



**TODD DURKIN, MA, CSCS, NCTMB**  
**Founder, President & CEO, Fitness Quest 10**  
**Head, Under Armour Performance Training Council**  
**2 Time Personal Trainer of the Year (IDEA & ACE)**  
**Gatorade G-Series Fit Team Member**  
[www.fitnessquest10.com](http://www.fitnessquest10.com); [www.ToddDurkin.com](http://www.ToddDurkin.com)



Todd Durkin is an internationally recognized strength, speed and conditioning coach, personal trainer, bodyworker, motivational speaker and founder of Fitness Quest 10 in San Diego, CA – a world class facility that provides personal training, strength and conditioning, therapeutic massage and bodywork, Pilates, yoga, nutrition, chiropractic and physical therapy programs. Durkin works with a high-profile clientele of elite professional athletes. This includes NFL MVPs, Super Bowl Champions and MVPs, Heisman Trophy Winners, Olympic and X-Game Gold Medalists, and many other champion athletes. His gym was named one of “America’s Top 10 Gyms” by Men’s Health, and in addition to athletes, attracts many fitness enthusiasts of all ages, shapes, sizes, and levels who want to improve their overall health and fitness performance. His team of 35 trainers, coaches, and therapists deliver results to over 500 clients weekly.

Todd has appeared on *60 Minutes*, ESPN, the NFL Network and has been featured in *Sports Illustrated*, *USA Today*, *Men’s Health*, *ESPN the Magazine*, *Stack Magazine*, the *NY Times*, *Wall Street Journal*, *Washington Post*, and many others. He is a featured presenter on the Perform Better tour, is the Head of the Under Armour Performance Training Council and serves on the Gatorade G-Series Fit Team.

Through **Todd Durkin Enterprises**, Todd and his staff provide motivational and educational programs and team-building events to companies and conferences worldwide. Some of these companies include **Under Armour, The Ken Blanchard Companies, Wells Fargo, Bath & Body Works, Cal-a-Vie Resort & Spa, IMG, USMC, UCSD, MPI, UBS Warburg, Behr Paints, Kaiser Permanente, Torrey Pines Bank, Administrative Professionals, Life Care Solutions, and the San Diego Chargers**. For more information on any of their programs, you can also visit [www.ToddDurkin.com](http://www.ToddDurkin.com) or [www.FitnessQuest10.com](http://www.FitnessQuest10.com).

He is also the author of *The IMPACT! Body Plan*, a 10 week comprehensive plan to change body, mind, and spirit.

**FEATURED CLIENTELE** Professional athlete alumni include:



#### **NATIONAL FOOTBALL LEAGUE**

LaDainian Tomlinson ~ New York Jets  
Aaron Rodgers ~ Green Bay Packers  
Carson Palmer ~ Cincinnati Bengals  
A.J. Feeley ~ St. Louis Rams  
John Beck ~ Washington Redskins  
Kellen Winslow ~ Tampa Bay Buccaneers  
Malcom Floyd ~ San Diego Chargers  
Chase Daniel ~ New Orleans Saints  
Sage Rosenfels ~ Minnesota Vikings  
Tyler Lorenzen ~ New Orleans Saints  
Kevin O’Connell ~ New York Jets  
Matt Wilhelm ~ San Francisco 49ers  
Eugene Amano ~ Tennessee Titans

Drew Brees ~ New Orleans Saints  
Kyle Boller ~ Oakland Raiders  
Reggie Bush ~ New Orleans Saints  
Josh Freeman ~ Tampa Bay Bucs  
Justin Peelle ~ Atlanta Falcons  
Shawne Merriman ~ San Diego Chargers  
Charles Tillman ~ Chicago Bears  
Josh Johnson ~ Tampa Bay Bucs  
Ben Leber ~ Minnesota Vikings  
Eric Bakhtiari ~ Tennessee Titans  
Quentin Jammer ~ San Diego Chargers  
Jacques Cesaire ~ San Diego Chargers  
Stanley Daniels ~ Stanley Daniels

