1 above but not represented by signer below.)

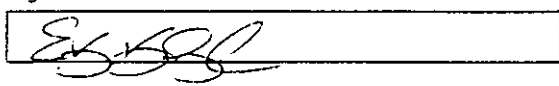
Issuer(s)

Athletic Evolution Strength and Conditioning, Inc.

Name of Signer

Erik Kaloyanides

Signature



Title

President

Number of continuation pages attached:

Date

10/23/08

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 number.

Item 3 Continuation Page

Item 3. Related Persons (Continued)

Last Name: Kaloyanides      First Name: Donald      Middle Name:   
 Street Address 1: 78-C Olympia Avenue      Street Address 2:   
 City: Woburn      State/Province/Country: MA      ZIP/Postal Code: 01801   
 Relationship(s):  Executive Officer  Director  Promoter   
 Clarification of Response (if Necessary):

Last Name:      First Name:      Middle Name:   
 Street Address 1:      Street Address 2:   
 City:      State/Province/Country:      ZIP/Postal Code:   
 Relationship(s):  Executive Officer  Director  Promoter   
 Clarification of Response (if Necessary):

Last Name:      First Name:      Middle Name:   
 Street Address 1:      Street Address 2:   
 City:      State/Province/Country:      ZIP/Postal Code:   
 Relationship(s):  Executive Officer  Director  Promoter   
 Clarification of Response (if Necessary):

Last Name:      First Name:      Middle Name:   
 Street Address 1:      Street Address 2:   
 City:      State/Province/Country:      ZIP/Postal Code:   
 Relationship(s):  Executive Officer  Director  Promoter   
 Clarification of Response (if Necessary):

(Copy and use additional copies of this page as necessary.)

END