

DOM MAZZETTI

THE



SWOLY

BIBLE

THE BRO SCIENCE
WAY OF LIFE

Dom Mazzetti

The Swoly Bible: The Bro Science Way of Life



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From the muscle tissue god who launched the YouTube channel Bro Science Life comes the only reserve that will teach you all you need to know about getting swole. In it, Mazzetti lays out the truth about steps to make gains in the gym and in your life, including:- How to Get Hyped for a good start - Can I skip leg day time? For a long time, bros, meatheads, and gym rats around the world have posed pressing queries: What can you bench? At long last, answers to these queries and more can be found in one handy volume—THE VERY BEST Tips when planning on taking a Post-Workout Selfie- do you even lift, bro? What goes in this protein shake? THE SWOLY BIBLE, written by the Internet's beloved gym expert/literary genius, Dom Mazzetti. THE REAL Meaning of Meal Prep- Ways to get Your Girlfriend to start out Lifting- And importantly—How to Eat Chicken Without Attempting to Kill Yourself- 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.



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Added 90 lbs to my bench just by strolling to my mailbox! Some 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. Had it read within an hour.! All I know his that he's the brofessor, and he will be the initial ever illiterate best selling author. In the event that you liked The Brofessors videos If you liked The Brofessors videos, then you'll love the reserve. Second, the dude says a lot of wonky items that someone, not really a smart someone, but some-
someones, could consider as legit suggestions.cosmopolitan. Church is in Session.. Read it, it's absolute gold; Five Stars If you don't buy it you are contributing to the obesity and lack of gains in America. one day, I anticipate becoming as large as him, which is certainly never. How great is this book How good is this publication? Well my duplicate got stolen from college and I immediately went back on and bought another. Actual help is roofed such as: how not to appear to be a newb the very first time in a gym, fitness center etiquette, how to spot a device, how to be a device, how exactly to skip leg day, how to conceal your wheelchair legs, and how to cut/eat poultry for long conditions while resisting the desire to want to die. bought it while a present for a pal from what I hear he wants it a lot! Holy Sh*t!.. Do yourself a solid and learn a book. A tale on every page. Yes. Buy 30 and utilize them as weights for arm time. We prefer to make fun of what we call "dude bros" and he talks so much crap about the things men do at the gym that they shouldn't perform.just what a dork.. It's interesting to possess for novelty, also to support Dom, but you may also just buy a few of his awesome t-t shirts, which facilitates him and has the added benefit of being a new shirt. . Spouse loved it! The reason you should buy the reason being its all compiled jointly for easy reference and funny diagrams. I'm from Gainesville Florida Reps for Jesus Very little new here Funny book, here's finished ., you can just view his youtube videos. The good points, and there is really only one, is that this dude captures a lot of the funny things that go on in virtually any gym and makes it funny. Tuh-riff. The downside can be that up front, this is just verbatim reading of the dude's YouTube videos. Lame. It's like he required all his video clips, and combined them in a 7 part masterpiece. He treasured it! Hilarious! The Brofessor, the person who can not read, wrote a book. There's not much, if anything insofar as fresh material is concerned.. The brofessor won't let you down. You can edumacate yourself with a book or watch all 1,200,000 episodes and be like all of the other 13 season olds who don't possess a job or access to their parents Amazon/credit card.. If you want the YouTube channel, you might like the publication better. Folks are saying that book is merely the transcript to his videos however the real Bible is just all those veggie tales episodes just on paper too. non stop laughs Best book ever, read by the best tone of voice/person ever. And G shiz I actually learned somethings in here not only about others but myself as well lmfao.. Spouse loved it.e. Which is a miracle because he hates reading books! Between those ideas and constantly jocking Black dudes and referencing the Holocaust makes me believe this guy is informing us he's a fresh York "Italian" to conceal a more. My boyfriend is into bodybuilding and he enjoys watching the bro science videos because he gets a kick from it. Which is every day. Anyways! I purchased this for my hubby as a gift. Not ideal.! Pope trenaddict. I've hardly ever seen him laugh so hard in my life! Amazing present for anybody to give with their gym obsessed lover! Great gift! I thought this might be an ideal cute funny present as an anniversary gift for him. shipped faster than expected probably trigger it originated from Amazon.extraction. I'm very much a reader and not so very much a video man, but one YouTuber We follow is BroScience Life. The Dom Mazzetti character is a gym bro stereotype that you could discover at big corporate gyms any place in America, with a bit of the guido style ala "My New Haircut" or the MTV reality-television program set in New Jersey (can't remember the name). And he's hilarious. The real genius of the type is partly about being truly a bro, but people keep coming back as the Dom Mazzetti personality has truly captured fitness center culture today. No one is safe: CrossFit, bodyweight, powerlifting, sports athletes, he rips everybody and it's hilarious, true comic comfort. Specifically this one. bought it seeing that a present for a pal from what ... You can obtain another book with an increase of "scientific" guidance or you can get butt and

buy this book instead. He has been training for over thirty years and he loves this book.



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