

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

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



KRIS GETHIN EDITOR AT LARGE OF **BODYBUILDING**.COM[®]
PREVIOUSLY PUBLISHED AS *BODY BY DESIGN*

Guide To Your Best Body By Gethin

Michael Brown



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