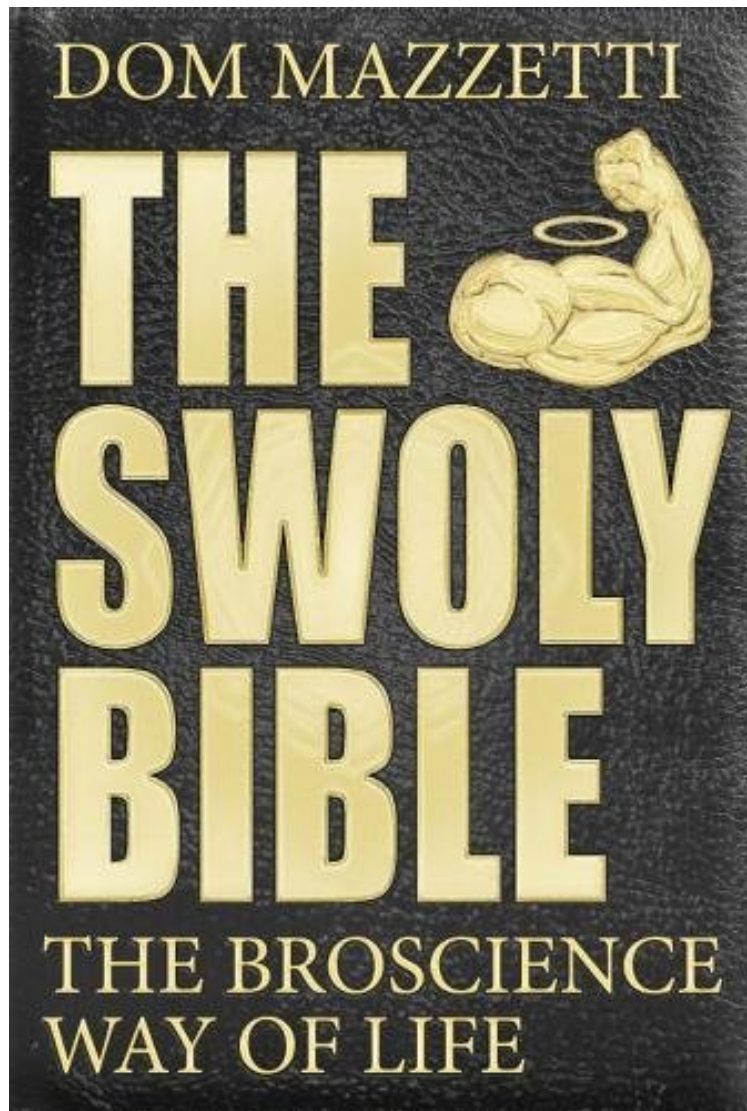


(Download) The Swoly Bible: The Bro Science Way of Life

## The Swoly Bible: The Bro Science Way of Life

*Dom Mazzetti*

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#11935 in Books Mike Tornabene Dom Mazzetti Gian Hunjan 2016-11-01 2016-11-01Original language:EnglishPDF # 1 8.24 x .50 x 5.411, .0 #File Name: 0735211124256 pagesThe Swoly Bible The Bro Science Way of Life | File size: 38.Mb

**Dom Mazzetti : The Swoly Bible: The Bro Science Way of Life** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Swoly Bible: The Bro Science Way of Life:

118 of 125 people found the following review helpful. Added 90 lbs to my bench just by walking to my mailbox!By CustomerSome say he is the first ever to successfully bench "all of it", others may say he is the patriarch of the church of iron, i.e. Pope trenaddict. All I know his that he is the brofessor, and he will be the first ever illiterate best selling author.116 of 128 people found the following review helpful. Five StarsBy charlie mccartneyIf you don't buy it you

are contributing to the obesity and lack of gains in America. 3 of 4 people found the following review helpful. This is pretty much a collection of anecdotes that have some useful ...By I. Pham This is pretty much a collection of anecdotes that have some useful information on lifting and fitness. Dom probably spent the better part of his young adulthood in gyms and this book reflects his opinions and observations. This could probably pass for an autobiography from an ambitious young man. You will not like this book if you are 1. too sensitive 2. looking for exacting and technical styles of instruction 3. lacking in a sense of humor. You'll laugh when he touches on a topic or opinion that matches yours. You'll cringe when he goes on aggressively and fervently about something that you may disagree with. It's a fun read that is easy to pick up and delve into. Since it is not written in a technical or formal style, lots of folk think Dom is just your typical illiterate meathead. But there is intellect and passion behind the text. He's abrasive, unedited, and balls-to-the-wall in his voice and that is exactly what separates this book from all the other fitness ones out there.

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. 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 importantly—do you even lift, bro? At long last, answers to these questions and more can be found in one handy volume—THE SWOLY BIBLE, written by the Internet'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 - The True Meaning of Meal Prep - How to Eat Chicken Without Wanting to Kill Yourself - The Best Tips for Taking a Post-Workout Selfie - How to Get Your Girlfriend to Start Lifting - Why Crossfitters Are the Worst - And much more. Written in Dom's signature comedic voice, with illustrations throughout, The Swoly Bible is the perfect gift for anyone in your #fitfam.

About the Author A self-proclaimed expert on everything, Dom Mazzetti is an Italian-American bro in his early twenties that hails from the tri-state area. Confidently stupid with good intentions, Dom refuses to grow up, and takes glee in his day-to-day responsibility-free existence. At his core - way down deep to his perfectly sculpted core - Dom is a great guy, just misunderstood. Dom is the type of guy that will give you the shirt off his back, even if you don't want his shirt, just so he can be shirtless. This is his first book.