



Body By Design: The Complete 12-Week Plan to Transform Your Body Forever

Kris Gethin

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MAKE YOUR DREAM BODY A REALITY

FROM KRIS GETHIN, editor in chief of the world's leading online fitness site Bodybuilding.com, comes a revolutionary 12-week diet and exercise program—supported by two million members and thousands of real-life success stories. *Body by Design* is a plan that promotes health from the inside out, starting by breaking down the mental blocks that are holding you back, then by building up the muscles on your body, and finally by adding delicious, healthy food onto your plate.

Rather than subtracting things from your life—cutting out calories, losing weight, banishing your belly—here's how to add more of the right things: more muscle, more support, and more success. Motivation is the key factor that drives permanent change, and with *Body by Design* you can finally learn how to activate your inner motivation and with the proper balance of weight training, make fit happen forever. cardiovascular exercise, and nutrition—along with the motivational tools to stick with that program for the long term—even people who have struggled with fitness for their entire lives can achieve spectacular, lasting results. Join the “Transformation Nation” and create your own story that will inspire others—with *Body by Design*.

In *Body by Design*, you'll learn the optimal balance of weight training, cardiovascular exercise, and nutrition—along with the motivational tools to stick with your goals and achieve dramatic results. Rather than subtracting things from your life (cutting calories, losing weight, banishing your belly), here's how to more muscle, more support, and more success.

Based on the best practices found at Bodybuilding.com (the world's leading online fitness site), *Body by Design* shows that amazing things can happen when people get the tools they need to achieve their fitness goals.

YOU CAN TRANSFORM YOUR BODY. GET AND STAY MOTIVATED.

Identify your “Transformation Trigger” and create a system of radical accountability in your life—whether your goal is to lose 30 pounds of fat or gain 30 pounds of muscle.

EXERCISE FOR OPTIMUM RESULTS with a fully illustrated, 12-week workout. By changing your routine often, you will “shock” your body into doing more than you ever thought you could.

EAT CLEAN TO GET LEAN with simple, inexpensive, and delicious recipes. Supercharge your metabolism and keep hunger under control.

TIFFANY FORNI is a self-professed “fat girl turned fitness nerd” who turned her newfound passion for health into a career as a personal trainer.

ROCHELLE FORD came from a family of unhealthy eaters but eventually lost more than 100 pounds—and converted her family to her good habits in the process.

CLAUDIO RAMOS has more energy than ever after his 135-pound weight loss—“It’s like I’ve been reborn.”

RICKY HOWELL achieved a stronger body and a newfound sense of confidence after his divorce.

PLUS, YOU’LL READ AMAZING STORIES— and see remarkable before-and-after photos— from people just like you who have experienced dramatic, life-changing results.

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Jorge Wilson:

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Nicholas Poston:

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