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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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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

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