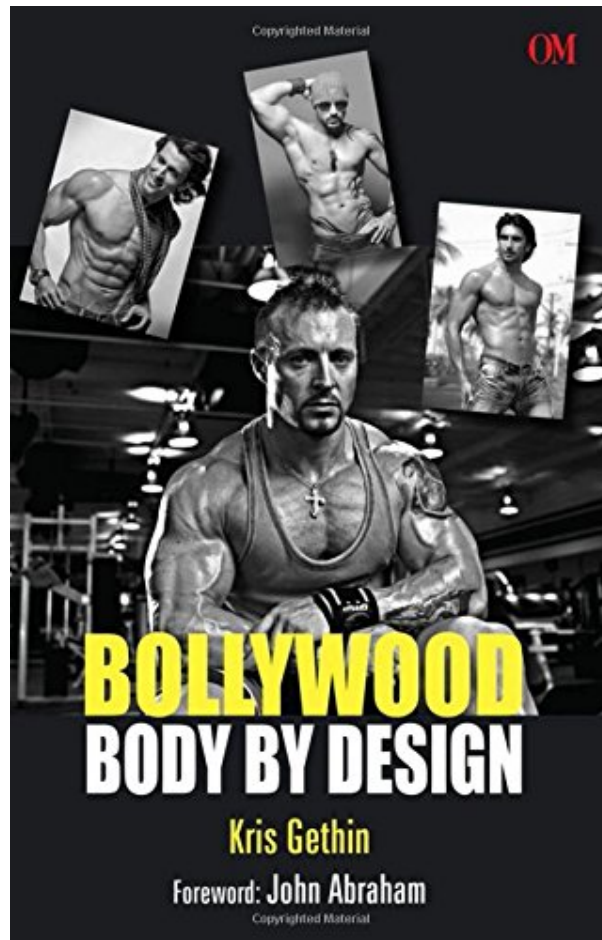
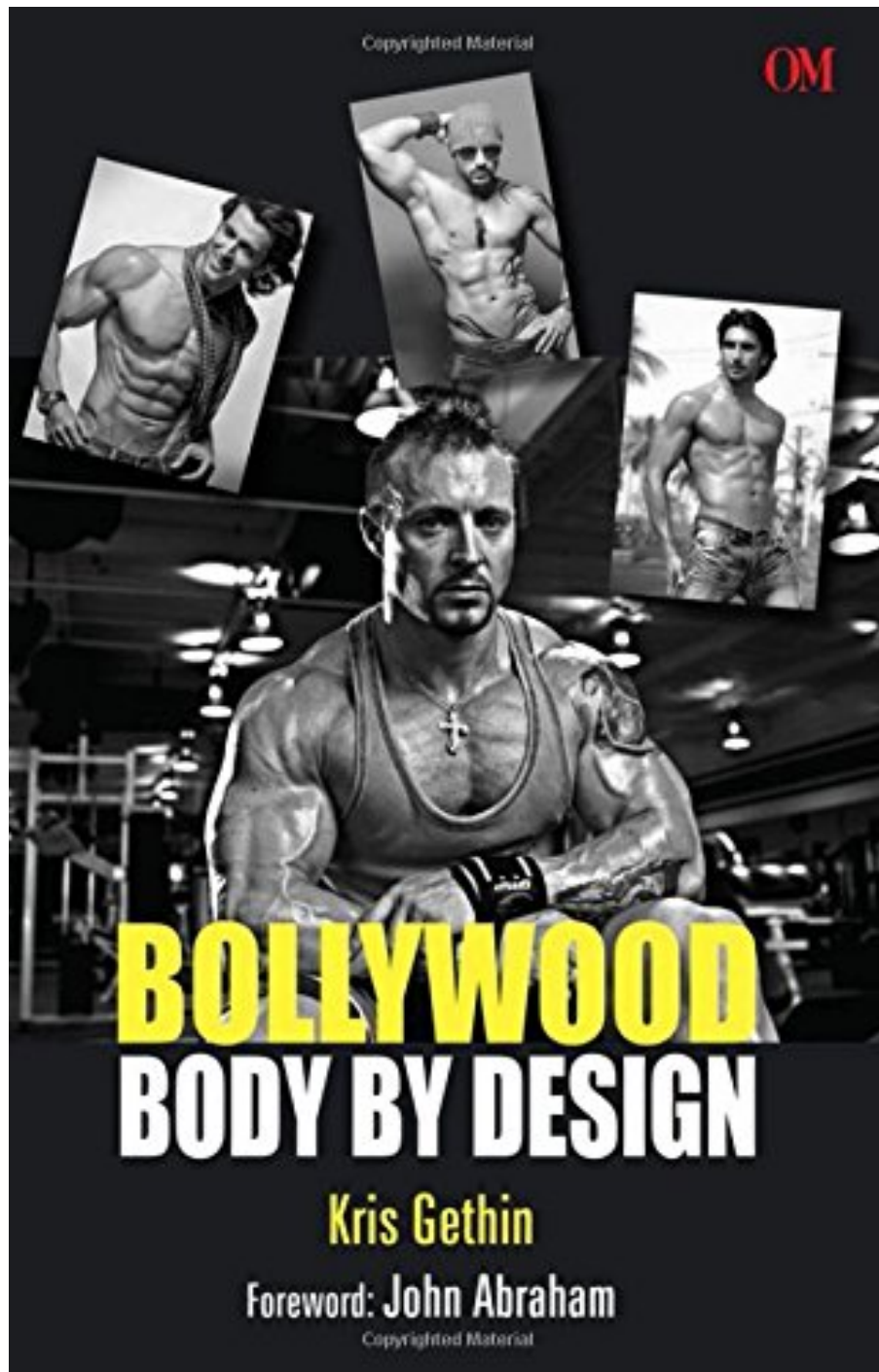


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Kris Gethin is the director of trainers for Physique Elite, who transformed Bollywood stars such as Hrithik Roshan, John Abraham, Ranveer Singh, Arjun Kapoor, Imran Khan, Karan Johar, etc. He is CEO of both Nutrition by Design and Gethin Gyms. He is the founder of the most followed training principle in the world DTP and is the author of the bestselling book, The Bodybuilding.com Guide to Your Best Body (previously Body by Design). He is also the main male spokesperson for Bodybuilding.com and has amassed over 64 million followers for his Daily Trainer Video Series on Bodybuilding.com, making him the most watched transformation expert on the web.

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