Lorenzo Neal ~ San Diego Chargers  
Will Demps ~ New York Giants  
Luis Castillo ~ San Diego Chargers  
Donnie Edwards ~ Kansas City Chiefs  
La'Roi Glover ~ St Louis Rams  
Eric Parker ~ San Diego Chargers

Alex Smith ~ San Francisco 49ers  
Jorge Cordova ~ Jacksonville Jaguars  
Igor Olshansky ~ San Diego Chargers  
Derek Smith ~ San Francisco 49ers  
Marlon McCree ~ Jacksonville Jaguars  
Gerald McCoy ~ Tampa Bay Bucs



## MAJOR LEAGUE BASEBALL

Cole Hamels ~ Philadelphia Phillies  
Brian Anderson ~ Kansas City Royals  
Mike Jacobs ~ Florida Marlins  
Akinori Atsuka ~ Texas Rangers  
Mark Prior ~ Chicago Cubs  
Josh Kroeger ~ Philadelphia Phillies  
Josh Muecke ~ Houston Astros

Chris Young ~ San Diego Padres  
Tony Gwynn Jr ~ San Diego Padres  
Nick Hundley ~ San Diego Padres  
Tim Stauffer ~ San Diego Padres  
Will Venable ~ San Diego Padres  
Trevor Cahill ~ Oakland A's  
Brandon League ~ Seattle Mariners



## 2006 TORINO OLYMPICS

Shaun White ~ Gold Medalist / Snowboarding / Halfpipe

## X GAMES Athlete

Jen Hudak ~ 5 Time Medalist 2007-2010 / Free-style skiing

## PROFESSIONAL EXPERIENCE, HONORS & AWARDS

- Top 100 Fitness Entrepreneurs of All-Time (Fitness Business Interviews, 2011)
- "America's 10 Best Gyms" - Men's Health 2010 & 2009
- ACE Personal Trainer of the Year 2005
- IDEA Personal Trainer of the Year 2004
- "Best Place in the U.S. for Sports Massage" - Men's Health - August 2005
- "America's Top 100 Trainers" - Men's Journal - 2005 & 2006
- IDEA, ACE spokesperson on issues pertaining to personal fitness training, wellness, massage, stress reduction, exercise, and health-related topics
- Under Armour, Gatorade, Perform Better, TRX, and Total Gym spokesperson



*President & CEO, Fitness Quest 10, San Diego, CA (Dec 1999-Present)*

Fitness Quest 10 is a health and human performance center specializing in personal training, massage therapy, Pilates, yoga, acupuncture, nutrition, and chiropractic work

- Founder and creator of Fitness Quest 10 (January 2000)
- Develop, organize, and oversee all marketing and management for Fitness Quest 10
- Oversee 500 clients per week that come through Fitness Quest 10
- Train and develop all staff on my system and philosophy
- [www.FitnessQuest10.com](http://www.FitnessQuest10.com)

**TODD DURKIN** Owner, **Todd Durkin Enterprises (TDE)**, San Diego, CA (Jan 2001-Present)  
ENTERPRISES

Todd Durkin Enterprises is an extension of the services offered through Fitness Quest 10 for individuals, companies, and organizations on an international level. All videos, workshops, seminars, classes and motivational speeches/programs are offered through Todd Durkin Enterprises

- Offer fitness & massage programs wellness workshops to companies & conferences internationally
- Provide motivational talks and team-building programs to companies and conferences worldwide
- Have conducted over 50 programs nationally & internationally
- Present at large fitness conferences and conventions (Perform Better, IHRSA, IDEA, ACE, etc.)
- Motivate, educate, & coach over 50,000 individuals on health & wellness annually
- TDE websites reach over 100,000 people annually; magazine appearances reach *millions* annually
- Clients include Kaiser Permanente, The Ken Blanchard Companies, Cal-a-Vie Spa, Behr Paints, UBS Warburg, Torrey Pines Bank, Wells Fargo Bank, SunGard Higher Learning, LifeCare Solutions, MPI, American Thoracic Society, Biogen Idec, INO Therapeutics, and Bath & Body Works

