

Have you ever wondered how professional athletes workout? You may wonder what gives them that extra edge. Well, I recently had a chance to workout with Todd Durkin one Sunday morning here in Portland. The next question you may have is... "Who is Todd Durkin." Well, Todd is a very inspirational personal trainer based out of San Diego who has won many awards in recent years which include personal trainer of the year by the American Council on Exercise and IDEA Health and Fitness Association. Todd is also the personal trainer to many professional athletes including LaDainian Tomlinson (L.T.) of the San Diego Chargers and Reggie Bush of the New Orleans Saints.

Just like everyone else, I wondered what kind of workouts are Todd and L.T. doing during their training sessions. Well, I had the chance to experience a 2 hour workout with Todd and now I'm bringing it back to Bridgetown Physical Therapy & Training Studio. I will be putting on a class every Monday and Wednesday night at 6:30pm. This class is designed for the average athlete who is looking to take their workouts to the next level. The workouts will include speed, agility, strength, power and quickness drills that professional athletes use in their daily training. We will be limiting the class to 12 people, so email me at jkernen@bridgetownpt.com if you are interested. This is a fun and exciting class designed for the average Joe athlete.

Monday and Wednesday Nights

Time:
6:30pm-7:30pm

Cost:
\$15 per class

Location:
Bridgetown Physical Therapy & Training Studio
1420 SW Broadway
Portland, OR 97201

Sincerely,

Josh Kernan, PT, DPT, CSCS