



DR. ELLINGTON DARDEN

Muscle—the stuff that was responsible for the Great Wall of China, the Pyramids of Egypt, and the physiques of Samson, Hercules, and The Terminator—is Dr. Ellington Darden's domain. With precision exercising and eating, he can develop and define the major muscles of the body.

Darden stresses that the vast majority of people need more muscle. “Muscle has been our engine, our means of movement, since the beginning of our time on Earth,” he says.

“With muscle we run, kick, throw, bike, and swim. With it we lift heavy objects and thread tiny needles, operate chain saws and manipulate keyboards. With five pounds of added muscle (a realistic goal), we do almost everything better. And that added muscle firms our overlying fat and skin, which helps us look more attractive.”

Darden holds bachelor's and master's degrees in exercise science from Baylor University and a doctorate in physical education from Florida State University. Two years of post-doctoral study in food and nutrition set him on the trail that reinforced his interest in strength and health.

Instrumental in his studies at Florida State University were Dr. Frances Hall (physical education) and Harold Schendel (nutrition). He then reconnected with Ilanon Moon, his 1960 high-school English teacher, who challenged him with the question: “Do you want to write for P-H-D or P-A-Y?” She taught him how to improve both – significantly.

From 1973 through 1993, Darden was director of research for Nautilus Sports/Medical Industries. There he helped develop and popularize Nautilus exercise machines. Plus, he created the acronym HIT: High-Intensity Training. His work led to a number of best-selling courses, including *The Nautilus Book*, *Massive Muscles in 10 Weeks*, *A Flat Stomach ASAP*, and *The Bowflex Body Plan*. His most recent hardcovers are *The Body Fat Breakthrough* and *Killing Fat*.

After 50 years of muscle-related adventures, Darden has published 76 books that have sold almost seven million copies.

He currently resides in Orlando, Florida, with his wife Jeanenne; son Tyler (18); and daughter, Larah, (15).