

EXERCISE

with Style

The Best 5-Day Bro Split Workout Plan with PDF

The effective exercises above are all included in the following bro split workout plan, along with many other great movements.

This is a 5-day bro split program with workouts for the chest, back, legs, shoulders, and arms.

The bro split schedule spans from Monday to Friday, although you could also include a rest day during the week and train the fifth session on Saturday if you prefer.

You'll notice that each session has suggestions for how to utilize some of the advanced training techniques mentioned above.

This is optional for those who need the extra boost to their gains. However, the workouts can also be done without these techniques added.

Familiarize yourself with the workouts, give them a try (with or without the advanced techniques) for a couple of weeks, and see the section below for how to progress.

Monday: Chest

Warm-up: General warm-up 5 mins, arm circles x 10 each direction, torso twists x 20, wrist circles x 10 each direction, push-ups x 10-20, 1-2 warm-up sets first exercise

Exercise	Sets x Reps	Advanced Technique	Rest
Incline bench press	3-4x6-8	-	2-3 mins
dB bench press	3-4x10-12	Superset w push-ups to failure	2-3 mins
Chest fly machine	3-4x6-8	Drop set x3 on final set	1-2 mins
Decline cable crossover	3-4x8-10	1 1/2 inner partial reps	1-2 mins
Single-arm incline cable crossover	3-4x10-12 each side	Extra negative reps on final set	-

Estimated Workout Duration: 60 mins including warm-up

Tuesday: Back

Warm-up: General warm-up 5 mins, arm circles x 10 each direction, torso twists x 20, wrist circles x 10 each direction, inverted row x 10-20, 1-2 warm-up sets first exercise.

Exercise	Sets x Reps	Advanced Technique	Rest
Incline supported row	3-4x6-8	-	2-3 mins
Wide pull-up / pulldown	3-4x10-12	Superset w inverted rows to failure	2-3 mins
High cable archer row	3-4x8-10	-	-

Kneeling cable straight-arm pushdown	3-4x10-12	Extra negative reps on final set	1-2 mins
Back extension	3-4x10-12	Superset w decline crunch	1-2 mins

Estimated Workout Duration: 60 mins including warm-up

Wednesday: Legs

Warm-up: General warm-up 5 mins, leg swings x 10 each direction, torso twists x 20, ankle circles x 10 each direction, air squats x 10-20, 1-2 warm-up sets first exercise.

Exercise	Sets x Reps	Advanced Technique	Rest
Hack squat machine	3-4x6-8	5 second negatives	2-3 mins
Leg extension	3-4x10-12	Superset w hamstring curl	-
Hamstring curl	3-4x10-12	"	1-2 mins
Bulgarian split squat	3-4x10-12 each leg	Drop set x3 on final set	-
Standing / seated calf raise	3-4x8-20	Reverse pyramid sets	30-60 sec

Estimated Workout Duration: 60 mins including warm-up

Thursday: Shoulders

Warm-up: General warm-up 5 mins, arm circles x 10 each direction, torso twists x 20, wrist circles x 10 each direction, push-ups x 10-20, 1-2 warm-up sets first exercise.

Exercise	Sets x Reps	Advanced Technique	Rest
Arnold press	3-4x6-12	Reverse pyramid sets	2-3 mins
Barbell shrugs	3-4x6-8	Drop set x3 on final set	2-3 mins

Machine lateral raise	3-4x10-12	Drop set x3 on final set	1-2 mins
dB reverse flys	3-4x10-12	5 second negatives	1-2 mins
Face pulls	3-4x10-12	-	1-2 mins
Cable rope ab crunch	3-4x12-15	Superset w hanging leg raise	30-60 sec

Estimated Workout Duration: 60 mins including warm-up

Friday: Arms

Warm-up: General warm-up 5 mins, arm circles x 10 each direction, torso twists x 20, wrist circles x 10 each direction, 1-2 warm-up sets first exercise.

Exercise	Sets x Reps	Advanced Technique	Rest
Cable curls	3-4x12-15	Superset w cable tricep extension	-
Cable tricep extension	3-4x12-15	"	-
Close grip EZ bar curl	3-4x8-10	Superset w lying tricep extension	-
EZ bar lying tricep extension	3-4x8-10	"	1-2 mins
dB incline curl	3-4x10-12	Superset w french press	-
dB French press	3-4x10-12	"	1-2 mins

Estimated Workout Duration: 60 mins including warm-up

Saturday: Rest / Cardio

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