



BRO SPLIT WORKOUT

WWW.FITNESSANDWELLNESSCORNER.COM

DAY 1 : CHEST

BENCH PRESS: 4 SETS OF 6-8 REPS

INCLINE DUMBBELL PRESS: 4 SETS OF 8-10 REPS

CHEST FLYES: 3 SETS OF 10-12 REPS

DIPS: 3 SETS OF AS MANY REPS AS POSSIBLE

PUSH-UPS: 3 SETS TO FAILURE

CABLE CROSSOVERS: 3 SETS OF 10-12 REPS

DAY 2: BACK

DEADLIFT: 4 SETS OF 5 REPS

PULL-UPS: 4 SETS OF 6-8 REPS

**BENT-OVER ROWS: 4 SETS OF 8-10
REPS**

T-BAR ROWS: 3 SETS OF 10-12 REPS

**LAT PULLDOWNS: 3 SETS OF 10-12
REPS**

FACE PULLS: 3 SETS OF 12-15 REPS

DAY 3: SHOULDERS

MILITARY PRESS: 4 SETS OF 6-8 REPS

LATERAL RAISES: 4 SETS OF 10-12 REPS

FRONT RAISES: 3 SETS OF 10-12 REPS

REAR DELT FLYES: 3 SETS OF 10-12 REPS

UPRIGHT ROWS: 3 SETS OF 8-10 REPS

SHRUGS: 3 SETS OF 10-12 REPS

DAY 4: LEGS

SQUATS: 4 SETS OF 6-8 REPS

ROMANIAN DEADLIFTS: 4 SETS OF 8-10 REPS

LEG PRESS: 3 SETS OF 10-12 REPS

LUNGES: 3 SETS OF 10-12 REPS PER LEG

LEG CURLS: 3 SETS OF 10-12 REPS

CALF RAISES: 4 SETS OF 12-15 REPS

DAY 5: ARMS

BARBELL BICEP CURLS: 4 SETS OF 6-8 REPS

SKULL CRUSHERS: 4 SETS OF 6-8 REPS

PREACHER CURLS: 3 SETS OF 8-10 REPS


TRICEP DIPS: 3 SETS OF 8-10 REPS

HAMMER CURLS: 3 SETS OF 10-12 REPS

CABLE TRICEP PUSHDOWNS: 3 SETS OF 10-12 REPS

CONCENTRATION CURLS: 3 SETS OF 10-12 REPS

TRICEP KICKBACKS: 3 SETS OF 10-12 REPS



THIS INTENSIFIED [BRO SPLIT](#) INCORPORATES ADDITIONAL EXERCISES TO TARGET SPECIFIC MUSCLE GROUPS FROM VARIOUS ANGLES, PROVIDING MORE VARIETY AND VOLUME FOR MUSCLE GROWTH. AS ALWAYS, ENSURE THAT YOU MAINTAIN PROPER FORM, PROGRESSIVELY INCREASE THE WEIGHT WHEN POSSIBLE, AND PRIORITIZE RECOVERY AND NUTRITION TO SUPPORT YOUR INTENSE TRAINING PROGRAM.