

## IMPACT BODY PLAN PDF%0A

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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 Underground Wellness**

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