

THE ULTIMATE 4-DAY BRO SPLIT ROUTINE (ONE MUSCLE PER DAY)

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Check out [article](#) for more info

Start your training with 10 minutes of warm-up exercises as it helps enhance performance and minimize the risk of injuries.

Here are the warm-up options for you:

Warm-up 1	Warm-up 2
Front Leg Swings (10 reps/leg)	5-min Foam Rolling
Jumping Jacks (15-sec)	Jumping Jacks (15-sec)
Mountain Climber (15-sec)	Lateral Leg Swings (10 reps/leg)
High Knees (15-sec)	Mountain Climber (15-sec)
Bear Crawls (30-sec)	High Knees (15-sec)
Treadmill (5 min)	Stationary Bike (5 min)

Routine A

Day 1 – Chest & Triceps

Workout	Sets	Reps	Rest
Flat Bench Press	3	10-15	2-min
Incline DB Bench Press	3	10-12	2-min
Pec Deck Fly	3	12-15	90-sec
Dumbbell Pullover	2	10-12	90-sec
Bar Dips	3	6-10	2-min
Triceps Pushdown	3	12-15	90-sec

Day 2 – Legs

Workout	Sets	Reps	Rest
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Dumbbell Lunges	3	10/leg	1-min
Machine Leg Press	3	12-15	2-min
DB Romanian Deadlift	3	6-8	2-min
Machine Leg Curl	3	12-15	90-sec
Glute Hip Thrust	3	10-12	2-min

Day 3 – Back & Biceps

Workout	Sets	Reps	Rest
Pull-ups	3	6-10	90-sec
Front Lat Pulldown	3	12-15	2-min
Seated Cable Rowing	3	12-15	2-min
Bent-over Barbell Row	3	12-15	2-min
Preacher Curl	2	15-20	90-sec
Hammer Curl	2	15-20	90-sec

Day 4 – Shoulder

Workout	Sets	Reps	Rest
DB Overhead Press	3	10-15	2-min
Dumbbell Front Raises	3	10-12	90-sec
Dumbbell Lateral Raises	3	12-15	90-sec
Rear Delt Machine Flyes	3	12-15	90-sec
Shoulder Shrug	3	10-12	2-min

Routine B

Schedule

Week 1	Week 2
Monday: Chest	Monday: Triceps
Tue – Quad & Calf	Tue – Ham & Glute
Thursday – Back	Thursday – Core
Saturday – Shoulder	Saturday – Biceps

Instructions: Perform three to four sets of 10 to 12 reps with one to three minutes of rest between them.

Monday (Chest)	Tuesday (Quad & Calf)
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Incline Hammer Strength Bench Press	Dumbbell Front Lunges
Flat Dumbbell Bench Press	Machine Leg Press
Pec Deck Machine Fly	Leg Extension
Chest Dips	SM Standing Calf Raises
Thursday – Back	Saturday – Shoulder
Pull-ups	Arnold Press
V-Grip Lat Pulldown	Front Raises
Seated Cable Rowing	Lateral Raises
Bent-over Row/ T- Bar Row	Rear Delt Flies
1-arm Dumbbell Row	Shrug
Monday – Triceps	Tuesday – Ham & Glute
Bar Dips	DB Pop Squat
Narrow Grip Bench Press/Diamond Push-ups	Long Leg March
Skull Crusher/Overhead Extension	Romanian Deadlift
Rope/Bar Pushdown	Machine Leg Curl
Triceps Kickback	Hip Thrusts
Thursday – Core	Saturday – Biceps
Hanging Knee Raises	Chinups
Dip Stand Leg Raises	Preacher Curl
Decline Bench Crunch	Spider Curl
High to Low Cable Chop	Hammer Curl
Forearm Plank	Barbell Wrist Extension

Key Tips for Maximizing Your Workout Plan and Achieving Optimal Results

1. Pre-Workout Meal

A good pre-workout meal sets the foundation for an effective workout session. The pre-workout meal helps you perform better during the workout and supports muscle-building.³

You should have your meal 30 minutes to 2 hours before the training, depending on what kind of food you consume.

