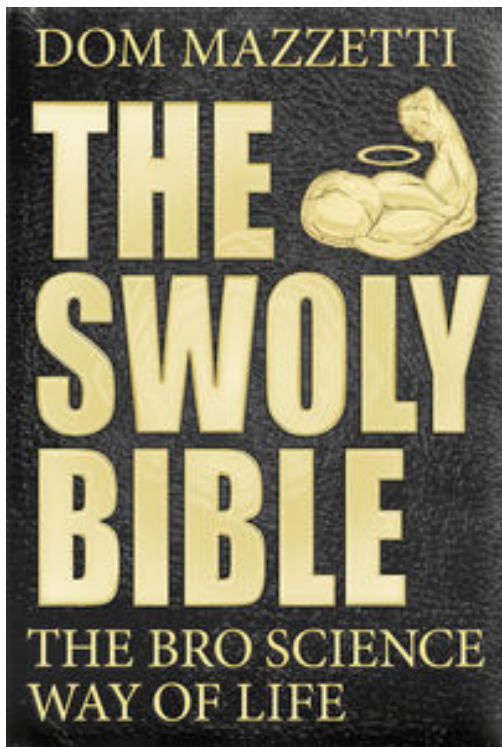


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For years, bros, meatheads, and gym rats around the world have posed pressing questions: *What can you bench? Can I skip leg day? What goes in this protein shake?* And importantly—*do you even lift, bro?* At long last, answers to these questions and 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
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- The Best Tips for Taking a Post-Workout Selfie
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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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