

# Kris Gethin Muscle Building Day 1

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### Kris Gethin Muscle Building Day

Kris Gethin is a qualified sports therapist, professional natural bodybuilder, author of the bestseller *Body by Design*, and founder of DTP. He trains Bollywood and Tollywood stars Hrithik Roshan ...

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### Kris Gethin

Do these 5 simple exercises at home and you will see the result soon. Don't just focus on building your upper body, work on your legs too. Check out the top five yoga poses for strengthening your ...

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