Bro Split

Warmap set up :

|  |  |
| --- | --- |
| **Exercices** | **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 externel rotation Horizantal and  vertical | Kol yed 12 rep |
| 2.5 KG taml biha shoulders flyes | 1\*12 |

Phase 1 :6weeks

**Chest & Triceps:**

|  |  |  |  |
| --- | --- | --- | --- |
| Exercies | WorkingSets | Reps | Rest Time |
| [Flat Barbell Bench Press](https://www.youtube.com/shorts/hWbUlkb5Ms4) | 4 | 8-12 | 2-3min |
| [Incline Dumbbell Press](https://www.youtube.com/shorts/O1ht_4IZtLs) | 3 | 8-12 | 2-3min |
| [Dumbbell Flyes](https://www.youtube.com/shorts/Jz7oEmzhnfE) | 3 | 10-15 | 1:30-2min |
| [Triceps Pushdowns (Cable)](https://www.youtube.com/shorts/WjLJ7zIppXQ) | 3 | 12-15 | 1:30min |
| [Overhead Dumbbell Triceps Extension](https://www.youtube.com/shorts/rgwnJbONdZo) | 3 | 10-12 | 1 :30min |

**Back & Biceps:**

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| --- | --- | --- | --- |
| Exercies | WorkingSets | Reps | Rest Time |
| [Lat Pulldown](https://www.youtube.com/shorts/hnSqbBk15tw) | 3 | 8-12 | 2-3min |
| [Barbell Rows](https://www.youtube.com/shorts/7CSOUuWivbc) | 4 | 8-12 | N/A |
| [Assited PullUps](https://www.youtube.com/shorts/75tpN6zeR8U) | 3 | 10-12 | 2min |
| [Dumbbell Curls](https://www.youtube.com/shorts/MCC0Wj9RErI) | 3 | 10-12 | 1:30min |
| [Hammer Curls](https://www.youtube.com/shorts/OPhgvwKBOwI) | 3 | 10-12 | 1 :30min |

**Legs :**

|  |  |  |  |
| --- | --- | --- | --- |
| Exercies | WorkingSets | Reps | Rest Time |
| [hack Squat](https://www.youtube.com/shorts/bGbHOeHXnB8) | 4 | 8-12 | 2-3min |
| [Leg Curl](https://www.youtube.com/shorts/ANKSmhT0dTk) | 4 | 8-12 | 1:30-2min |
| [Leg Press](https://www.youtube.com/shorts/nDh_BlnLCGc) | 3 | 10-12 | 2min |
| [Leg Extension](https://www.youtube.com/shorts/ztNBgrGy6FQ) | 3 | 12-15 | 1:30min |
| [Seated Leg Curl](https://www.youtube.com/shorts/aakNLjjm4Qo) | 3 | 12-15 | 1 :30min |
| [Seated Calf Raises](https://www.youtube.com/shorts/LtubfB-eecU) | 3 | 6-8 (rzin) | 1 :30min |
| [Standing Calf Raises](https://www.youtube.com/shorts/xK6DoHBXTdw) | 3 | 15-20 | 1 :30 min |

**Shoulders & ABS :**

|  |  |  |  |
| --- | --- | --- | --- |
| Exercies | WorkingSets | Reps | Rest Time |
| [Dumbell](https://www.youtube.com/shorts/OLePvpxQEGk)  [Shoulders Press](https://www.youtube.com/shorts/OLePvpxQEGk) | 4 | 8-12 | 2-3min |
| [Dumbbell Lateral Raises](https://www.youtube.com/shorts/JIhbYYA1Q90) | 3 | 10-12 | 2min |
| [Cable lateral Raises](https://www.youtube.com/shorts/f_OGBg2KxgY) | 3 | 12-15 | 2min |
| [Reverse Pec Deck (Rear Delts)](https://www.youtube.com/shorts/P5CXx_jgTDE) | 3 | 12-15 | 1:30min |
| [Chair Leg Raises](https://www.youtube.com/shorts/1XgbnXtOUvk) | 3 | 15-20 | 1:30min |
| [Cable Crunch](https://www.youtube.com/shorts/dkGwcfo9zto) | 3 | 12-15 | 1 :30min |