



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



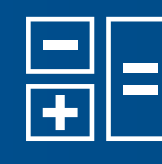
Diet Plans



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THE ULTIMATE BRO SPLIT: 12 WEEKS TO MASS

Recapture your motivation by utilizing one of the most basic workout styles most of us grew up using - The Bro Split. Check out The Ultimate Bro Split.

Link to Workout: <https://www.muscleandstrength.com/workouts/the-ultimate-bro-split>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 12 Weeks

Days Per Week: 5

Time Per Workout: 45-70 Mins

Equipment: Barbell, Bodyweight, Cables, Dumbbells, Machines

Target Gender: Male & Female

Author: M&S Team

Monday: Chest Day

Exercise	Sets	Reps
Barbell Bench Press	3	10
Dumbbell Incline Bench Press	3	10
Decline Hammer Strength Machine Press	3	10
Pec Dec	3	10
Push Up	3	10

Tuesday: Leg Day

Exercise	Sets	Reps
Barbell Back Squat	3	10
Machine Hack Squat	3	10
Leg Press	3	10
Leg Extension	3	10
Leg Curl	3	10
Calf Raise	3	10

Wednesday: Shoulder Day

Exercise	Sets	Reps
Seated Shoulder Press	3	10
Arnold Press	3	10
Lateral Raise	3	10
Upright Row	3	10
Reverse Fly Machine	3	10
Shrug	3	10

Thursday: Back Day

Exercise	Sets	Reps
Deadlift	3	10
Lat Pull Down	3	10
Hammer Strength Row	3	10
Cable Row	3	10
Straight Arm Lat Pull Down	3	10

Friday: Arm Day

Exercise	Sets	Reps
Barbell Bicep Curl	3	10
Preacher Curl	3	10
Incline Dumbbell Curl	3	10
Dip	3	10
Skullcrusher	3	10
Rope Pressdown	3	10