*Head Coach, Todd Durkin Mastermind* (October 2008-Present)

The Todd Durkin Mastermind is a group of forward-thinking, hungry fitness professionals seeking success in their business and personal lives. Through on-going leadership, Durkin guides hundreds of fitness professionals from around the world primarily in a virtual format. The Mastermind Group has monthly teleseminars, on-going weekly delivery of content and feedback, and annual meetings.

## **DVD/Video/Book PRODUCTION**

- 2010 Book Published
  1. The IMPACT! Body Plan
- 2010/2009 Healthy Learning DVD's
  1. Growing Your Business in Spite of a Challenging Economy
  2. Buddy Up: Partner Training for Results
  3. Optimal Performance Bodywork & Flexibility: Secrets to Improved Performance
  4. Going for Greatness: Business Solutions for Entrepreneurs
  5. Boot Camp
  6. Train the Joes Like the Pros
- 2008 DVD's TRX
  1. TRX Performance: Team Sports
  2. TRX Performance: Train Like the Pros
- 2008 DVD's EFI Sports Medicine
  1. Gravity Fusion: Partner Training
  2. Gravity Fusion: Team Training
- 2008 e-Book
  1. Your Balanced Body, Your Balanced Life
- 2006/2007/2008 Healthy Learning DVD's
  1. Boot Camp Complete
  2. Going for Greatness in the Fitness Field
  3. Going for Greatness
  4. The Power of You
  5. Business Solutions for Entrepreneurs
  6. Create the Business You Desire
  7. Boot Camp
  8. SAQ for all Clients
  9. Train the Joes Like the Pros
  10. Great Trainer, Great Business
- 2007 DVD's EFI Sports Medicine
  1. Warriors & Hurricanes—Interval Training for the Weekend Warrior

- 2006 DVDs - Seven Tapes Entitled “TD Performance” on Athlete Performance
  1. Dynamic Warm-up
  2. Building Joint Integrity
  3. Core Conditioning
  4. Sport Strength
  5. Explosive Power
  6. Speed, Agility, & Quickness
  7. Flexibility for Performance
- 2003 DVDs:
  1. Speed & Sports Conditioning for the Young Athlete
  2. Speed & Sports Conditioning for the Advanced Athlete
- 2001 DVD/VHS:
  1. Optimal Performance Bodywork: Trunk, Core & Lower Body
  2. Optimal Performance Bodywork: Neck & Upper Body
  3. Optimal Performance Bodywork: Flexibility, Bodywork, & Corrective Exercise

