

# BRO SPLIT

## Monday: Chest Day

Exercise	Sets	Reps
<a href="#">Flat barbell bench press</a>	4	6-8
Incline dumbbell press	4	8-12
Plyometric push-ups	4	10-20
Low cable chest fly	3-4	15-25

## Tuesday: Back Day

Exercise	Sets	Reps
Rack pull deadlifts	4	5-8
<a href="#">Pull-ups or chin-ups</a>	4	5-10
<a href="#">Single-arm dumbbell row</a>	4	8-12
<a href="#">Seated cable rows</a>	3-4	12-15

## Wednesday: Shoulders and Traps Day

Exercise	Sets	Reps
Overhead barbell push-press	4	6-12

Seated single-arm dumbbell overhead press	4	8-12
Standing barbell shrugs	3-4	6-12
Lateral cable shoulder raises	3-4	12-20
Cable face pulls	3-4	15-20

#### Thursday: Legs and Abs Day

Exercise	Sets	Reps
<a href="#">Barbell high-bar back squats</a>	4	6-10
Glute-ham raises	4	8-12
<a href="#">Hack squats</a>	3	8-15
Lying hamstring curls	3	12-15
Seated leg extensions	2-3	12-20
Machine calf raises	2-4	10-20
Hanging knee raises	2-4	10-20

#### Friday: Biceps, Triceps, and Forearms Day

Exercise	Sets	Reps
EZ-bar bicep curls	3	6-10
Close-grip bench press	3	6-10

Dumbbell hammer curl	3	8-12
Rope cable tricep extension	3	10-15
Preacher curl	3	12-20
Overhead tricep extensions	3	12-20
Plate pinches (per hand)	3	30-60 sec holds

YFG