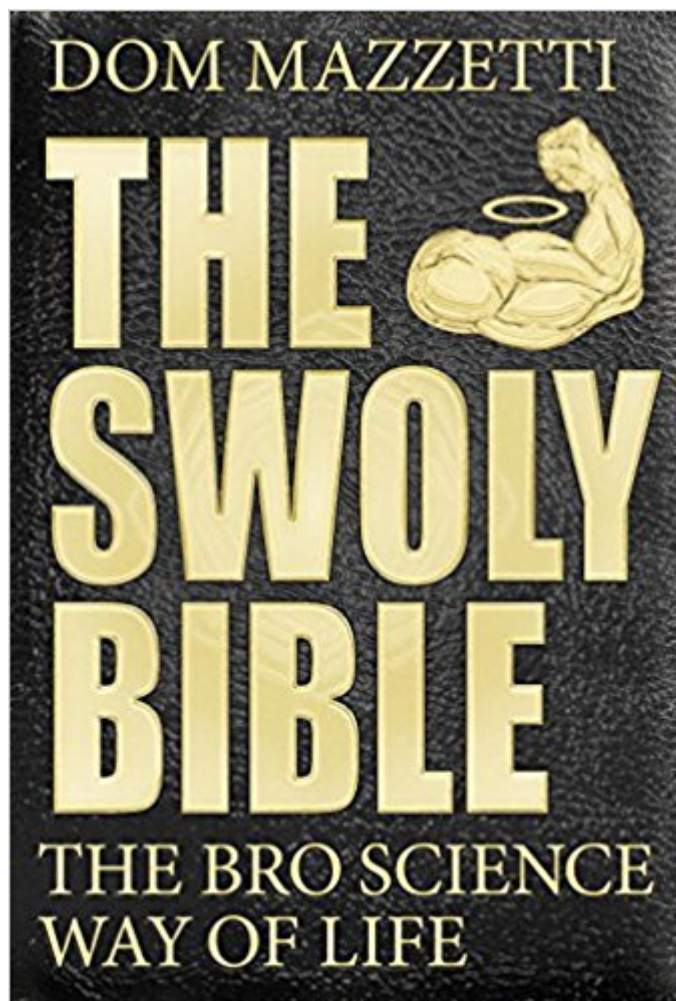


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The Swoly Bible: The Bro Science Way Of Life



Synopsis

From the muscle god who launched the YouTube channel Bro Science Life comes the only book that will teach you everything you need to know about getting swole. Â For years, bros, meatheads, and gym rats around the world have posed pressing questions: What can you bench? Can I skip leg day? What goes in this protein shake? And importantlyâ ”do you even lift, bro? At long last, answers to these questions and more can be found in one handy volumeâ ”THE SWOLY BIBLE, written by the Internetâ™s favorite gym expert/literary genius, Dom Mazzetti. In it, Mazzetti lays out the truth about how to make gains in the gym and in your life, including:- How to Get Hyped for a Lift -Â The True Meaning of Meal Prep-Â How to Eat Chicken Without Wanting to Kill Yourself-Â The Best Tips for Taking a Post-Workout Selfie-Â How to Get Your Girlfriend to Start Lifting-Â Why Crossfitters Are the Worst -Â And much moreWritten in Domâ™s signature comedic voice, with illustrations throughout, THE SWOLY BIBLE is the perfect gift for anyone in your #fitfam.

Book Information

Paperback: 256 pages

Publisher: Plume (November 1, 2016)

Language: English

ISBN-10: 0735211124

ISBN-13: 978-0735211124

Product Dimensions: 5.5 x 0.5 x 8.2 inches

Shipping Weight: 7.8 ounces (View shipping rates and policies)

Best Sellers Rank: #1,385 in Books (See Top 100 in Books) #1 inÂ Books > Humor &

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