

# Training Splits

U/L, Whole Body, PPL, Bro, 1 Lift per Day

# All You Need for a Good Split

- Enough Stress to Spur Growth
  - Need to first decide what takes priority
    - Hypertrophy (which body parts)
    - Strength (which lifts and what threshold)
- Enough Recovery Not to Overreach
  - Need to understand tolerance to workload
  - How long hard efforts can be sustained before backsliding
- That's It

# Differences Between Each Split

- Frequency of each exercise
  - Range from 1x to 5x per week
  - Higher Frequency = skill work, Lower frequency = fatigue/strain
- Emphasis on big compound or smaller isolation movements
  - Might be entirely barbell movements
  - Might be mostly isolation work
  - Or an even mix of both
- Duration of Workout
  - Lower frequency means longer workouts

# 1. The Bro Split - 4-6 sets, 8-15 reps

## CLASSIC BODYBUILDING SPLIT

Day 1	Day 2	Day 3	Day 4	Day 5
Chest	Quads	Shoulders	Back	Abs
Bis		Tris	Hams/ Glutes	Calves
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Bench	Squat	Military Press	Deadlift	Situps
Wide Spoto	Front Sq.	Behind the Neck	Romanian	Leg Raise
Incline DB	Leg Press	Upright	Bent Row	Side Bends
DB Flye	Lunges	Arnold Press	Lat Pulldown	Crunches
BB Curl	Leg Ext.	Dips	Kroc Row	Standing Calf
Hammer Curl		Skull Crusher	Ham. Curl	Seated Calf
DB Incl. Curl		Rope Pressdown	GHD	Donkey Calf

# 1. The Bro Split

1. Classic bodybuilding approach from 70s era
  - Every muscle is trained separately
  - Pecs, Delts, Tris, Lats, Traps, Quads, Hams, Glutes, Calves, Forearms
2. Benefit of well-rounded development
  - Smaller groups that tend to become weak points are taken care of
  - Allows each muscle to be exposed to a TON of fatigue at once
  - Plenty of recovery means less fear of overreaching
3. Focus of much analysis; "is it optimal?"
  - Main complaints: frequency too low for smaller muscles
  - Main support: it's worked for MANY lifters over the decades, including Pros
    - Buuut genetics + PEDs can lead Pros to grow from 'non-optimal' training

# 1. The UPDATED Bro Split - 4-6 sets, 8-15 reps

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Chest	Back	Delts	Quads	Chest	Glute/Ham
Delts	Quads	Bis / Tris	Back	Bis / Tris	
DB Fly	Bent Row	Lat. Raises	Front Squat	Bench	Ham Curl
Incline BB	CG Pulld.	Military Press	Hack Squat	DB Bench	Rack Pull
Wide Bench	DB Row	Upright Row	Leg Ext.	Cable Fly	SLDL
Dips	Squat	DB Curl/Fr. Pr.	T-Bar Row	DB Curl/Fr. Pr.	Good Mng.
DB Shoulder	Leg Press	BB Curl/P. Down	Cable Row	Pr. Curl/Dips	Bridges
Front Raise	Leg Ext.		Wide Pulld.		

## 2. One Lift Per Day

1. Common with pop-strength programming
  - Juggernaut, 5/3/1, Cube
2. Lifts pyramid from heaviest to lightest
  - Main lift = Primary Strength Progression
    - Either linear periodization, starting from 10s, or a static strength progression
  - Second lift = Close Variation, usually for more reps/volume
  - All later lifts = more sets/reps, bodybuilding thresholds
3. "1.5x" Frequency
  - Common muscles are used in BP/OHP and SQ/DL days
  - Allows each muscle to be exposed to a TON of fatigue at once
  - Plenty of recovery means less fear of overreaching
3. All relevant exercises get hit in that day across a variety of rep ranges
  - Requires a TON of work get done in one session for the average lifter

## 2. One Lift Per Day - Main Lift → Variation → Isolation

### UPPER/LOWER/UPPER/LOWER SPLIT

Day 1	Day 2	Day 3	Day 4
Bench Press	Squat	Strict Press	Deadlift
Pin Press	Box Squat	Push Press	13" Deadlift
Flyes, Pullovers Machines, etc.	Lunges, Leg Ext. Leg Press, etc.	Upright Row, Raises, etc.	Ham Curls, GHD, Rev Hyper, Back Ext., etc.
Biceps		Triceps	Back



### 3. Push / Pull / Squat

1. Coincides with Powerlifts (Bench Press, Deadlift, Squat)
  - Keeping movement patterns together is super convenient
  - Days don't tend to interfere with each other
2. Lowest frequency split on it's own at 3x per week
  - Can be doubled up to 6 days per week
3. Muscles/Movements recover at different rates
  - Some may require more frequency/volume for lagging lifts
4. 3 day P/P/S likely best for fast gainers and those who can commit to long sessions
  - 6 day likely to work for more people
    - bigger commitment and similar work can be done in less days

### 3. Push / Pull / Squat

#### Monday

Bench Press

Incline

DB Press

Military Press

Machine Shoulder Press

Dips

French Press

Pressdown

#### Wednesday

Deadlift

RDL

Bent Row

Lat Pulldown

T-Bar Row

BB Curl

Preacher Curl

#### Friday

Squat

Front Squat

Leg Press

Split Squat

Abs

## 4. 2 Upper 2 Lower

1. Blended variation of one-lift-per-day
  - Squats and Deads on same day
  - Bench and OHP on same day
2. Allows 2x per week frequency on everything
3. Forces all upper body muscles into 2 days
  - Lower body lifts tend to outpace upper body lifts
4. Works best when one upper and one lower body movement are prioritized
  - Most likely true for slow gainers and advanced lifters

