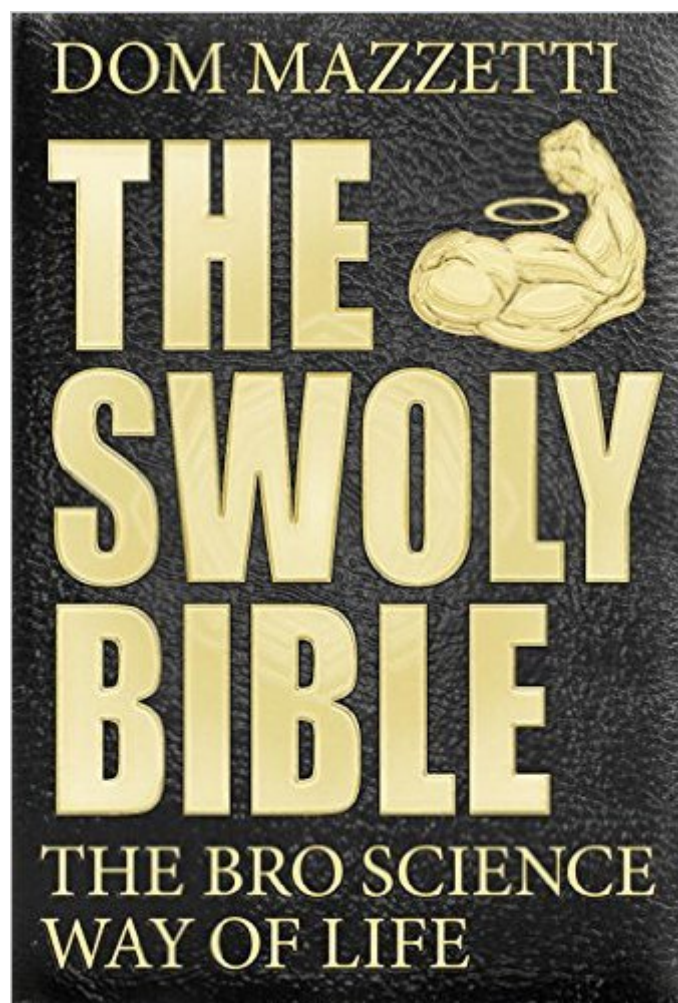


The book was found

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 &

Entertainment > Humor > Sports #5 inÂ Books > Humor & Entertainment > Humor > Parodies #8 inÂ Books > Sports & Outdoors > Miscellaneous

[Download to continue reading...](#)

The Swoly Bible: The Bro Science Way of Life Bro, She is Pregnant: Dad's Week by Week

Pregnancy Guide The Bro Code The Bible Study for Beginners Series: Learn the Bible in the Least

Amount of Time: The Bible, Bible Study, Christian, Catholic, Holy Bible, Book 4 The Bible: How to

Read, Study, and Understand the Bible (The Bible, Bible Study, Christian, Catholic, Holy Bible)

Beaker, Bubbles & the Bible #2: Even More Bible Lessons from the Science Lab (Beakers, Bubbles

and the Bible) Bible Dictionary Collection - Deluxe Study Edition (KJV Bible, Smith's Bible

Dictionary, Easton's Bible Dictionary, over 40,000 Links) My Bible Coloring Book: A Fun Way for

Kids to Color through the Bible (Coloring Books) Girls Life Application Study Bible NLT (Kid's Life

Application Bible) Cool Paper Folding: Creative Activities That Make Math & Science Fun for Kids!: Creative Activities That Make Math & Science Fun for Kids! (Cool Art with Math & Science) The Craft of Science Fiction: A Symposium on Writing Science Fiction and Science Fantasy The PowerScore LSAT Reading Comprehension Bible (PowerScore LSAT Bible) (PowerScore LSAT Bible Series) The Bible: The Bible Study for Beginners: How to Memorize the 25 Bible Verses That Every Christian Needs to Know Magick and the Bible: Is Magick Compatible with the Bible?: Bible Magick, Book 1 The Book of Judges: Word for Word Bible Comic: World English Bible Translation (The Word for Word Bible Comic) The Book of Ruth: Word for Word Bible Comic: World English Bible Translation (The Word for Word Bible Comic) The Bible: The Bible Study Guide For Beginners - Understand The New Testament: Your Bible Study Guide To Each Book In The New Testament From The NIV, Get ... Guides and Workbooks For Prayer Warriors 4) Ultimate Bible Study Suite; KJV Bible (Red Letter), Hebrew/Greek Dictionaries and Concordance, Easton's & Smith's Bible Dictionaries, Nave's Topical Guide, (1 Million Links) A Complete Bible Reference Study Library (4 in 1): [Illustrated]: KJV Bible with Strong's markup, Strong's Concordance & Dictionaries, Lexicon Definitions, and Bible word index John: The Way to True Life (Lifeguide Bible Studies)

[Dmca](#)