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~~Book Review: The  
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HIT - Then and Now

Doug McGuff MD

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The Bright Side -

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Darden, director of

research for Nautilus

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bodybuilding's most credible author, and this successor to High-Intensity

Bodybuilding is likely to expand his already large following. The enlightened message here: don't over-do.

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Bodybuilding by  
Darden Ellington (19  
86-05-20) Paperback  
– January 1, 1986.

by Darden  
Ellington; (Author) 4.8  
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more. Fewer sets with perfect form (and a few tricks) will get you awesome results in about a quarter of the time the other guys spend in the gym.

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In 90' I first  
purchased Super  
High Intensity, of the  
same author Darden  
Phd. which gave me a  
great intro to  
HIT/training. I was

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amazed w my  
understanding an  
success when I used  
the well explained  
system! It boiled  
down to his great  
points from his  
mentor, Arther Jones  
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~~Massive Muscles Fast~~

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Ellington Darden,  
Ph.D., is the leading  
disciple of the HIT  
training methods of  
Arthur Jones, the  
inventor of Nautilus  
exercise

equipment. Darden,  
for 17 years the  
director of research  
for Nautilus

Sports/Medical

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Industries, is the author of such enormously popular books on high-intensity workouts as The Nautilus Book, High-Intensity Bodybuilding, and 100 High-Intensity Ways to Build Your Body ...

~~New High-Intensity  
Training by Ellington~~

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~~Darden PhD ...~~

Dr. Darden does use Super Slow or Hyper Slow as a valid technique of Intense Training! (as we ALL can see and hear in the video) The man who worked so closely with Art Jones at Nautilus and author of near 100 books on Hit and Fitness accept its

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intensity and uses it as an example of modern training variation.

## ~~The Eddie Mueller Story - High Intensity Training~~

One thing about the BIG program Darden used that people forget is that it wasn't all SS. He was doing negative chins and

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dips as well. Eddie Mueller was doing a normal HIT type routine with no training partner and admitted that he couldn't push himself hard enough or eat correctly to keep the mass he'd gained on the earlier routine.

~~BIG Darden's Super Slow book from 1990~~

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~~Intensity~~  
~~Serious Strength~~

Darden, director of research for Nautilus Sports/Medical

Industries, is arguably bodybuilding's most credible author, and this successor to High-Intensity

Bodybuilding is likely to expand his already large following. The enlightened message here: don't over-do.



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Ellington ...~~

Interrogation with  
H.I.T. Expert, Dr.  
Ellington Darden ZE

– Dr. Darden! I  
can ' t tell you how  
excited I am to have  
this opportunity to  
interview you. My  
background comes  
from bodybuilding

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and I started in 1990.  
I used to read all the  
high intensity training  
books and I had the  
greatest admiration

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highest level reached

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by the high-intensity school of bodybuilding which argues--counter to the traditional/Weider school--that less is more. Fewer sets with perfect form (and a few tricks) will get you awesome results in about a quarter of the time the other guys spend in the gym.

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book by Ellington  
Darden~~

Super High-Intensity  
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Ellington. 4.8 out of 5  
stars 7. Paperback.

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\$18.96. The New  
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System You've Never

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Tried Ellington

Darden PhD. 4.3 out  
of 5 stars 164.

Paperback. \$17.37.

Ellington

~~100 High-Intensity  
Ways to Improve  
Your Bodybuilding ...~~

It has a chapter on  
Schwarzenegger,  
talking about when  
he went to train  
under Jones using the  
high intensity style.

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Apparently he The  
New High Intensity  
Training by Ellington  
Darden -

Bodybuilding.com  
Forums

~~The New High  
Intensity Training by  
Ellington Darden ...~~

“ Heavy Duty ” was  
a high intensity, to-  
failure system taught  
by Mike Mentzer, as a

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modification to HIT.  
Mentzer introduced it  
as an alternative to  
HIT. HIT as taught by  
Jones and Darden  
consists of FULL  
BODY workouts, done  
THREE times per  
week, ONE workset-d  
one-to-absolute-  
failure per bodypart.

~~The Ideal Workout by  
Arthur Jones~~



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~~Physical Culture~~  
Study

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Referring to the level  
of effort, he called  
this philosophy,  
“ high intensity  
training. ” The Era Of  
High Intensity  
Training (HIT) Gurus.  
Beginning in the  
1970s and picking up

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Intensity through the  
bodybuilding boom of  
the 1980 ' s, other  
fitness experts,  
trainers and athletes  
jumped on this wagon  
and declared  
themselves coaches  
or practitioners ...

~~A New Look At High  
Intensity  
Bodybuilding And  
Training To ...~~

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This differs from the advice given by people such as Darden, Mentzer and Brzycki who advocate much higher volumes, use of single joint movements, and the employ of "super high intensity" techniques such as forced reps, pre-exhaust and negatives.

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