

TODD DURKIN, MA, CSCS, NCTMB

Founder, President & CEO, Fitness Quest 10
Two-Time Personal Trainer of the Year
Under Armour Training Team
Trainer, NBC STRONG
ToddDurkin.com | FitnessQuest10.com

ABOUT:

Todd Durkin is an internationally recognized strength, speed and conditioning coach, body-worker, author and motivational speaker. He is the founder of Fitness Quest 10 in San Diego, CA, an award-winning health and human performance facility where he works with a high-profile clientele of elite professional athletes including NFL MVPs, Super Bowl Champions and MVPs, Heisman Trophy Winners, Olympic and X-Game Gold Medalists and World Series Champions. Fitness Quest 10 has been named one of "America's 10 Best Gyms" by Men's Health 7 times, while Durkin's work there has earned him the industry's highest honors including being named Personal Trainer of the Year by both IDEA and ACE, a four-time Top 100 Most Influential Person in Health & Fitness, the 2017 Jack LaLanne Award winner, and 2018 International Presenter of the Year from Canfitpro representing legacy and impact in the fitness industry.

Durkin was a featured trainer and finalist on the 2017 television series NBC STRONG, produced by Dave Broome and Sylvester Stallone. He holds a coveted spot as a member of the Under Armour Training Team and routinely travels the world for speaking engagements and keynotes both in and out of the fitness industry. Todd has appeared on 60 Minutes, ESPN and the NFL Network, and has been featured in Sports Illustrated, USA Today, Men's Health, ESPN the Magazine, the NY Times, Wall Street Journal, Washington Post and many others.

Todd has authored two books; The IMPACT! Body Plan (2010), a 10-week, comprehensive plan to change body, mind and spirit, and The WOW Book: 52 Ways to Motivate Your Mind, Inspire Your Soul & Create WOW in Your Life (2016).

Through Todd Durkin Enterprises, Durkin and his staff provide motivational and educational programs, as well as team-building events to companies and conferences worldwide. Some of these companies include Under Armour, Gatorade, The Ken Blanchard Companies, Wells Fargo, Bath & Body Works, Cal-a-Vie Resort & Spa, IMG, USMC, UCSD, MPI, UBS Warburg, Quest Ventures, Behr Paints, Kaiser Permanente, Torrey Pines Bank, Administrative Professionals, Life Care Solutions, and the San Diego Chargers.

For more information, please visit ToddDurkin.com or FitnessQuest10.com.



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SOCIAL MEDIA CHANNELS:@TODDDURKIN

Facebook (/ToddDurkinFQ10): 37K Fans

Facebook (/FitnessQuest10): 9,897 Fans

Instagram: 31.4K followers

Twitter: 35,100 followers

YouTube: 23,567 subscribers

NATIONAL FOOTBALL LEAGUE CLIENTS:

LaDainian Tomlinson ~ San Diego Chargers (Retired)	Ben Gardner ~ San Diego Chargers
Drew Brees ~ New Orleans Saints	Marlon McCree ~ Jacksonville Jaguars (Retired)
Aaron Rodgers ~ Green Bay Packers	Eric Parker ~ San Diego Chargers
Kyle Boller ~ Oakland Raiders (Retired)	Gerald McCoy ~ Tampa Bay Bucs
Carson Palmer ~ Cincinnati Bengals	Marcus Gichrist ~ San Diego Chargers
Reggie Bush ~ San Francisco 49ers	Shareece Wright ~ San Diego Chargers
A.J. Feeley ~ St. Louis Rams (Retired)	AJ Edds ~ Indianapolis Colts
Josh Freeman ~ Minnesota Vikings	Cam Thomas ~ San Diego Chargers
John Beck ~ Washington Redskins	Matt McCoy ~ Seattle Seahawks
Justin Peelle ~ Atlanta Falcons	Shaun Phillips ~ San Diego Chargers
Kellen Winslow ~ New York Jets (Retired)	Jimmy Smith ~ Baltimore Ravens
Shawne Merriman ~ Buffalo Bills (Retired)	Greg Camarillo ~ New Orleans Saints
Malcom Floyd ~ San Diego Chargers	Darren Sproles ~ New Orleans Saints
Charles Tillman ~ Chicago Bears	Darrel Stuckey ~ San Diego Chargers
Chase Daniel ~ New Orleans Saints	Bradley Randle ~ Minnesota Vikings
Josh Johnson ~ Indianapolis Colts	Royce Pollard ~ Free Agent
Sage Rosenfels ~ Minnesota Vikings (Retired)	Johnny Patrick ~ San Diego Chargers
Ben Leber ~ Minnesota Vikings (Retired)	Eric Johnson ~ New Orleans Saints
Tyler Lorenzen ~ New Orleans Saints	Jarret Bush ~ Green Bay Packers
Eric Bakhtiari ~ Tennessee Titans	Brett Swain ~ Seattle Seahawks
Kevin O'Connell ~ New York Jets (Retired)	Kenny Stills ~ New Orleans Saints
Quentin Jammer ~ San Diego Chargers (Retired)	Roberto Wallace ~ Tennessee Titans
Matt Wilhelm ~ San Francisco 49ers (Retired)	Derek Cox ~ San Diego Chargers
Jacques Cesaire ~ San Diego Chargers (Retired)	Marques Clark ~ San Diego Chargers
Eugene Amano ~ Tennessee Titans	Stanley Daniels ~ Cleveland Browns
Lorenzo Neal ~ San Diego Chargers (Retired)	Blaine Gabbert ~ Jacksonville Jaguars
Alex Smith ~ Kansas City Chiefs	Ryan Griffin ~ New Orleans Saints
Will Demps ~ New York Giants	Chris Givens ~ St. Louis Rams
Jorge Cordova ~ Jacksonville Jaguars	Mark Sanchez ~ Philadelphia Eagles
Luis Castillo ~ San Diego Chargers	Austin Davis ~ St. Louis Rams
Igor Olshansky ~ San Diego Chargers	Brandin Cooks ~ New Orleans Saints
Donnie Edwards ~ Kansas City Chiefs	Zach Ertz ~ Philadelphia Eagles
Derek Smith ~ San Francisco 49ers	Dominique Jones ~ Denver Broncos
La'Roi Glover ~ St. Louis Rams	
Dontrelle Inman ~ San Diego Chargers	
Tyrell Williams ~ San Diego Chargers	
Javonte Herndon ~ San Diego Chargers	



