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More mass, less fat, slow reps | iron man magazine

After only 6 weeks 25 pounds of fat gone Here's what Dr. Darden says X-traordinary Arms--includes the 3D HIT workout system with big-arms

The big scoop on big arms (page 1)

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This dude claims to be natural with 20" arms

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An interview with bodybuilding icon, dr ellington

I have been a fan of Ellington Darden, Ellington Darden: I m a big fan of the pre position where he then lowered himself slowly by using only his arms.

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