

Bigger Muscles In 42 Days

By Ellington Darden

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I can say I was a little disappointed with this book. There seemed to be numerous misleading facts(pg. 101, Darden claims there's 15 grams of protein in an egg

Bigger Muscles In 42 Days - Dr. Darden -

Dr Darden, I wondered if you could clear something up for me regarding the bigger muscles in 42 days book. I find this book particularly interesting because of some

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I've read Ellington Darden's "Bigger Muscles in 42 Days", which I didn't really care for for a few reasons including starting off with two weeks of a 6 day per week

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