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By 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.

<http://drdarden.com/readTopic.do?id=655302&pageNo=2>

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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:

<http://baye.com/interview-with-ellington-darden-phd/>

hit Dr. Ellington Darden - YouTube -

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Who is Ellington Darden? - Omnilexica -

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

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