

# 6 Day Bro-Split Gym Workout Schedule

- Day 1: Complete Chest
- Day 2: Lats, Traps, and Lower Back
- Day 3: Quad, Calves and Mid Abs
- Day 4: Triceps, Biceps, and Wrist
- Day 5: Front, Medial, and Rear Delt (Shoulders)
- Day 6: Hamstring, Glutes and Oblique

**Routine Created by Murshid Akram (Administrator of the Thefitnessphantom.com)**

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## Day 1 – Chest

Exercises	Reps
Barbell Flat Bench Press	12, 10, 8, 4
DB Incline Bench Press	12, 10, 8, 4
Seated Cable or Machin Fly	12 and 10
Cable Incline Fly	10 and 8
Decline Press	10 and 8
Dumbbell Pullover	10 and 8
Dumbbell Squeeze Press	10, 8, 6

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## Day 2 – Back

Exercises	Reps
Barbell Deadlift	AMRAP x 3 Sets
Wide Grip Pull-ups	AMRAP x 3 Sets
Narrow Grip Front Lat Pulldown	12, 10, 8, 4
T Bar Rowing	12, 10, 8
Underhand Grip Barbell Bent Over	10, 8, 6

Exercises	Reps
Single Arm Dumbbell Rowing	10, 8, 6
Cable Rowing	12, 10, 8, 4
Face Pull	12, 10, 8,
Superman for <a href="#">Lower Back</a>	10 and 8
Bird Dog	30 Seconds Each Side

### Day 3 – Quad, Calves and Mid Abs

Exercises	Reps
Barbell Back Squat	20, 15, 12
Machine Leg Press	15, 12, 10
Hack Squat	12, 10, 8
Leg Extension	12, 10, 8
Calf Raises	16, 14, 12, 10
Hanging Knee Raise	8 x 2 sets
Crunches	15 x 2 sets
Reverse Crunches	15 x 2 sets
Leg Raises	15 x 2 sets
Plank	60+ seconds

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### Day 4 – Triceps, Biceps, and Wrist

Exercises	Reps
Triangle Pushups	AMRAP x 2 Sets
Parallel Dips	12, 10, 8
Dumbbell Kickbacks	12, 10, 8

Exercises	Reps
Overhead Triceps Extensions	10, 8, 6
Rope Pushdowns	12, 10, 8
Barbell	10, 8, 6
Concentration Curl	12, 10, 8
Cable Curl	12, 10, 8
Chinups	AMRAP x 2 Sets
Incline Curl	12, 10, 8
Preacher Curl	10, 8, 6
Wrist Curl	10, 8, 6

These Exercises are the most effective suggested by the American Council of Exercise (ACE) <sup>5, 6</sup>

### Day 5 – Front, Medial, and Rear Delt (Shoulders)

Exercises	Reps
Barbell Front Overhead Press	12, 10, 8
Dumbbell Front Raises	12, 10, 8
Bent Arm Lateral Raise	12, 10, 8
45-degree Incline Row	12, 10, 8
Seated Rear Lateral Raise	12, 10, 8
Barbell Upright Row	12, 10, 8
Shoulder Shrug	12, 10, 8

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### Day 6 – Hamstring, Glutes and Oblique

Exercises	Reps
Barbell Romanian Deadlift	AMRAP x 3

<b>Exercises</b>	<b>Reps</b>
DB Bulgarian Split Squat	15, 12, 10
Hamstring Curl	15, 12, 10
Nordic Hamstring Curl	10, 8, 6
Glutes Bridge	10, 8, 6
Barbell Hip Thrust	10, 8, 6
Dumbbell Side Bend	12, 10, 8
Russian Twist	20 seconds x 2
Side to Side Heel Touch Crunches	10 Reps x 2 sets
Hanging Side Knee Raise	AMRAP x 2 sets
Side Plank	30 seconds each side

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