
Kris Gethin 12 Week Program Pdf [UPDATED]



September 8, 2014 - Your Personal Trainer Chris Gethin Tells You About the Program: This video series is a 12-week diet and exercise program that will . Chris Gethin, an instructor at the Weight Garage club in Atlanta, offers a program that can help you lose weight and gain great muscle mass. We all know that diet and exercise are important in order to be successful and fit. But what type of exercise is best for you? You need to know what types of exercises you can do and which ones are not suitable for you. Chris Gethin shows you which exercises are right for you and how you can do them.

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