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for massive muscles fast : Nautilus training principles applied to free weights and conventional equipment. [Ellington Darden; # High-intensity bodybuilding.

### **Super high- intensity bodybuilding (book, 1986)**

Super high-intensity bodybuilding. [Ellington Darden; by Ellington Darden ; # New York, NY schema

### **Dr. darden's h.i.t**

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### **9781594860003 new high intensity training by**

Ellington Darden, Ph.D., is the leading disciple of the HIT training methods of Arthur Jones, the inventor of Nautilus exercise equipment. Darden, for 17 years the

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Ellington Darden is the author of The New High Intensity The New High Intensity The New Bodybuilding for Old School Results 4.65 of 5 stars 4.65 avg

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Aug 07, 2013 Dr. Ellington Darden supervises a High Intensity Workout at the 2012 HIT Resurgence Conference.

### **The new high intensity training by ellington**

Anyone read or heard of this book?I picked it up a few days ago when I was looking for Mentzers High Intensity book at Borders because they didn't have the other one.

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In 90' I first purchased Super High Intensity, of the same author Darden Phd. which gave me a great intro to HIT/training. I was amazed w my understanding an success

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### **The new high-intensity training : ellington darden**

Author information. Ellington Darden, Ph.D., is the leading disciple of the HIT training methods of Arthur Jones, the inventor of Nautilus exercise equipment.

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