### **PUBLICATIONS Featured in or appeared in; Circulation in (parentheses)**

- **CBS Early Show** – (16 million viewers) – June 2011 – “Aging and Exercising”
- **The Times-Picayune** – *June 2011* – “Drew Brees’, trainer Todd Durkin exercising well-forged bond”
- **Chicago Breaking News** – *June 2011* – “Bears' Tillman warns of conditioning problems”
- **IHRSA.com** – *June 2011* – “Todd Durkin, Personal Trainer to the Pros, Busy During NFL Lockout”
- **ESPN Magazine** - (2 million) – *May 2011* – “Saints Training During The Lockout”
- **The Times-Picayune** – *May 2011* – “Saints Band Together This Off-Season”
- **NFL.com** – *May 2011* – “Brees Leads The Charge”
- **FitBie** – *April 2011* – “Build Muscle the Smart Way”
- **IHRSA.com** – *March 2011* – “NFL Lockout Would Mean Big Business for One San Diego Gym”
- **New York Times** - (1.1 million) – *March 2011* – “Toned, Strong, and A Little Gray”
- **Newsok Oklahoma** – *March 2011* – “Former OU Star Rehabs In San Diego”
- **Manasquan-Belmar Patch** – *March 2011* – “Training Elite Athletes with a Jersey Shore Ethos”
- **NY Times** – (1.1 million) *March 2011* – “Toned, Strong, And A Little Gray”
- **KUSI San Diego** – *March 2011* – “Train The Joes Like The Pros”
- **Fox Sports** - (2,125,000) - *February 2011*- “Quarterback Talk”
- **Fox 5 San Diego** - *February 2011* - “IMPACT Fitness Challenge For A Cause”
- **Fox 5 San Diego** - *February 2011* - “Aaron Rodgers Has Ties To San Diego”
- **The Norman Transcript** – *February 2011* – McCoy Happy To Be Back Home”
- **The SF Examiner** - *February 2011* - “McCoy Approaching Rehab Successfully”
- **NewsOk** - *February 2011* - “Former OU Star Trains In San Diego”
- **Sirius/XM Satellite Radio** - (958,000) - *February 2011*
- **Fox 5 San Diego** - *February 2011*- “The MVP Workout”
- **CNN Headline News** - (1,178,000) - *February 2011* - “Can You Survive The Quarterback Workout”
- **San Diego Union Tribune** - (700,000) - *February 2011* - “Super Bowl QBs Have Ties To San Diego”
- **Fox 5 San Diego** - *January 2011*- “Winter Time Nutrition”
- **Fox 5 San Diego** - *January 2011* - “New Years Health and Fitness Exercises”
- **Men’s Health Magazine** - (12 million) - *January 2011* - “The Heart Of A Champion”
- **ESPN W** - *January 2011* - “Testing To Become The Best”
- **ESPN The Magazine** - (2 million) - *December 2010* - "Flexibility Will Give You An Edge"
- **Fox 5 San Diego** - *December 2010* - "IMPACT! Nutrition"
- **Fox 5 San Diego** - *December 2010* - "Top Fitness and Health Myths"
- **USA Weekend** - (22.6 million) - *November 2010* - "Prevent Chronic Pain"
- **Men's Health Magazine** - (12 million) - *October 2010* - "Game On"
- **Men's Health Magazine** - (12 million) - *October 2010* - "Lessons From Drew Brees"

