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# THE *BODYBUILDING.COM*<sup>®</sup> GUIDE TO **YOUR BEST BODY**



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

PREVIOUSLY PUBLISHED AS BODY BY DESIGN

# Guide To Your Best Body Kris Gethin

**AW Rasmussen**



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