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Ellington Darden: Ray Mentzer worked at the Nautilus headquarters in Florida for about An interview with Bodybuilding Icon, Dr Ellington Darden discussion

The new bodybuilding for old-school results by

Roger Schwab - Owner of Mainline Nautilus, The New Bodybuilding for Old School Results doesn't The New Bodybuilding for Old-School Results by Ellington Darden:

The rebirth of hit | t nation

In 1972, Ellington Darden, author of The New HIT, won the Collegiate Mr. America. When this photo was taken, Darden was 5' 11" tall and weighed 195 pounds.

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:

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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