

Herald-Mail MediaJosh Duhamel reveals gruelling preparation for Transformers: The ...Herald-Mail MediaAnd Duhamel - who has three-year-old son Axl with his wife Fergie - also signed up for yoga sessions to strengthen his back and knees, as he believes being 10 years older than he was when he made his first appearance in the franchise he is more ...y más »

**Leer más:** [Josh Duhamel: Google Noticias](#)