## 4. 2 Upper 2 Lower

Monday	Wednesday	Friday	Saturday
Squat	Bench	Deadlift	Press
Dev. DL	Dev. Overhead	Dev. Squat	Dev. Bench
Back	Triceps	Back	Triceps
Hams/Quads	Biceps	Hams/Quads	Biceps
Abs	R. Delts/Rot. Cuff	Abs	R. Delts/Rot. Cuff

### BASE MAIN PROGRESSION - SQ, BP, DL, OHP

WAVE 1	65% x 4x6+	4x6+	4x6+
WAVE 2	70% x 5x5+	5x5+	5x5+
WAVE 3	75% x 6x4+	6x4+	6x4+

### BASE DEVELOPMENTAL VARIATION PROGRESSION

WAVE 1	3x12 @ 6 RPE	4x12 @ 7	5x12 @ 8
WAVE 2	3x10 @ 6	4x10 @ 7	5x10 @ 8
WAVE 3	3x8 @ 6	4x8 @ 7	5x8 @ 8

## 4. 2 Upper 2 Lower

### BIG BULLY - BASE PHASE

Lower 1	Upper 1	Lower 2	Upper 2
Squat	Bench Press	Squat	Bench Press
Targeted Squat Dev DL	Targeted Bench Dev. Overhead	Targeted DL Dev. Squat	Dev. Overhead Dev. Bench
Back Hams/Quads Abs	Triceps Biceps R. Delts/Rot. Cuff	Back Hams/Quads Abs	Triceps Biceps R. Delts/Rot. Cuff

*\*\*\*For a strongman competitor or anyone who wants to prioritize deadlifting or overhead above benching and squatting, the main movements and variations can be inverted.*

## 5. Whole Body

1. All muscle groups/movement patterns are hit in each workout
  - Can be Sq/Bp/DL
  - Or can be by body part
2. Benefit of highest frequency
  - Most 'optimized'
  - But also potential pitfall of overreaching
3. Downside: Most complex
  - Framework is less intuitive and requires keeping track of each part independantly
4. Downside: It's exhausting
  - Very hard to grind everything in one session, especially for advanced lifters
    - However, some tactics can work around this

## 5. Whole Body

### Monday

H- Squat

M- Bench Press

L- Deadlift

### Wednesday

M- Squat

L- Bench Press

H- Deadlift

### Friday

L- Squat

H- Bench Press

M- Deadlift

H = Top 5

M = 4x5 @ 90% of Top 5

L = 3x5 @ 80% of Top 5

## 5. Whole Body

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Chest	Quads	Delts	Back	Arms	Glute/Ham
Quads	Delts	Back	Arms	Glute/Ham	Chest
Delts	Back	Arms	Glute/Ham	Chest	Quads
Back	Arms	Glute/Ham	Chest	Quads	Delts
Arms	Glute/Ham	Chest	Quads	Delts	Back
Glute/Ham	Chest	Quads	Delts	Back	Arms



# Considerations Before You Hop Splits

- How many times per week you can REALISTICALLY train
  - Do not commit to a 5 day per week split if you can only make 3
- What your tolerance is to long sessions
  - 30+ sets might look good on paper...
  - But if you lose gas a few exercises in (or skip the last few), it's pointless
- What your tolerance is to frequency
  - Generally, overuse issues are limiting factor
  - Don't try Smolov if your knees already hurt
- What your immediate goals are
  - Off-season hypertrophy phase? Focus on weak areas? Movement specificity? Maximal strength?

# Considerations Before You Hop Splits

- Do You Have an Actual Problem You Are Trying to Solve??

# For 1-on-1 Coaching and Mentorship

Contact via Insta:

@Bromarama

Contact via email:

bromah86@hotmail.com

## COMPLETELY PERSONALIZED

Every client fills out a thorough questionnaire and is given a program designed around their specific history, ability and goals.

## CLOSE COMMUNICATION

Check-ins occur every week and questions are answered throughout the week as they arise. At no point will you be uncertain of your next move.

## WORKOUTS UPDATED WEEKLY

Programs are written in advance so that they have specific direction but are given every week so they can be tweaked according to your needs. No cookie-cutter templates.



AMERICAS STRONGEST MAN 2021

**ALEXANDER BROMLEY | CALIFORNIA**

Alex Bromley has been competing in Strongman since 2006. His placings have earned him invites to America's Strongest Man and the Arnold Amateur World Championships along with a 5th place finish at World's Strongest Man 105kg in 2019.

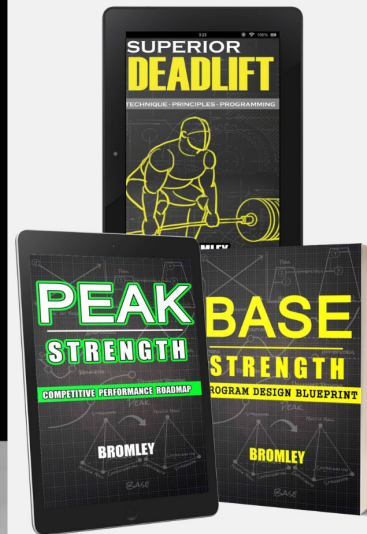
He now lives in San Antonio, Texas with his wife and works full-time as a writer and coach.

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