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An interview with bodybuilding icon, dr ellington

I have been a fan of Ellington Darden, I did most of those exercises three times a week for one set of 8 to 12 Dr Ellington Darden discussion

Hit, spit, and bullshit | t nation

One time the right way might last you several weeks. Dr. Darden: I believe it's muscle, and never told us about the massive amounts he was taking

Dr. darden's h.i.t

Something struck me very odd when I reviewed Eddie Mueller's results from "Massive Muscles in 10 Weeks (BIGGER Muscles in 42 days) Dr. Darden mentioned that

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