Photo: Todd training NFL MVP Drew Brees of the New Orleans Saints at Fitness Quest 10

MAJOR LEAGUE BASEBALL CLIENTS

Cole Hamels ~ Texas Rangers

Brian Anderson ~ Colorado Rockies (Retired)

Mike Jacobs ~ Arizona Diamondbacks

Akinori Atsuka ~ Texas Rangers

Mark Prior ~ Chicago Cubs (Retired)

Josh Kroeger ~ Philadelphia Phillies

Josh Muecke ~ Houston Astros

Logan Forsythe ~ San Diego Padres

Xavier Nady ~ Kansas City Royals

Johnny Omaten ~ Florida Marlins

Quinton Berry ~ Detroit Tigers

Heath Bell ~ Arizona Diamondbacks

Chris Young ~ Kansas City Royals

Tony Gwynn Jr ~ Washington Nationals

Nick Hundley ~ Colorado Rockies

Tim Stauffer ~ San Diego Padres

Will Venable ~ Texas Rangers

Trevor Cahill ~ Chicago Cubs

Brandon League ~ Los Angeles Dodgers

Andy Parrino ~ San Diego Padres

Aaron Harang ~ Philadelphia Phillies

James Loney ~ Tampa Bay Rays

Mike McCoy ~ Toronto Blue Jays

Stephen Strasburg ~ Washington Nationals

Stephen Gonsalves ~ Minnesota Twins

Corey Oswalt ~ New York Mets

BELLATOR MMA

Michael Chandler - World Champion Lightweight

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

- International Presenter of the Year – Canfitpro - 2018
- Jack LaLanne Award - IDEA - 2017
- 100 Most Influential People in Health & Fitness - Greatist - 2016, 2014, 2013, 2012
- CASmall Business of the Year Award - 2015; One of 120 businesses out of 3.3 million
- America's 10 Best Gyms - Men's Health - 2015, 2014, 2013, 2012, 2011, 2010, 2009
- Most Influential Men in Fitness - Men's Health UK - 2015
- New Presenter of the Year - Can Fit Pro - 2013
- Top 2 Gyms in San Diego - Womens Health - 2013
- Top 100 Fitness Entrepreneurs of All Time - Fitness Business Interviews - 2011
- America's Top 100 Trainers - Men's Journal - 2006 & 2005
- Best Place in the U.S. for Sports Massage - Men's Health - 2005
- ACE Personal Trainer of the Year - ACE – 2005
- IDEA Personal Trainer of the Year - IDEA - 2004
- IDEA, ACE spokesperson on issues pertaining to personal fitness training, wellness, massage, stress reduction, exercise, and health-related topics
- Average of 40 speaking events per year, with average 300 in attendance

Founder, Creator, and CEO of Fitness Quest 10, San Diego, CA (December 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
- 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 systems and philosophy

Owner, Todd Durkin Enterprises (TDE), San Diego, CA (January 2001-Present)

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.

