

BroPertrophy - (“Optimized Bro-Split”)

While “Bro-splits” often get bashed as “not optimal”, they can absolutely still be effective. Meaning, you can still absolutely put on muscle training each body part once per week. And while I totally understand the argument for higher frequency, and would overall agree with the reasons why “on paper” it’s superior to lower frequency, it completely ignores the fact that enjoyment and adherence in a program still matter. So I made this split for the “Bro-split lovers”. Allowing you to train the way you love and still be confident in your progression. And while slightly higher frequencies may allow individuals to put on muscle at a faster rate, we really don’t have any long-term research showing the magnitude of the effect. Meaning over the course of one year, five years, etc. how much more muscle would you actually put on training body parts twice a week versus once per week?

You will also notice the use of some more extended sets in this program, and well, I might not typically use extended sets as often with programs that have higher frequency, they have a place in a program like this where we want more stimulus from a given out, also knowing you won’t have to deal with the local fatigue from the extended sets until one week later.

As for every program, feel free to adjust variables slightly as needed. The base metric of “1 REP” is not well established in “research”, and can vary largely from individual to individual. So feel free to make slight adjustments to the program’s prescribed: Rep ranges, Number of working sets, and Proximity to Failure (RIR). Anyone that argues any of these variables down to the single metric of measure as definitively “the best”, has spent too much time on social media, and too little time applying training to actual humans. In addition, every individual brings large differences to the table as far as “outside the gym” variables: nutrition, sleep, stress, etc. So while I’m confident this program provides epic guidelines and a great place to start, you are ultimately your own study of 1. So feel free to experiment a bit.

Also, with exercise selection I always follow one of my main, guiding training principles of: As little as possible to produce maximal results. That said, there is no exact cut off point for the number of exercises per workout. So if you want to add an exercise or even two to any given workout, same as the advice I give above... try it out, measure progress and adjust accordingly. Lastly, exercise selection is based on what I feel has the most evidence for being effective long-term, but for any single exercise on the program, there are always other options that can accomplish the same goal similarly. So feel free to swap exercises based on preference, or if you need a recommendation get in the forums.

Rest: 90 seconds - 3 minutes before working sets

RIR: 0-2

Suggested split structure:

Monday -Legs
Tuesday - Chest/calves/abs
Wednesday - Off
Thursday - Delts/abs
Friday - Back/calves
Saturday - Arms/forearms/abs
Sunday - Off

*These are still just suggestions. There is no right or wrong option here. You can also make this work with any schedule. Whenever you train, just pick right up on the next session. Hypothetically, if you're ever sick, rundown, excessively busy, stressed or just have a moment of laziness and train less days than the suggested split, no worries at all just pick back up right where you left off. At the same time if you are recovering like a robot, or just absolutely love training more often than the suggested split, have added it. Don't let anyone, myself included, limit how much you love the train, or make you feel guilty for missing a session. Long-term consistency and adherence are.

Legs

seated leg curls

Set 1: 5-8 reps

Set 2: 8-10 reps

Set 3: 10-12 reps

quad dominant heel elevated squats

Set 1: 6-8 reps

Set 2: 10-12 reps

Lying Leg Curls

Set 1: 6-8 reps

Set 2: 8-10 reps

Set 3: 10-12 reps

Leg extensions

Set 1: 5-8 reps

Set 2: 8-10 reps

Set 3: 10-15 reps

Leg press quad dominant (banded)

Set 1: 6-8 reps

Set 2: 15-20 reps*

*Extend set with 1 drop set

Walking lunges

Set 1: 20 steps total

Set 2: 20 steps total

Prowler

Set 1: 45-60 seconds

Set 2: 45-60 seconds

Chest/calves

Incline barbell press

Set 1: 6-8 reps

Set 2: 8-10 reps

Set 3: 10-12 reps

roller cable fly

Set 1: 5-8 reps

Set 2: 8-10 reps

Set 3: 10-12 reps

high incline neutral grip DB press

Set 1: 6-8 reps

Set 2: 8-10 reps

Set 3: 10-12 reps

machine flat press

Set 1: 5-8 reps

Set 2: 8-10 reps

Set 3: 10-12 reps

Floor press (smith)

Set 1: 5-8 reps

Set 2: 8-10 reps*

*Extend set with 1 drop set.

Hip loaded calf raise

Set 1: 6-8 reps

Set 2: 10-12 reps

Set 3: 10-12 reps

Hanging leg raises

Set 1: BW AMRAP
Set 2: BW AMRAP
Set 3: BW AMRAP

Delts/abs

rack military press

Set 1: 6-8 reps

Set 2: 8-10 reps

Set 3: 10-12 reps

lying cuff laterals

Set 1: 5-8 reps

Set 2: 8-10 reps

Set 3: 10-12 reps*

*Extend set with 1 drop set

cable rear delts

Set 1: 5-8 reps

Set 2: 8-10 reps

Set 3: 10-12 reps*

*Extend set with 1 drop set

Delt cable y-raise

Set 1: 5-8 reps

Set 2: 8-10 reps

Set 3: 10-12 reps

machine shoulder press

Set 1: 5-8 reps

Set 2: 8-10 reps

Set 3: 10-12 reps*

*Extend set with 1 drop set

Ab mat crunches

Set 1: 6-8 reps

Set 2: 8-12 reps

Set 3: 8-12 reps

Back/calves

Machine pulldown (single arm)

Set 1: 6-8 reps
Set 2: 8-10 reps
Set 3: 10-12 reps

Chest supported tbar rows

Set 1: 6-8 reps
Set 2: 8-10 reps
Set 3: 10-12 reps

RDLs

Set 1: 6-8 reps
Set 2: 8-10 reps

wide pull ups (upper back)

Set 1: 6-8 reps
Set 2: 8-10 reps
Set 3: 10-12 reps

seated rope pull over

Set 1: 5-8 reps
Set 2: 8-10 reps
Set 3: 10-12 reps*

*Extend set with 1 drop set

rack chins

Set 1: BW AMRAP
Set 2: BW AMRAP

Seated Calf raise

Set 1: 5-8 reps
Set 2: 8-10 reps
Set 3: 10-12 reps*

*Extend set with 1 drop set

Arms/forearms

Seated cable cross extension

Set 1: 5-8 reps
Set 2: 8-10 reps
Set 3: 10-12 reps

Single arm DB preacher curls

Set 1: 5-8 reps

Set 2: 8-10 reps
Set 3: 10-12 reps

Smith JM Press (banded)

Set 1: 5-8 reps
Set 2: 8-10 reps
Set 3: 10-12 reps

Dumbbell hammer curls

Set 1: 5-8 reps
Set 2: 8-10 reps
Set 3: 10-12 reps

seated overhead rope extensions

Set 1: 5-8 reps
Set 2: 8-10 reps
Set 3: 10-12 reps

Incline DB curls

Set 1: 5-8 reps
Set 2: 8-10 reps
Set 3: 10-12 reps

high supinating cable curls

Set 1: 5-8 reps
Set 2: 8-10 reps
Set 3: 10-12 reps*
*Extend set with 1 drop set

D2 cross-cable triceps extensions

Set 1: 5-8 reps
Set 2: 8-10 reps
Set 3: 10-12 reps*
*Extend set with 1 drop set

Wrist Extensions

Set 1: 5-8 reps
Set 2: 8-10 reps
Set 3: 10-12 reps

Wrist Curls

Set 1: 5-8 reps
Set 2: 8-10 reps
Set 3: 10-12 reps

Ab mat crunches
Set 1: BW AMRAP
Set 2: BW AMRAP