

## **THE IMPACT BODY PLAN**



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The IMPACT Body Plan is the GAME-CHANGING fitness program that will change your life! No matter your fitness level this program is for you. Superstar trainer Todd Durkin is now sharing his revolutionary program to help transform your body into a lean, strong, athletic machine.

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The guy works with Superbowl MVP Drew Brees, Olympic Gold Medalist Shaun White and countless other athletes companies like TRX, Under Armour, Bosu, and Total Body Gym are always knocking at his door because he lives and breaths the lifestyle.

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Body Plan Todd's IMPACT program is the same workout that he puts his professional athletes through. He uses simple, effective and inexpensive equipment as part of his program.

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### **Todd Durkin's IMPACT Body Plan A 10 Week Program**

Written for all, everyone regardless of fitness level or age, The IMPACT! Body Plan incorporates the physical, mental/emotional and spiritual elements of health and well being. If you're looking to make a big change, order a

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