



# **BRO SPLIT WORKOUT PROGRAM PDF**

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			40%	60%	80%	Target	
	Exercise	Equipment Options	Set 1	Set 2	Set 3	Set 4	Set 5
Day 1: Legs	Squat Variation or Leg Press	Leg Press Machine (Pendulum, Belt Squat, Hack, Leg Sled), Barbell, Dumbbells	6-8	6-8	5	5	5
	Romanian Deadlift or Sumo Deadlift	Barbell, Hex Bar, Dumbbells, or Smith Machine	6-8	6-8	5	5	5
	Leg Extension	Leg Extension Machine	6-8	6-8	6-8	6-8	6-8
	Leg Curl	Leg Curl Machine (seated preferred)	6-8	6-8	6-8	6-8	6-8
	Glute Drives	Hip Thrust Machine, Smith Machine, or Kickback Machine	6-8	6-8	6-8	6-8	6-8
Day 2: Chest	Chest Press	Smith Machine, Chest Press Machine, Barbell, Dumbbells	6-8	6-8	5	5	5
	Incline Press	Smith Machine, Chest Press Machine, Barbell, Dumbbells	6-8	6-8	5	5	5
	Cable Flyes	Cable Machine (cuffs preferred), Dumbbells, Side Lateral Machine	6-8	6-8	6-8	6-8	6-8
	Triceps Pushdowns	Seated Triceps Machine, Cable Machine (straight, EZ Curl, or V Bar)	6-8	6-8	6-8	6-8	6-8
Day 3: Back	Deadlift or Row	Barbell, Trap Bar, Seated Row Machine	6-8	6-8	5	5	5
	Pulldowns	Cable Machine (shoulder width or wider), Pulldown Machine	6-8	6-8	6-8	6-8	6-8
	Kelso Shrugs	Smith Machine, T-Bar Row Machine	6-8	6-8	6-8	6-8	6-8
	Upright Row	Cable Machine, Barbell, Dumbbells	6-8	6-8	6-8	6-8	6-8
Day 4	REST						
Day 5: Shoulders	High Incline Press	Smith Machine, Incline Press Machine, or Dumbbells	6-8	6-8	5	5	5
	Side Lateral Raises	Cable Machine, or Dumbbells	6-8	6-8	6-8	6-8	6-8
	Thumbs-up Front Raises, or Neutral Grip Overhead Press	Cable Machine, or Dumbbells. Can sub Neutral Grip Press Machine	6-8	6-8	6-8	6-8	6-8
	Rear Delt Flyes	Cable Machine, Dumbbells, or Rear Delt Flye Machine	6-8	6-8	6-8	6-8	6-8
	Kelso Shrugs	Smith Machine or Barbells	6-8	6-8	6-8	6-8	6-8
	Standing Shrugs	Smith Machine (can do single arm), Barbell, or Cable Machine	6-8	6-8	6-8	6-8	6-8
Day 6: Arms	Triceps Press	Smith Machine (JM Press) or Seated Triceps Machine	6-8	6-8	6-8	5	5
	Close-Grip Bench	Smith Machine, Chest Press Machine (that has narrow grip option), Barbell	6-8	6-8	5	5	5
	Hammer Curl	Cable Machine (rope attachment), Dumbbells	6-8	6-8	6-8	5	5
	Biceps Curls, Traditional	Dumbbells, Cable Machine, Barbell (straight or EZ Curl)	6-8	6-8	6-8	6-8	6-8
Day 7	REST						

## General Guidelines

- **Progressive Overload.** Your goal should be increasing the weight each week, although that's not always realistic. Lifting more each week is very achievable for beginners due to the newbie gains phenomenon. The more experienced you are, the slower the gains
- **Reps in Reserve.** Leave several reps "in the tank" for your first 2 sets. These are warm-up sets. The last 2 sets would be 0 - 1 Reps in Reserve. Rep speed's going to be slow but don't waste your brainpower timing your reps. You're going on feel here.
- **Rest periods.** Rest 1 to 2 minutes between your warm-up sets. Rest 3 to 5 minutes between your 2 heavy sets where you'll lift your target weight for that session.
- **Warm up smart.** Be smart about your warm-ups... don't waste energy needed for your working sets. Take big stairstep weight jumps, going from pretty darn light to just less than your working weights. Then bust it on your working sets..
- **Stay hydrated.** Drink plenty of water prior to your workout. How will you know? Urine will be almost completely clear.
- **Sleep.** If you're getting into the gym a lot you'll need to stay in bed a lot too. 8 hours minimum nightly of good quality sleep.

## Application Notes

- **Always warm up.** Just don't expend too much energy during warm-up. Get your joints moving with light weights and then stair step up with 2 to 3 sets of big jumps in weight using 3 to 4 reps for each set. Rest 3 minutes or so in between.
- **Use a spotter** for heavy sets.
- **Use your brain.** Concentrate on every rep. Visualize every set *before* you do it. And for heaven's sake, leave the smartphone in your bag or locker.

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**Disclaimer:** This workout program is provided for informational and educational purposes only and is not intended as a substitute for professional medical advice, diagnosis, or treatment. The 'Bro Split Workout Program' is designed for individuals looking to focus on specific muscle groups on separate days, which may not be suitable for everyone. This approach demands high intensity and precise form, and may not be appropriate for those with pre-existing health conditions, especially related to musculoskeletal issues or cardiovascular health. Before commencing this or any exercise program, it is imperative to consult with a healthcare professional to ensure it is appropriate for your current health and fitness levels. Always perform exercises within your capability and heed your body's signals. Discontinue exercise immediately and seek professional medical advice if you experience any pain, discomfort, or other concerning symptoms. Exercise safety and proper technique should always be your primary concern.