Examples of pre-workout foods include:

1. Protein Shake
2. Chicken Salad
3. Dried Fruits
4. Oatmeal

5. Energy Bars
6. Peanut Butter and Toast
7. Yogurt with Fruit/Granola
8. Fruit Smoothies
9. Eggs

2. Workout When You Feel Energetic

Working out when you feel active lets you put your 100 percent into the workout. It could be morning, afternoon, or evening.

3. Keep yourself hydrated during the workout

Several studies have shown keeping yourself hydrated during the workout is essential to prevent injuries and uneasiness and enhance performance. So, it is best to drink water when you feel hypohydration.

4. Post-Workout stretching and cool down

Post workout stretching may have a positive impact on your training because it helps reduce muscle soreness.

5. Post-workout Meal

The post-workout meal plays a crucial role in building muscles. You can have a great workout session, but if you don't consume the protein and carbs after the workout, your muscles might not grow.

That's why you should have a great meal after the resistance training to maximize your results. There's no scientific evidence that taking a post-workout meal just after the workout elicits better results. Still, it is good to take your meal as soon as you finish the workout.

I suggest consuming at least 40-50 grams of protein and one gram of carbs per kg of your body weight for optimal results (it is only an example; a nutritionist can help you better in this case).

Examples of Post-Workout Meals:

- Protein shakes and banana.
- Oatmeal with yogurt, almonds, and berries.

- Chicken burrito with salad and cheese.
- Grilled chicken with roasted vegetables and rice.
- Egg omelet with avocado on whole grain toast.
- Salmon with sweet potato.
- Whole grain crackers with cheese and fruit.

6. Make Progress

Increase the load, the number of reps and sets, and the session duration as you progress further. Pushing your limit to a certain extent may help you build muscle faster.

7. Creator note

You can make any changes you want in this program. For example, you can increase and decrease repetitions, sets, interval time, and the daily workout duration. You can also replace any exercise you don't like.

Nutritional Tips for Muscle Growth

Eating nutritious and healthy foods is as crucial as lifting weights. Diet is an essential part of the muscle-building program; you can't increase mass unless you feed your muscles the required amount of protein, carbs, fats, and other nutrients.

According to the International Society of Sports Nutrition, here is the diet recommendation for natural bodybuilding.¹

For example, if you're a 60 kg (132 lbs) weighted person.

Protein	Carbs	Fats
145-190 g	400-500	50-60
580-760 calories	1600-2000 calories	400-480 calories

1 gram protein and carbs = four calories and fats = eight calories

You can consume the above nutrients in three to six meals per day, with a meal containing 0.4-0.5 g/kg body weight of protein before and post workout.

Depending on how many calories you burn throughout the day, you can increase or decrease consumption.

You can also check out recommended whey isolate protein and [high calories protein foods](#).

You can incorporate one of the following supplements in your diet program:

1. [Bulk Extreme](#)
2. [Nutrigo Lab Strength](#)
3. [Mass Extreme](#)

Also, read:

- [Free 12-Week Ab Workout Plan to Forge Six-Pack Abs](#)
- [12-Week Glute Program to Transform Your Booty](#)
- [10-Week Chest Workout Routine for Strength and Size](#)
- [12 Week Shoulder Workout Program for Defined Delts](#)
- [12 Week Arms Workout Routine for Mass Gain](#)

The Alternate Workout Schedules

- [4 Day Push Pull Workout Routine](#)
- [Full Body 4 Day Workout Program](#)
- [The 4 Day Superset Workout Plan](#)
- [4 Day Hybrid Workout Split](#)
- [4 Day Upper Lower Split](#)
- [4 Day Compound Only Workout](#)

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