

APEX NUTRITION

ULTIMATE BRO SPLIT

12 Weeks to Muscle Gains

WWW.APEXNUTRITIONIST.COM

Great 12 week program to establish a proper foundation of muscle.



APEX Nutrition

The Ultimate Bro Split: 12 Weeks to Mass

Release Your APEX

Workout Description

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.

Main Goal: Build Muscle

Equipment: Barbell, cables, dumbbells

Training Level: Intermediate

Target Gender: Male & Female

Program Duration: 12 Weeks

Days per week: 5

Time per workout: 45-75 Mins

Monday: Chest Day

Exercise	Sets	Reps
Barbell Bench Press	3	10
Dumbbell Incline Bench Press	3	10
Decline 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

