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Hit, spit, and bullshit | t nation

When Ellington Darden, Ph.D., who was director of research for Nautilus Sports all the young guys who are into strength training and bodybuilding seem to be

Interview with ellington darden, phd. | high intensity

When I found out that Dr. Darden had a new bodybuilding book coming out I was very excited. Did he ever do any amusing things around Nautilus? Ellington Darden:

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Dr. darden's h.i.t

Dr. Darden, I'd like to hear your thoughts on this as well please. Back in the 80's I learned HIT from Dr. Dardens' book, Nautilus Bodybuilding Book.

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