

December 7, 2007

# BARCH PERFORMANCE CENTER NEWSLETTER



I have the great honor and privilege to announce the release of [BarchPerformanceCenter.com](http://BarchPerformanceCenter.com). I have had the benefit of working out, training, and being trained by some of the best athletes and coaches in the business. I also have been able to self coach myself using pieces from many different coaches along the way and with many things that I discovered on my own, to achieve the athletic numbers and goals that I was aiming for.

Through countless hours of research, experiments, and trial and error, I have been able to help hundreds of athletes from all levels, both male and female, reach their athletic goals in a way they never could have imagined. Both my passion and drive, allow me to get the best out of every athlete.

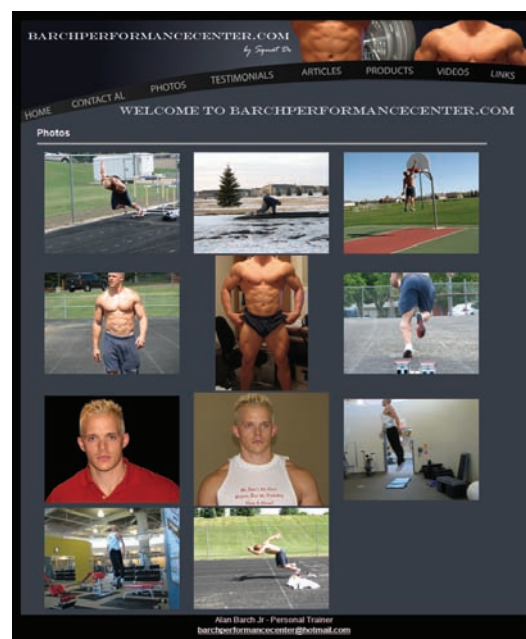
Each person is a personal challenge for me, and through my superior training methods I promise to get you better results than any program you have ever tried. Yes I am that confident! I have seen enormous gains in every person that I have trained by doing things my way. I am tired of hearing from experts who are less athletic then the people they are preaching to. It is my goal to help spread my knowledge and help more people achieve their athletic goals in the fastest most efficient way possible, the Barch way.

## RELEASE OF WWW.BARCHPERFORMANCECENTER.COM



Check out the latest training photos, testimonials, training articles, links, and other resources at Barch's new site - [www.barchperformancecenter.com](http://www.barchperformancecenter.com).

Also, check out Barch's new line of products to find out what AI can do for you.



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