



“Those of You Who Think the Vaccine Kills People Can Use Me as a Test” – Bodybuilding Icon and Author Doug Brignole Passes Away At 63

Description

Doug Brignole, an icon in the world of bodybuilding and an author, has died at the age of 63.

The cause of death has not been revealed yet.

Brignole strongly supports with vaccination against COVID. His last statement on the subject of vaccine safety has been widely shared on the internet.

“I have enough confidence in the vaccine, based on my research, to get it done,” Brignole said.

“Those of you who think the vaccine kills people can use me as a test. If I die, you were right. If I don’t die, and have no ill effects, you were wrong, and should admit it (at least to yourselves). Better yet, you should admit that you were misled, and tell the world who misled you, so other people can benefit by avoiding those fearmongers.”



Doug Brignole

I have enough confidence in the vaccine, base get it done. Those of you who think the vaccin me as a test. If I die, you were right. If I don't d effects, you were wrong, and should admit it (Better yet, you should admit that you were mis who misled you, so other people can benefit b mongers.

Like Reply 1y Edited

Brignole took the Moderna vaccine last year according to his Facebook post.

"I'm vaccinated ! Well, the first of two. Let's get this done so we can get back to traveling, going to concerts, and having fun. My vaccine was yesterday, and I had no problem with it. My deltoid was a bit sore, but otherwise fine. We're all in this together, so let's do our share to beat it."

Last week, Brignole wrote on his Instagram account sharing his preparation for his exhibition for the 2022 AAU Mr. Universe competition in Las Vegas.

More from [Fitness Volt](#):

Veteran bodybuilder Doug Brignole has passed away at 63 years of age. One of the most renowned bodybuilders competing in the AAU and NABBA, Brignole's career spanned over four decades. It was marked with several huge accomplishments. While different theories about the cause of his passing are circulating in social media, the actual reason is yet unknown. The news of his passing was first reported on various social media platforms.

Throughout his bodybuilding career, Doug Brignole was primarily known for the proportions and shape rather than size, similar to bodybuilding legend Frank Zane in many ways. Brignole was one of the bodybuilders with a cerebral approach and controversial yet revolutionary ideas. He did not believe in doing common exercises like shoulder presses or stiff leg deadlifts. The 63-year-old still maintained an excellent training routine and he was preparing to guest pose at the AAU Mr. Universe that will take place in Las Vegas on Oct. 22.

After retiring from competitive bodybuilding, Doug Brignole primarily worked as an author, fitness expert, and public speaker. In addition to conducting seminars throughout the country, he has addressed audiences in Japan, Mexico, Chile, Brazil, and Norway. He was the founder of the website dougbrignole.com which promoted the '3-Way Split' training routine that focuses on training the 22 major muscles in the body in three separate workouts with BRIG-20 (Brignole's 20 most preferred) exercises.

UPDATE: A friend of Doug's reached out to The Gateway Pundit. Here are her comments:

Jim, I saw your article on Doug Brignole's passing. I knew Doug back in the 90's and even did some ghost-writing for him on his newsletter. Some of the commenters are being very viscous and jumping to conclusions. Doug did not 'juice' or take steroids when I knew him and I do not believe he would ever go that route.

I just wanted to say that Doug was passionate about health and helping others. My guess for the reason that he took the vax and made that post about it was that he was tired of the arguing between people he knew. Doug always tried to be the middle ground. He would have done his research, taken the vax, and then posted it as a way to stop the arguing (mostly amongst the people he knew). We don't know if the vax contributed to or was the cause of his death but, regardless, I wish he had not put out the post. It will likely be how a man who did so many great things and was a wonderful friend will be remembered.

Rest in Peace, Doug Brignole.

By Jim Hoft

Category

1. Crime-Justice-Terrorism-Corruption
2. Disasters-Crisis-Depopulation-Genocide
3. Health-Wellness-Healing-Nutrition & Fitness
4. Main
5. NWO-Deep State-Dictatorship-Tyranny

Date Created

10/16/2022