

Bro Split Workout

A complete five-day chest, back, legs, shoulders, and arms routine. Includes exact sets, repetitions, rest times, progression, substitutions, missed-day logic, and a reusable training log.

Use the same workout sequence even when your calendar shifts. Finish most working sets with 1-3 good repetitions left and add repetitions before adding load.

Weekly schedule

Day	Primary focus	Direct working sets	Typical time
Monday	Chest	11	50-65 min
Tuesday	Back	11	50-65 min
Wednesday	Legs	15 incl. calves	55-75 min
Thursday	Shoulders	10 direct + 2 face-pull	45-60 min
Friday	Biceps + triceps	8 each	45-60 min
Weekend	Rest / easy activity	-	-

This is general education for healthy adults, not individualized medical, rehabilitation, or coaching advice. Read the safety notes on page 6 before starting.

Chest and Back

Working sets are listed below. Complete lighter practice sets first and add ramp-up sets before a later heavy or substantially different compound lift.

Monday: Chest

Exercise	Sets	Reps	Rest
Barbell or dumbbell bench press	3	6-10	2-3 min
Incline dumbbell press	3	8-12	2 min
Machine chest press or weighted push-up	3	8-12	2 min
Cable fly or pec-deck fly	2	12-15	60-90 sec

Tuesday: Back

Exercise	Sets	Reps	Rest
Pull-up, assisted pull-up, or lat pulldown	3	6-10	2-3 min
Chest-supported row	3	8-12	2 min
One-arm cable or dumbbell row	3	8-12 / side	2 min
Straight-arm pulldown or machine pullover	2	12-15	60-90 sec

Do not add extra triceps work on chest day or biceps work on back day. Those areas already receive overlap and have a dedicated Friday session.

Legs and Shoulders

Wednesday: Legs

Exercise	Sets	Reps	Rest
Back squat, hack squat, or leg press	3	6-10	2-3 min
Romanian deadlift	3	8-12	2-3 min
Reverse lunge or split squat	3	8-12 / side	2 min
Seated or lying leg curl	3	10-15	60-90 sec
Standing or seated calf raise	3	10-20	60-90 sec

Thursday: Shoulders

Exercise	Sets	Reps	Rest
Seated dumbbell or machine shoulder press	3	6-10	2-3 min
Cable or dumbbell lateral raise	4	10-20	60-90 sec
Reverse pec deck or rear-delt raise	3	12-20	60-90 sec
Face pull	2	12-20	60-90 sec

The shoulder session contains 10 direct delt sets plus two face-pull sets that overlap the rear deltoids and upper back. Front raises are omitted because presses already train the front deltoids.

Arms and Weekly Set Audit

Friday: Arms

Exercise	Sets	Reps	Rest
Cable curl or EZ-bar curl	3	8-12	60-90 sec
Rope pressdown	3	8-12	60-90 sec
Incline dumbbell curl	3	10-15	60-90 sec
Overhead cable triceps extension	3	10-15	60-90 sec
Hammer curl	2	10-15	60-90 sec
Lying dumbbell or cable triceps extension	2	10-15	60-90 sec

If Friday performance or elbow/shoulder recovery worsens, use two shoulder-press sets on Thursday or remove the final two triceps-extension sets before adding anything else.

Weekly direct work

Area	Direct weekly sets	Important overlap
Chest	11	Front delts + triceps assist presses
Back	11	Biceps + rear delts assist pulls
Knee-dominant	6	Glutes assist squats + lunges
Hamstrings	6	Glutes + back assist hinges
Calves	3	-
Delts	10 + 2 face-pull	Pressing + upper-back overlap
Biceps / triceps	8 each	Pulling / pressing overlap

10-Week Roadmap and Progression

Weeks	Focus	How to train
1-2	Learn	Use 2 working sets, leave about 3 good reps, and record starting loads
3-6	Build	Add listed sets gradually when recovered; apply double progression
7	Easier week	Complete about half the listed sets and leave 3-4 good reps
8-10	Build again	Resume listed sets and continue from established loads

Double progression

Keep the load stable while adding controlled repetitions. When every working set reaches the top of the range with 1-2 good repetitions left, increase the load and return near the bottom of the range.

Session	Load	Incline-press repetitions
1	40 lb each	10 / 9 / 8
2	40 lb each	11 / 10 / 9
3	40 lb each	12 / 12 / 12
4	45 lb each	8 / 8 / 8

Missed-workout rule

Resume the next uncompleted session. Do not double two body-part workouts into one and do not skip merely to return to a weekday label.

Miss Wednesday? Legs Thursday, shoulders Friday, arms Saturday, rest Sunday and Monday, then chest Tuesday. If Saturday is not practical, continue the sequence on the next available day.

Substitutions, Log, and Safety

If unavailable	Use instead
Barbell bench press	Dumbbell press, machine press, or weighted push-up
Pull-up	Assisted pull-up or lat pulldown
Chest-supported row	Seated cable row or supported dumbbell row
Back squat	Hack squat or leg press
Romanian deadlift	Dumbbell Romanian deadlift or controlled hinge
Cable lateral raise	Dumbbell or machine lateral raise

Workout log

Date	Exercise	Load	Reps	Useful note

Safety

Select loads, exercises, and ranges appropriate to your ability. Keep the training area clear. Set rack safeties for barbell bench presses and squats, use a competent spotter when needed, and do not take an unspotted barbell set to failure.

If you are pregnant, recently postpartum, returning after surgery, managing a chronic condition that affects exercise, or dealing with a current injury, get individualized guidance from a qualified professional.

Stop and seek urgent assessment for chest pain or pressure, fainting, severe or unusual shortness of breath, or another acute concerning symptom. Stop or modify an exercise for sharp, localized, or worsening pain.

Sources and full exercise notes

ACSM 2026 resistance-training guidance; Ramos-Campo et al. 2024 split/full-body meta-analysis; Schoenfeld et al. 2019 frequency meta-analysis; Grgic et al. 2022 failure/non-failure meta-analysis; CDC adult activity guidance.

Full article, evidence links, exercise notes, and interactive generator: bodybuddy.app/blog/bro-split-workout