

The Best 5 Day Dumbbell Only Bro Split for Building Muscle & Strength

Created by: [Murshid Akram](#)

Full URL: <https://thefitnessphantom.com/5-day-dumbbell-only-bro-split>

I've made an ultimate 5-day Dumbbell Bro Split which outlines the number of reps, sets, and rest properly and helps you train in an organized way.

The bro split involves training one muscle group per day. It allows you to focus on every muscle group separately and [build a strong and symmetrical body](#).

Those looking for an easy-to-follow and effective dumbbell workout plan to build muscle and strength can try this split.

Program Summary

Split Type	Bro Split (One Muscle Per Day)
Equipment Needed	Dumbbells Only
Sessions per Week	5 (Mon – Chest, Tue – Legs, Wed – Back, Fri- Shoulder, Sat – Arms)
Duration Per Session	30-45 minutes
Program Goal	Build Strong & Aesthetic Body
Program Duration	8-10 Weeks
Experienced Required	Beginner to Intermediate
Target Gender	Male and Female

- Day 1: Chest
- Day 2: Legs
- Day 3: Back
- Day 4: Shoulders
- Day 5: Arms
- 2 days off during the week.

You can change the order (swap muscle groups) according to your needs. For example, you can train your Back on day 1, Chest on day 2, and Legs on day 3.

Day 1 – Chest

Perform 2 sets of [standing chest openers](#) for 10 seconds, 2 sets of 15-second jumping jacks, and two sets of 10 [dive bomber push-ups](#) to increase blood flow and prepare your chest for weight training.

Workout	Sets	Reps	Rest
Flat Bench Press	3-4	12-15	1.5-2 mins
Incline Bench Press	3-4	12-15	1.5-2 mins
Dumbbell Fly	3-4	10-12	1.5-2 mins
Dumbbell Pullover	2-3	10-12	1.5-2 mins
Squeeze Press	2-3	10-12	1-minute

Helpful Resources:

- [15 No-Bench Dumbbell Chest Exercises](#)

- [6 Best Upper Chest Dumbbell Exercises](#)
- [12 Best Dumbbell Chest Exercises](#)

Day 2 – Legs

Perform two sets of 10-second [leg swings](#) per side, 1 set of 10 reps of lunges per leg, and 1 set of 10 reps of [lateral squats](#) per side before doing the following exercises.

Workout	Sets	Reps	Rest
Dumbbell Squat	3-4	15-20	1.5-2 mins
Forward Lunges	2-3	8/leg	45-second
Romanian Deadlift	3-4	10-12	1.5-2 mins
Dumbbell Leg Curl	3-4	12-15	1-minute
Glute Bridge	2-3	10-12	1-minute
Single-leg Calf Raises	3-4	10/leg	45-second

More Leg Exercises:

- [10 Best Dumbbell Quad Exercises](#)
- [The Only 8 Dumbbell Hamstring Exercises](#)
- [5 Best Glute Strengthening Dumbbell Exercises](#)
- [8 Best Calf Exercises with Dumbbells](#)

Day 3 – Back

Perform two sets of 10-second child pose, the world’s greatest stretch (10-sec on each side), and lying Superman row (10-12 reps) to activate your back muscles before performing [dumbbell back exercises](#).

Workout	Sets	Reps	Rest
Incline I-Y-T Raises	2-3	6-8	2-minute
Bent-Over Row	3-4	12-15	1.5-2 mins
Dumbbell Deadlift	3-4	10-12	2-minute
One-arm DB Row	3-4	12/side	45-second

More Back Exercises:

- [14 Best Dumbbell Lat Exercises to Build Muscle](#)
- [8 Best Dumbbell Trapezius Exercises](#)
- [8 Best Exercises for Strengthening Lower Back](#)

Day 4 – Shoulders

Perform two sets of arm swings for 10 seconds per arm, cross-body shoulder stretch (5 reps on each side), and shoulder internal and external rotation with dumbbells (10-12 reps on each side) to increase your shoulder’s mobility and flexibility before lifting weights.

Workout	Sets	Reps	Rest
Overhead Press	3-4	12-15	2-minute
Lateral Raises	3-4	10-12	2-minute
Rear Delt Raises	3-4	10-12	2-minute
Upright Row	2-3	10-12	1.5-2 mins
Dumbbell Shrugs	3-4	10-12	1.5-2 mins

More Shoulder Exercises:

- [Dumbbell FDL Raises](#)
- [6 Best IYT Raises Variations](#)

Day 5 – Arms

You don't need dedicated warm-ups for your arms, still, you can do two sets of 10-15 push-ups before dumbbell exercises to enhance performance.

Workout	Sets	Reps	Rest
Incline DB French Press	3-4	12-15	90-second
Incline Triceps Kickback	3-4	10-12	90-second
Single-arm Tricep Extension	3-4	10/side	45-second
Alternating Bicep Curl	3-4	10/side	45-second
Concentration Curl	3-4	10/side	45-second
Dumbbell Hammer Curl	3-4	12-15	90-second

More Arm Exercises:

- [13 Dumbbell Bicep Exercises for Building Muscle](#)
- [9 Most Effective Dumbbell Triceps Exercises](#)
- [14 Best Arm Exercises with One Dumbbell](#)

Pros and Cons of Bro Split

Let's see some pros and cons of bro-split that will help you decide whether you should do it or not.

Pros

1. The bro split enables you to train each muscle group separately once a week.
2. It saves you time. As you only train one muscle a day, so your training session will be short.
3. The bro-split is less challenging, simple, and easy to follow.
4. It helps maintain and increase strength and mass.

Cons

1. The bro split only allows you to train a specific muscle once a week, which is not enough to maximize hypertrophy. A study recommends that you should train your major muscle groups at least twice a week for ultimate muscle growth.¹
2. There is a chance of overtraining in bro-split that can harm you in the long run. So, make sure not to do plenty of exercises for one muscle group in a day.

Who Can Do Bro Split?

Anyone looking for a simple and easy-to-follow training program can follow bro splits.

Here's a list of people who can follow bro split routine:

- Those who want to train one body part a day.
- Those who need more recovery time for each muscle group.
- Beginners who want to bolster their fundamental strength.
- Those who [train twice a day](#) (cardio in the morning and strength training in the evening).

Can You Build Muscles with Bro Split?

The bro splits allow you to focus on every body part individually and help you build a strong and defined body as long as you design the program well, train consistently, and eat optimum macros and micronutrients.

I've also got an ultimate [72-day dumbbell training](#) for serious fitness enthusiasts who want to build muscle and get in shape at home.