

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**

REPRODUCED PUBLISHED BY ORDER OF THE AUTHOR

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SB Merriam

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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