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Autore	Mazzetti Dom
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Altri autori (Persone)	HunjanGian TornabeneMike
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Sommario/riassunto	"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."--