

Bro Split

Warmup set up :

Exercises	Time/Reps
Low intensity cardio	5/10 mins
Foam rolling	2-3 min
Front/back leg swing	1*12 rep
Side/side leg swing	1*12 rep
Cable external rotation Horizontal and vertical	Kol yed 12 rep
2.5 KG taml biha shoulders flies	1*12

Phase 1 :6weeks

Chest & Triceps:

Exercises	WorkingSets	Reps	Rest Time
Flat Barbell Bench Press	4	8-12	2-3min
Incline Dumbbell Press	3	8-12	2-3min
Dumbbell Flyes	3	10-15	1:30-2min
Triceps Pushdowns (Cable)	3	12-15	1:30min
Overhead Dumbbell Triceps Extension	3	10-12	1 :30min

Back & Biceps:

Exercises	WorkingSets	Reps	Rest Time
Lat Pulldown	3	8-12	2-3min
Barbell Rows	4	8-12	N/A
Assited PullUps	3	10-12	2min
Dumbbell Curls	3	10-12	1:30min
Hammer Curls	3	10-12	1 :30min

Legs :

Exercies	WorkingSets	Reps	Rest Time
hack Squat	4	8-12	2-3min
Leg Curl	4	8-12	1:30-2min
Leg Press	3	10-12	2min
Leg Extension	3	12-15	1:30min
Seated Leg Curl	3	12-15	1 :30min
Seated Calf Raises	3	6-8 (rzin)	1 :30min
Standing Calf Raises	3	15-20	1 :30 min

Shoulders & ABS :

Exercies	WorkingSets	Reps	Rest Time
Dumbbell Shoulders Press	4	8-12	2-3min
Dumbbell Lateral Raises	3	10-12	2min
Cable lateral Raises	3	12-15	2min
Reverse Pec Deck (Rear Delts)	3	12-15	1:30min
Chair Leg Raises	3	15-20	1:30min
Cable Crunch	3	12-15	1 :30min