- **Wall Street Journal** - (2.1 million) - *October 2010* - "Masochism Remade This Man"
- **STACK Magazine** - (5 million) - *October 2010* - "The IMPACT! Body Plan"
- **Men's Health Magazine** - (12 million) - *October 2010* - "The Power Of The Muscle Matrix"
- **ABC 7 Los Angeles** - *October 2010* - "New Devices and Programs For Fitness Training"
- **ABC News** - *October 2010* - "Why Physical Activity Is Important"
- **The Morning Call** - *October 2010* - "Top3 Health and Fitness Myths That Block Your Goals"
- **CBN 700 Club** - *October 2010* - "The IMPACT! Body Plan"
- **Good Morning America Health** - *October 2010* - "Exercise Myths"
- **Men's Health Magazine** - (12 million) – *September 2010* - "A Champion Never Rests"
- **Washington Post**- (1 million) - *September 2010* - "Are You Ready For Some Football"
- **William & Mary Tribe Spotlight** - *September 2010* - "Helping People Get In Shape, Both Mind and Body"
- **Bullx-Eye.com** - *September 2010* - "The Scores Report Chats With Drew Brees' Trainer, Todd Durkin"
- **Maximum Fitness Magazine** - *September 2010* - "Six Pack Abs"
- **Union Tribune** - (675,000) - *August 2010* -"Floy's Worth Soars By Leaps 'n' Bounds"
- **Vibe Magazine** - (150,000) - *August 2010* - "A Day In The Life Of Shawne Merriman"
- **Active.com** - (112,000) - *August 2010* - "Upper Body Exercises"
- **Active.com** - (112,000) - *August 2010* - "Best Exercises To Keep You Injury Free"
- **Active.com** - (112,000) - *July 2010* - "3 Shoulder Exercises For Quarterbacks"
- **Men's Health Magazine** - (12 million) - *June 2010* "Big Chest Workout"
- **Club Solutions** (24,000) - *June 2010* "The Strength Training Evolution"
- **San Diego News Network** (750,000) - *June 2010* "Work What Your Mama Gave You"
- **San Diego News Network** (750,000) - *May 2010* "Eight Bodyweight Exercises"
- **The Golf Guru** - *April 2010* - "Golf Training"
- **Active.com** - (112,000) - *April 2010* - "Functional Training For All Athletes"
- **WebMd** - (10,000) - *April 2010* - "4 Stress Busting Moves You Can Do Anytime"
- **IDEA Fitness Journal** - *March 2010* - Fun In Functional Workouts With Kids"
- **Fox San Diego** - *March 2010* - "San Diego Padres Train For The New Season"
- **NFL Network** - *March 2010* - "Under Armour Tips For The Combine"
- **Wall Street Journal** - (2.1 million) - *February 2010* - "Why Bigger Isn't Always Better"
- **New York Times** - (1.6 million) - *February 2010* "Brees Colleagues See An Amazing Athlete Within"
- **Muscle And Fitness Magazine** - (475,000) - *February 2010* "Suspended Brees"
- **Men's Health Magazine** - (12 million) - *February 2010* "5 Secrets From An NFL Trainer"
- **Union Tribune** - (675,000) - *February 2010* "Dangerous Stretch"
- **Fox New Orleans** - *February 2010* "Personal Trainer Of Drew Brees"
- **San Diego News Network** - (750,000) - *February 2010* "How To Erase Belly Fat"
- **San Diego News Network** - (750,000) - *February 2010* "Top 10 Health and Fitness Myths"
- **Stack Magazine** - (5 million) - *January 2010* "Drew Brees Off-Season Training Plan"
- **Fox San Diego** - *January 2010* "Trainer Of A Champion"
- **NBC San Diego** - *January 2010* "San Diegans Hoping To Lose Big"
- **Stack Magazine** - (5 million) - *November 2009* "Best In The NFL"
- **USA Today** - *October 2009* "Cool Brees"
- **Men's Health** - *October 2009* "Outlive The Turkey"
- **USA Today** - (3.7 million) - *October 2009* "Brees Reborn"
- **Men's Health Magazine** - *October 2009* "Burn Fat Faster"
- **USA Today** - (3.7 million) - *October 2009* "Brees Reborn As A Saint"
- **Men's Health Magazine** – *September 2009* "America's 10 Best Gyms"
- **Wall Street Journal** – *September 2009* "Drew Brees: Stretching Limits"
- **NBC** – *August 2008* "Tomlinson's trainer previews his MVP workout"
- **San Diego Union Tribune (400,000)** – *May 2008* "In Balance!"
- **Alabama Press Register** – *January 2008* "Cold Hard Lesson"
- **60 Minutes** - *January 2008* "LaDainian Tomlinson feature with trainer Todd Durkin"

