

Programme Bro Split – 5 jours

Jour 1 – Chest + Triceps

1. Bench Press / Chest Press Machine – 3x8-12
2. Incline Dumbbell Press – 3x10-12
3. Cable Fly / Dumbbell Fly – 3x12-15
4. Weighted Dips (si possible) – 3x8-12
5. Triceps Rope Pushdown – 3x12-15

Jour 2 – Back + Biceps

1. Pull-Ups / Lat Pulldown – 3x8-12
2. Barbell Row – 4x8-12
3. Seated Cable Row – 3x10-12
4. Face Pull – 3x12-15
5. dead lift – 2x5-8
6. Dumbbell Biceps Curl – 3x12-15

Jour 3 – Legs

1. Squat – 4x8-12
2. Romanian Deadlift – 2x8-12
3. Leg Press – 3x10-12
4. Leg Extension – 3x12-15
5. Standing Calf Raise – 4x15-20

Jour 4 – Shoulders

1. Overhead Press – 4x8-12
2. Lateral Raises – 3x12-15
3. Cable Rear Delt – 2x12-15
4. Dumbbell Front Raise – 3x12-15
5. Dumbbell Shrugs – 3x12-15

Jour 5 – Arms (Biceps + Triceps)

1. Barbell Curl – 3x8-12
2. Preacher Curl – 3x10-12
3. Skull Crushers – 3x8-12
4. Triceps Pushdown – 3x10-12
5. **Superset :**
 - Hammer Curl – 3x12-15
 - Overhead Cable Triceps Extension – 3x12-15

