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About the Author: Kris Gethin is Welsh bodybuilder from Wales in United Kingdom, who is known for being the first lifetime natural drug-free bodybuilder. He has
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About me - kris gethin

He is the author of the #1 Best Seller Body by Design, The Bodybuilding.com Guide to Your Best Body and The Adventures KAGED MUSCLE. Kris is the 2015 Kris Gethin.

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Kris gethin (author of body by design)

Kris Gethin is the author of Body by Design (3.96 avg rating, 216 ratings, 11 reviews, published 2010), The Bodybuilding.com Guide to Your Best Body (4.0

Hrithik launches guide to your best body ,

Bollywood superstar Hrithik Roshan launched a fitness book Guide to Your Best Body with his personal trainer Kris Gethin at an event here in Mumbai.

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Hrithik roshan launches guide to your best body

May 08, 2013 The very dashing Hrithik Roshan launched Kris Gethin's book 'Guide To Your Best Body' in Mumbai. The actor spoke highly about Kris and raised laughs as he

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