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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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Feb 01, 2014 - Instruction videos by Kris Gethin - Timer to accurately count your rest time I even purchased the Kris Gethin GUIDE TO YOUR BEST BODY book. Thanks kris .

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May 08, 2013 Hrithik Roshan unveils his fitness trainer Kris Gethin's book "Guide To Your Best Body" at Hotel JW Marriott in Juhu, Mumbai.

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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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