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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 IMPACT Body Plan Workout 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.