



The IMPACT! Body Plan: Build New Muscle, Flatten Your Belly & Get Your Mind Right!

Todd Durkin, Mike Zimmerman, Adam Bornstein

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Todd Durkin is the most sought-after personal trainer in sports, and if you don't know his name, you've definitely seen his work. He is a trainer on NBC's new show *Strong*, and he has helped world-class athletes reach the top of their game, including quarterback and Super Bowl MVP Drew Brees, pitcher and World Series MVP Cole Hamels, and snowboarder and Olympic gold medalist Shaun White. He is known throughout sports as the one trainer who can use any person's unique raw materials to transform them into quite literally the best they can be.

Now Durkin has tailored his elite training program for anyone looking to transform their bodies. Based on groundbreaking "muscle matrix" research, Durkin's program 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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