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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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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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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 roshan launches your best body book |**

May 08, 2013 Hrithik Roshan launched a book titled The Bodybuilding.com: Guide to Your Best Body by Kris Gethin in Mumbai. For more, Log On to: [www.indiaglitz.com](http://www.indiaglitz.com)

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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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