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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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Kris Gethin is a lifetime, natural, drug-free athlete with a background in International Health and Sports Therapy. He is editor-at-large of Bodybuilding.com. His

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