

Beginners 5-Day Bro Split Workout

If you're a beginner at working out and want to use a Bro Split to build strength, you can use this workout routine. Start at a weight you can comfortably lift. For Progressive Overload Increase the Lower Body Exercises by 2.5kg to 5kg & Upper Body Exercises by 1.25kg to 5kg each week.

Day 1: Chest Day

- Dumbbell Chest Press: 2-4 Sets of 8-12 Reps
- Incline Dumbbell Bench Press: 2-4 Sets of 8-12 Reps
- Decline Dumbbell Bench Press: 2-4 Sets of 8-12 Reps
- Narrow Grip Dumbbell Bench Press: 2-4 Sets of 8-12 Reps

Day 2: Back Day

- Lat Pulldowns: 2-4 Sets of 8-12 Reps
- Reverse Grip Lat Pulldown: 2-4 Sets of 8-12 Reps
- Seated Cable Rows: 2-4 Sets of 8-12 Reps
- Single Arm Dumbbell Rows: 2-4 Sets of 8-12 Reps

Day 3: Leg Day

- Single-Leg DB Deadlift: 2-4 Sets of 8-12 Reps
- Barbell Squat: 2-4 Sets of 8-12 Reps
- Bulgarian Split Squats: 2-4 Sets of 8-12 Reps Each Leg
- Romanian Deadlift: 2-4 Sets of 8-12 Reps

Day 4: Shoulder Day

- Seated Shoulder Press: 2-4 Sets of 8-12 Reps
- Dumbbell Front Raises: 2-4 Sets of 8-12 Reps
- Dumbbell Lateral Raises: 2-4 Sets of 8-12 Reps
- Dumbbell Shoulder Shrugs: 2-4 Sets of 8-12 Reps

Day 5: Arm Day

- Dumbbell Skullcrushers: 2-4 Sets of 12 - 15 Reps
- Triceps Push Downs: 2-4 Sets of 12 - 15 Reps
- Dumbbell Hammer Curls: 2-4 Sets of 12 - 15 Reps
- Seated DB Biceps Curls: 2-4 Sets of 12 - 15 Reps

Day 6 & 7: Rest or Active Rest

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