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by Ellington Darden, The Six-Week Fat-to-Muscle Makeover, Dr Darden if you are reading this thank you soooooo much yuo have made one extremely happy guy.

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

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