- **San Diego Union Tribune (400,000)** – November 2007 “Getting Results”
- **Prevention Magazine (5 million)** – November 2007 “We Found It! Fastest Way to Sculpt”
- **Men’s Fitness (1 million)** –November 2007 “The Mask, The Man”
- **Dallas Morning News** – September 2007 “Just like building muscle, we can build our inner strength”
- **USA Today** – July 2007 “Brees becomes a new patron Saint in New Orleans”
- **NBC** – Jan 2007 “LT’s Trainer Reveals Exercise Secrets of MVP”
- **Sports Illustrated - (3.2 million)** - January 2007 “NFL Workout: Drew Brees Strapped In”
- **San Diego Union Tribune (400,000)** - January 2007 “For LT, There’s no “I” in MVP”
- **Seattle Times (450,000)** - December 2006 “LT Dedicated to Success”
- **Washington Post (1 million)** - December 2006 “Tomlinson & Brees: It’s All Working Out”
- **NY Times (1.6 million)** - November 2006 “Avoid Gossip at the Gym & Get the Most out of Your Workouts”
- **MSNBC** - November 2006 “Another Hurdle to Exercise: Embarrassment”
- **Stack Magazine** - November 2006 “Card Toss”
- **ACE Fitness Matters Magazine (50,000)** - October 2006 “TRX: Strapping New Workout”
- **WebMD** - September 2006 “10 Tips For Fall Fitness”
- **Dallas/Fort Worth Star (300,000)** - September 2006 “LT, The Best Ever?”
- **LA Times (1.2 million)** - September 2006 “Tedious Treadmills?”
- **NY Times (1.6 million)** - July 2006 “Lactic Acid Will Be Sorely Missed”
- **Shape (1.6 million)** - April 2006 “The Body You Want”
- **Stack Magazine** - April 2006 “Get in Your Zone” (Drew Brees)
- **Cooking Light (11 million)** - March 2006 “Target Your Fitness Goals”
- **Recreation Management (50,000)** - March 2006 “Command Performance”
- **Men’s Journal (700,000)** - December 2005 “America’s Top 100 Trainers”
- **Men’s Health Magazine** - Sept 2005 “Americas Best Gyms”
- **Stack Magazine** - Sept 2005, Feature Article; “Tomlinson’s Quest to be the Best”
- **The Sporting News (700,000)** - August 2005, Feature Article; “L.T. - Man On A Mission”
- **ESPN the Magazine (1.9 million)** - April 2005
- **Men’s Journal (700,000)** - December 2004 “America’s Top 100 Trainers”
- **Shape (1.6 million)** - December 2004
- **Self Magazine (1.4 million)** - Fall 2004
- **Business Week (4.7 million)** - Fall 2004, Feature Article
- **All You Magazine** - October 2004, Feature Article; “Best Ab Exercises for a Strong Core”
- **Fitness Magazine** - August 2004, Feature Article
- **San Diego Union Tribune (400,000)** - July 2004 “Tomlinson’s Quest for the Best”, Headline Article
- **MSNBC Article** - July 14, 2004 “Boost your performance, apply training strategies that elite athletes use to avoid fitness ruts”
- **Massage Magazine** - May/June 2004 “Optimal Performance Bodywork a Must for those in Pain”
- **Fitness Magazine** - May 2004, Feature Article
- **Shape Magazine (1.6 million)** - May 2004
- **Fitness Magazine** - March 2004 “A Workout for Every Goal”
- **Channel 10 San Diego** (10 week on-going program) - Fall 2003 “Dueling Diets: Fitness Program”
- **KFMB.com** (Featured on Channel 8 San Diego) - September 5, 2003 “Why some kids want to quit sports”
- **San Diego Union Tribune (400,00)** - July 2003, Headline article; “Balance of Power”
- **Fox 6 Morning News** - April 2002 “Boot Camp Class Kicks Butt”
- **San Diego Reader** - April 2002 “Boot Camp Class Kicks Butt”
- **KUSI Rod Luck Morning News Show** - June 2001 “Fitness Quest 10 Early Morning Show”

## CURRENT SPONSORS

- **Under Armour**
- **Gatorade**
- **EFI Sports Medicine**

- **Fitness Anywhere/TRX**
- **Perform Better**
- **Dynamix Music**

## **EDUCATION**

- M.A. Exercise and Nutritional Science, Emphasis in Biomechanics/Sports Medicine, San Diego State University, San Diego, CA (May 1999)
- B.S. Kinesiology, The College of William & Mary, Williamsburg, VA (May 1993)
- 5 Year Full Football Scholarship / Student-Athlete (QB / Captain Senior Year), The College of William & Mary, Williamsburg, VA (September 1989-May 1994)
- Continuing Education Provider for NCBTMB, Perform Better, IDEA, NSCA