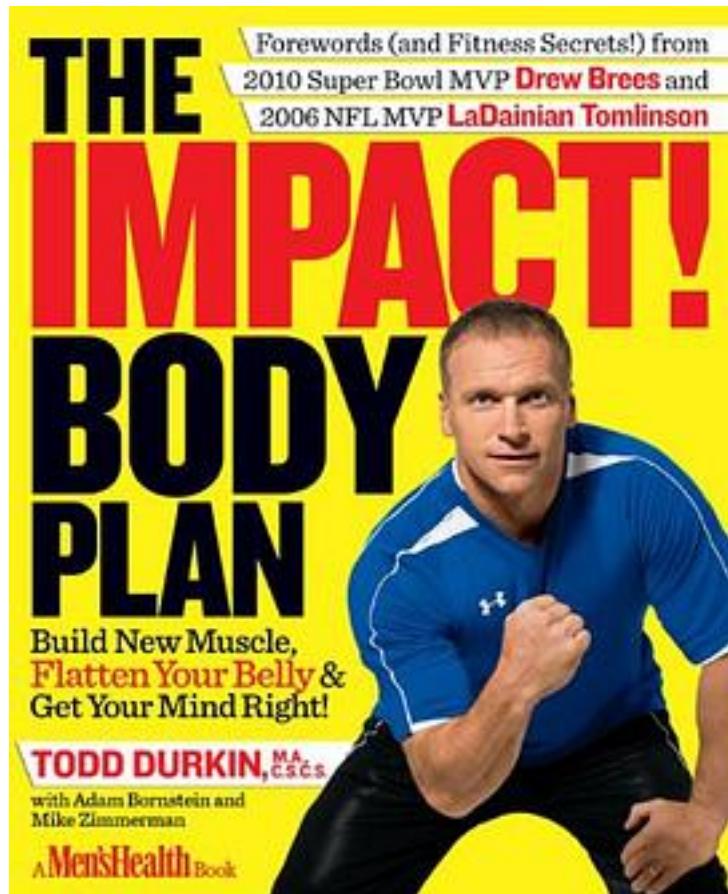


# The Impact! Body Plan



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著者:Durkin, Todd; Bornstein, Adam; Zimmerman, Mike

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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 the man who helped world-class athletes such as quarterback Drew Brees win a Super Bowl MVP, pitcher Cole Hamels win a World Series MVP, and professional snowboarder Shaun White win two Olympic

gold medals. 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. In Durkin's San Diego gym, 70-year-old retirees exercise alongside professional athletes and see the same amazing results. "The Impact! Body Plan" is a complete wellness program that can change one's life for the better.

作者介绍:

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标签

健身

评论

理念很好，鸡血部分可以自动跳过，干货挺多的。Total body workout 是我过去一年多的主攻，现在更喜欢功能性的动作和流畅的身体线条。期待新一年继续的变化。

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超级棒的一本书，很鼓舞人心，想要好好的按里边的计划训练。比较复杂之处，是需要用到的健身用具很多，比如TRX，对于家庭健身来说，悬挂是一个大问题，但好在书中有很多代替训练。大致意思能看懂，太专业的单词，查一下辞典也可以解释得清楚了。试试看吧，10 in-10 out!

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# 书评

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