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Person. Who is Ellington Darden? Ellington Darden is an author. born in 1943 (72 years ago) written works: "The Bowflex Body Plan", "The Superfitness Handbook

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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