

## BRO SPLIT

A "bro split" is a popular bodybuilding workout routine that focuses on training different muscle groups on separate days of the week. Here's a typical 5-day bro split:

Day 1: Chest & Triceps

Chest:

Bench Press: 4 sets of 8-12 reps

Incline Dumbbell Press: 4 sets of 8-12 reps

Chest Flyes: 4 sets of 10-15 reps

Cable Crossovers: 3 sets of 12-15 reps

Triceps:

Tricep Dips: 4 sets to failure

Skull Crushers: 4 sets of 10-12 reps

Tricep Pushdowns: 4 sets of 10-12 reps

Day 2: Back & Biceps

Back:

Deadlifts: 4 sets of 6-10 reps

Pull-Ups: 4 sets to failure

Bent-Over Rows: 4 sets of 8-12 reps

Lat Pulldowns: 4 sets of 10-12 reps

Seated Cable Rows: 3 sets of 10-12 reps

Biceps:

Barbell Curls: 4 sets of 8-12 reps

Hammer Curls: 4 sets of 10-12 reps

Concentration Curls: 3 sets of 12-15 reps

Day 3: Shoulders

Overhead Press: 4 sets of 8-12 reps

Side Lateral Raises: 4 sets of 10-15 reps

Front Raises: 4 sets of 10-15 reps

Rear Delt Flyes: 4 sets of 12-15 reps

Shrugs: 4 sets of 10-12 reps

Day 5

4: Arms

Barbell Curls: 4 sets of 8-12 reps

Tricep Dips: 4 sets to failure

Hammer Curls: 4 sets of 10-12 reps

Tricep Pushdowns: 4 sets of 10-12 reps

Concentration Curls: 3 sets of 12-15 reps

Skull Crushers: 3 sets of 10-12 reps

Additional Tips

Day 5: Legs

Squats: 4 sets of 6-10 reps

Leg Press: 4 sets of 8-12 reps

Lunges: 4 sets of 10-12 reps per leg

Leg Curls: 4 sets of 10-12 reps

Calf Raises: 4 sets of 15-20 reps

Day 5: Rest or Active Recovery Light cardio, stretching, or yoga

Day 6: Repeat Day 1 (Chest & Triceps)

Day 7: Repeat Day 2 (Back & Biceps)

Optional Variation for Day 6 & 7:

You could add a second shoulder or leg day, depending on your specific goals and how your body is feeling. Or, take these days as additional rest if needed.

"Please note that the workout plans for muscle building and weight loss are identical. The key difference lies in your diet. To achieve your specific fitness goals, refer to the accompanying PDF where we provide detailed guidance on how to tailor your diet to either muscle building or weight loss."

Additional Tip

Progressive Overload: Aim to increase weights or reps gradually over time to continue making progress.

## PUSH PULL LEGS

A Push-Pull-Legs (PPL) workout split is one of the most popular and effective routines for building muscle and strength. It divides the workout into three distinct categories:

Push Day (Chest, Shoulders, Triceps)

Bench Press: 4 sets of 6-8 reps

Overhead Shoulder Press: 4 sets of 8-10 reps

Incline Dumbbell Press: 3 sets of 8-10 reps

Lateral Raises: 3 sets of 12-15 reps

Tricep Dips: 3 sets of 10-12 reps

Tricep Pushdowns: 3 sets of 10-12 reps

Pull Day (Back, Biceps) Deadlift: 4 sets of 5-6 reps

Pull-Ups or Lat Pulldown: 4 sets of 8-10 reps

Bent-Over Rows: 4 sets of 6-8 reps

Face Pulls: 3 sets of 12-15 reps

Barbell or Dumbbell Bicep Curls: 4 sets of 8-10 reps

Hammer Curls: 3 sets of 10-12 reps

Leg Day (Quads, Hamstrings, Glutes, Calves)

Squats: 4 sets of 6-8 reps

Leg Press: 4 sets of 8-10 reps

Romanian Deadlift: 4 sets of 8-10 reps

Leg Curl: 3 sets of 10-12 reps

Calf Raises: 4 sets of 12-15 reps

Additional Tips

Frequency: You can do this split twice a week  
Warm-up: Always start with a proper warm-up to prevent injuries.

Progressive Overload: Aim to increase weights or reps gradually over time to continue making progress.