- Provide motivational talks and team-building programs to companies and conferences worldwide
- Have conducted more than 50 programs nationally & internationally
- Present at top fitness conferences and conventions (Perform Better, IHRSA, IDEA, ACE, etc.)
- Motivate, educate & coach more than 50,000 individuals on health & wellness annually
- TDE websites reach more than 100,000 people annually; appearances reach millions annually
- Clients include Under Armour, Gatorade, USMC, 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

Founder, Durkin IMPACT Foundation (December 2012-Present)

Was created on the heels of Super Storm Sandy that hit the Eastern Seaboard on October 29th, 2012. The IMPACT Foundation raised over \$76,000 and \$65,000 was donated back to the community for those in need. We continue to raise funds and donate Scholarships each year to college bound athletes.

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

The Todd Durkin Mastermind is a group of forward-thinking, passionate fitness professionals seeking success in their business and personal lives. Through ongoing leadership, Durkin guides hundreds of fitness professionals from around the world virtually. The Mastermind Group has monthly teleseminars/videos, ongoing weekly delivery of content and feedback, and annual live events. The main areas of focus are business development, leadership, marketing, "in the trenches" acumen and personal development.

DVD/VIDEO/BOOK PRODUCTION

- 2016 The WOW Book Published
- 2014 IDEA Training Sales Explosion Series
- 2013 Todd Durkin's Fitness Business System
- 2010 Book Published, The IMPACT! Body Plan
- 2010, 2009 Healthy Learning DVD's
- Growing Your Business in Spite of a Challenging Economy Buddy Up: Partner Training for Results
- Optimal Performance Bodywork & Flexibility: Secrets to Improved Performance Going for Greatness: Business Solutions for Entrepreneurs
- Boot Camp
- Train the Joes Like the Pros
- 2008 DVD's TRX
 - TRX Performance: Team Sports
 - TRX Performance: Train Like the Pros
- 2008 DVD's EFI Sports Medicine
 - Gravity Fusion: Partner Training
 - Gravity Fusion: Team Training 2008 e-Book
- Your Balanced Body, Your Balanced Life 2006/2007/2008 Healthy Learning DVD's Boot Camp Complete
- Going for Greatness in the Fitness Field Going for Greatness
- The Power of You
- Business Solutions for Entrepreneurs Create the Business You Desire
- Boot Camp
- SAQ for all Clients
- Train the Joes Like the Pros Great Trainer, Great Business 2007 DVD's EFI Sports Medicine



- 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:

- All About Fitness - April 2019
- Creating Everything From Nothing - March 2019
- Two Fit Crazies And a Microphone - March 2019
- Leading In Clarity Podcast - February 2019
- The Steve Weatherford Show - January 2019
- Stress Mastery Podcast - December 2018
- "Pursuit of Excellence" Podcast - November 2018
- Boomers Rock Podcast - October 2018
- ESPN Instagram - July 2018
- Leave Your Mark Podcast - May 2018
- Escape Your Limits Podcast - Mar 2018
- Steal the Show Podcast - 2017
- Sports Motivation Podcast - January 2017
- Live Your Spa Life Podcast - 2017
- Achieve Your Goals - Hal Elrod Podcast - 2017
- Mastin Kipp Podcast - 2017
- The Mentee Podcast - August 2017
- Fitness Business Podcast - April 2017
- Perfection Detox Podcast - January 2017
- NBC STRONG - April - June 2016
- Dr. Oz Show - April 20, 2016
- Stack Magazine - Fall 2015 "The Power of Team"
- The amSTATZ Fitness Business Podcast - Summer 2015
- Total Gym Infomercial; national campaign with Chuck Norris & Christie Brinkley;
- Ongoing networks Mens Health on Yahoo Homepage in Yahoo Sports - May 2014 "Drew Brees's Tricky Pushup"
- Mens Health in Yahoo Sports - May 2013 - "The Best Cardio Drill You've Never Tried"
- Wall Street Journal - December 2012 - "Stop Mocking Gym Majors"
- Men's Fitness - October 2012 - Drew Brees Feature; "\$100 Million UnderDog" UT San Diego
- December 2012 - "Day of IMPACT"
- Men's Health - (20 million readers per month) - Print & Online 2011/2012/2013/2014/2015
- The Six Pack Summer Poster - 6 New Moves for Sculpting a Beach-Worthy Six Pack
- Grip-Change - 15 minute workout
- Best Life 15 minute workout - the Perfect Holding Pattern
- Men's Health Weekend Fitness Challenges - August /September 2015 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 Time - (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 - "Tones, 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 SD"
- 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 - "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/ForthWorth 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 (11million) - 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
- Perform Better
- CarnoSyn
- TRX
- Myzone
- Theragun

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