

BIBLE FOR DUMMIES

"WHEN I WAS A CHILD, I SPOKE LIKE A CHILD, I THOUGHT
LIKE A CHILD, I REASONED LIKE A CHILD. WHEN I BECAME
A MAN, I GAVE UP CHILDISH WAYS." 1 COR. 13:11

10 Swole Tips from Tyler

- 1) Compound exercises build mass and strength better than isolation exercises.
- 2) Don't skip legs.
- 3) Barbells over dumbbells, but a healthy combination of both.
- 4) Deadlift's are the key to a big back.
- 5) The Fitness Factory is proven to be 15% more anabolic than the WEC.
- 6) If wanting to gain muscle eat 1g of protein+ per lb. bodyweight.
- 7) Sleeping well and eating well is just as important as training hard.
- 8) Wear a belt when maxing out on exercises such as deadlifts or squats.
- 9) Low reps and heavy weight build mass. High reps and light weight tone muscle.
- 10) Listening to good music is proven to boost strength by up to 8%.



30 second story

A YOUNG STUDENT OF ZEN HAPPENED TO BREAK A PRECIOUS
VASE BELONGING TO HIS TEACHER. WHEN HE HEARD HIS
TEACHER'S FOOTSTEPS, HE QUICKLY HELD THE BROKEN VASE
BEHIND HIM. AS THE TEACHER WALKED UP TO HIM, HE ASKED,
"WHY DOES ONE DIE, MASTER?"
"IT'S NATURAL," SAID THE TEACHER. "EVERYTHING HAS A BE-
GINNING AND AN END. EVERYTHING HAS JUST SO LONG TO LIVE
AND THEN HAS TO DIE."
THE STUDENT HELD OUT THE PIECES OF THE BROKEN VASE AND
SAID, "THE TIME FOR YOUR VASE TO DIE HAD COME."

QUOTE OF THE WEEK

"NO" -ROSA PARKS

RANDEST FACT YOU'LL EVER READ

"A DIME HAS 118 RIDGES AROUND THE EDGE, A QUARTER HAS
119.

**UPCOMING
EVENTS:**

Monday: OPS pea-
nut butter eating
contest.

Smile, Jesus Loves You



BAD JOKES TO THE MAX

WHY DID JOHNNY THROW THE CLOCK OUT OF THE WINDOW?

BECAUSE HE WANTED TO SEE TIME FLY.

WHAT RUNS BUT DOESN'T GET ANYWHERE?

A REFRIGERATOR

WHAT KIND OF KEY OPENS A BANANA?

A MONKEY

WHAT DO YOU CALL AN APOLOGY WRITTEN IN DOTS AND DASHES?

REMORSE CODE.

WHAT DO YOU CALL A FAT PSYCHIC?

A FOUR CHIN TELLER



JOKE IDEAS ?????

HAVE AN APPROPRIATE JOKE, MEME, OR STORY? SEND YOUR IDEA VIA TEXT TO (555) 555-5555, AND IF IT GETS PUBLISHED IN THE NEXT ISSUE, YOU'LL GET A \$5 GIFT CARD!!!

FREE MONEY!!!