

## Best 5 Day Bro Split Routine to Maximize Strength and Mass For Beginners

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Check out [article](#) for more info

### Workout Summary

Goal	Build and Maintain Strength and Mass
Training Type	Body-part split
Duration	8-12 weeks
Frequency	5 days a week
Duration/session	45-60 minutes
Suitable for	Men and Women
Workout Plan for	Beginners
Alternate Plans	<a href="#">5 Day Compound Workout Routine</a> <a href="#">Upper/Lower 5 Day Split For Muscle Growth</a>
Recommended Supplement	<a href="#">Whey Protein Isolate</a>

Note: You can replace some exercises in the following weeks for better results. I've shared myriad exercises for each muscle group on this site, so you can explore them here in this category section.

The 5 day bro split can be effective if it is programmed well. For example, you primarily focus on [compound exercises](#) that strengthen the multiple muscles at once, such as bench press, squat, deadlift, bar dips, and pullups. The more compound exercises you do the better results you'll get.

### Schedule

- Monday – Chest
- Tuesday – Legs
- Wednesday – OFF
- Thursday – Back
- Friday – Shoulder

- Saturday – Arms
- Sunday – OFF

## Day 1- Chest

Workout	Sets	Reps	Rest
<a href="#">Smith Machine Flat Bench Press</a>	3	15, 12, 10	2-min
<a href="#">Incline Dumbbell Bench Press</a>	3	12, 10, 8	2-min
<a href="#">Pec Deck Fly</a>	3	12, 10, 8	90-sec
<a href="#">Kneeling Pushups</a>	3	AMRAP	90-sec

1. Here AMRAP means: As many reps as possible.
2. You can do the incline chest press on the machine instead of the incline dumbbell bench press. Moreover, you can also replace them with each other in the following weeks of the training program.

## Day 2- Legs

Workout	Sets	Reps	Rest
<a href="#">Smith Back Back Squat</a>	3	20, 16, 12	2-3 min
<a href="#">Machine Leg Press</a>	3	15, 12, 10	2-min
<a href="#">Dumbbell Lunges</a>	2	10 x 2	90-sec
<a href="#">Leg Curl</a>	3	12 x 3	90-sec
<a href="#">Machine Calf Raises</a>	3	10 x 3	90-sec

## Day 3- Back

Workout	Sets	Reps	Rest
<a href="#">Front Lat Pulldown</a>	3	15, 12, 10	2-min
<a href="#">Barbell Bent-over Row</a>	3	12, 10, 10	2-min
<a href="#">Seated Cable Rowing</a>	3	12, 10, 10	2-min
<a href="#">Single-arm Dumbbell Rowing</a>	3	10 x 3	90-sec

## Day 4- Shoulder

Workout	Sets	Reps	Rest
<a href="#">Smith Machine Overhead Press</a>	3	15, 12, 10	2-min
<a href="#">Dumbbell Front Raises</a>	3	10 x 3	90-sec
<a href="#">Dumbbell Lateral Raises</a>	3	10 x 3	90-sec
<a href="#">Rear Delt Machine Flyes</a>	3	10 x 3	90-sec
<a href="#">Cable Upright Row</a>	3	10 x 3	2-min

## Day 5 – Arms

Workout	Sets	Reps	Rest
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<a href="#">Barbell Skull Crusher</a>	3	10 x 3	90-sec
<a href="#">Rope Pushdown</a>	3	10 x 3	90-sec
<a href="#">Bench Dips</a>	3	10 x 3	90-sec
<a href="#">Barbell Bicep Curl</a>	3	10 x 3	90-sec
<a href="#">Preacher Curl</a>	3	10 x 3	90-sec
<a href="#">Dumbbell Hammer Curl</a>	3	10 x 3	90-sec

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