

THE REVOLUTIONARY **12-WEEK PLAN**
TO TRANSFORM YOUR BODY AND STAY FIT FOREVER!

THE *BODYBUILDING.COM*[®] GUIDE TO **YOUR BEST BODY**



KRIS GETHIN EDITOR AT LARGE OF *BODYBUILDING.COM*
AND PERSONAL TRAINER TO **HRITHIK ROSHAN**

PREVIOUSLY PUBLISHED AS BODY BY JONAS

Kris Gethin Guide For Your Best Body

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