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The IMPACT Body Plan Workout Worksheets by: Orlando Saez Created: Feb 13, 2011 Updated: Apr 1, 2011 Contact: orlando@saez.org I created these worksheets to take the workouts with me to the gym and avoid being a dork carrying the bright yellow book. I also use it as a logbook to record my progress. While worksheets include a thorough outline, you will likely need the book to figure out the <http://worldshardestgame.co/IMPACT-Body-Plan-worksheets-braves-fit.pdf>

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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. <http://worldshardestgame.co/IMPACT-Body-Plan-Product-Todd-Durkin.pdf>

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Right Approach Performance Valparaiso Sports

Right Approach Performance is Northwest Indiana's leading sports training facility. We offer high level performance training to all athletes. The facility is home of the Right Approach Performance Golf Academy with PGA Instructor, Chris Wellsand.

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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 copy today.

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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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