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Based on groundbreaking "muscle matrix" research, Durkin's IMPACT! Body Plan is designed to adapt to your body to help you shed flab, build strength and flexibility, and enhance your athletic performance.

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Todd's 2 best-selling books, The WOW BOOK and his IMPACT Body Plan have changed thousands of people's lives. If you would like to get motivated and inspired now, you can pick these books up at www.Amazon.com or if you would like a signed copy, please purchase at www.ToddDurkin.com.

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The IMPACT Body Plan Build New Muscle Flatten Your

Want to learn the recovery secrets and nutrition plan that will change your energy levels and keep you pain-free? It's called the IMPACT! Body Plan and superstar trainer Todd Durkin, CSCS, is now sharing his revolutionary program to help transform your body into a lean, strong, athletic machine.

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76 The IMPACT Body Plan Underground Wellness

Guest: Todd Durkin. Todd Durkin, author of The IMPACT! Body Plan, returns to UW Radio to discuss his brand-new book. Topics include recovery plans to keep you pain-free after workouts, why strengthening your mindset can help you achieve success, and Todd s multi-directional, multi-planar, functional movement workout methods.

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The IMPACT Body Plan Workout Todd Durkin

My IMPACT Body Plan 10 Week Workout to follow along and track your complete 10-week program. This is the FIRST-TIME that I have EVER offered this as a stand alone program.

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