



GetFitArchitect

PREMADE WORKOUT PROGRAM

5 Day Bro Split for a Fully Equipped Garage Gym

5 days a week · Bro split · Muscle building

EQUIPMENT

Barbell · Dumbbells · Bench · Squat rack · Pull-up bar · Cable machine

LEVEL

Intermediate

SESSION LENGTH

60-75 minutes

Free tools. No account. Built around the equipment you own.

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The plan at a glance

5 days a week · Bro split · Muscle building · Intermediate

DAY 1

Chest

31 min

Barbell Bench Press	2 × 8-12
Dumbbell Bench Press	2 × 8-12
Incline Dumbbell Press	2 × 8-12
Cable Chest Press	2 × 8-12
Dumbbell Chest Fly	2 × 10-15
Cable Chest Fly	2 × 10-15

DAY 2

Back

32 min

Pull-Up	2 × 8-12
Chin-Up	2 × 8-12
Barbell Bent-Over Row	2 × 8-12
Dumbbell Row	2 × 8-12
Lat Pulldown	2 × 8-12
Seated Cable Row	2 × 8-12

DAY 3

Legs

65 min

Barbell Back Squat	5 × 8-12
Romanian Deadlift	5 × 8-12
Barbell Hip Thrust	5 × 8-12
Goblet Squat	5 × 8-12
Dumbbell Romanian Deadlift	5 × 8-12
Dumbbell Calf Raise	5 × 10-15

DAY 4

Shoulders

31 min

Overhead Barbell Press	2 × 8-12
Dumbbell Shoulder Press	2 × 8-12
Arnold Press	2 × 8-12
Dumbbell Lateral Raise	2 × 10-15
Cable Lateral Raise	2 × 10-15
Rear Delt Dumbbell Fly	2 × 10-15

DAY 5

Arms

61 min

Close-Grip Bench Press	5 × 8-12
Dumbbell Bicep Curl	5 × 10-15
Barbell Bicep Curl	5 × 10-15
Overhead Dumbbell Tricep Extension	5 × 10-15
Dumbbell Hammer Curl	5 × 10-15
Cable Tricep Pushdown	5 × 10-15

EQUIPMENT

Barbell · Dumbbells · Bench · Squat rack · Pull-up bar
· Cable machine

SESSION LENGTH

60-75 min

EFFORT

Stop 1-2 reps short of failure

Build a version around your own equipment, free: getfitarchitect.com/workout-generator

How to use this program

This is a 5-day bro split, meaning each session focuses on one muscle group and each muscle gets trained once a week, built for a garage gym that has a barbell, dumbbells, a bench, a squat rack, a pull-up bar, and a cable machine. With that much equipment, every day has real variety in how the target muscle gets worked, from heavy free weight compounds to cable isolation work.

What you need

Barbell · Dumbbells · Bench · Squat rack · Pull-up bar · Cable machine

The cable machine is what makes a bro split work well at home: it adds constant-tension isolation work for chest, back, shoulders, and arms that dumbbells and a barbell can't replicate as smoothly, so each day isn't just the same lift repeated in slightly different forms.

Why this structure

Training one muscle group per session lets you pile on more total volume and more exercise variety for that muscle in a single sitting than a broader split allows. It trades lower per-muscle frequency for higher per-session volume, an approach many experienced lifters prefer once they have the days to support it.

THE THREE RULES

1

Warm up first

Start every session with the warm-up block on that day's page, then do 2-3 ramp-up sets on your first exercise before you reach working weight.

2

Rest as listed

Moderate rests keep each set hard enough to build muscle without dragging the session out. Stick to the times listed.

3

Keep a rep or two in reserve

Finish each working set feeling like you could have done one or two more good reps. Push hard, but not to failure on heavy lifts.

Chest

31 min

WARM-UP

5 minutes of light cardio to raise your heart rate, then arm circles and band pull-aparts to open up your shoulders. Finish with 2-3 ramp-up sets on your first exercise before your working weight.

EXERCISE	SETS	REPS	REST
Barbell Bench Press	2	8-12	60-90 sec
Dumbbell Bench Press	2	8-12	60-90 sec
Incline Dumbbell Press	2	8-12	60-90 sec
Cable Chest Press	2	8-12	60-90 sec
Dumbbell Chest Fly	2	10-15	45-60 sec
Cable Chest Fly	2	10-15	45-60 sec

COOL-DOWN

A few minutes of static stretching for your chest, shoulders, and triceps, holding each stretch for 20-30 seconds.

NOTES / WEIGHTS USED

Back

32 min

WARM-UP

5 minutes of light cardio to raise your heart rate, then arm circles and band pull-aparts to open up your shoulders. Finish with 2-3 ramp-up sets on your first exercise before your working weight.

EXERCISE	SETS	REPS	REST
Pull-Up	2	8-12	60-90 sec
Chin-Up	2	8-12	60-90 sec
Barbell Bent-Over Row	2	8-12	60-90 sec
Dumbbell Row	2	8-12	60-90 sec
Lat Pulldown	2	8-12	60-90 sec
Seated Cable Row	2	8-12	60-90 sec

COOL-DOWN

A few minutes of static stretching for your chest, shoulders, and triceps, holding each stretch for 20-30 seconds.

NOTES / WEIGHTS USED

Legs

65 min

WARM-UP

5 minutes of light cardio to raise your heart rate, then bodyweight squats and leg swings to open up your hips. Finish with 2-3 ramp-up sets on your first exercise before your working weight.

EXERCISE	SETS	REPS	REST
Barbell Back Squat	5	8-12	60-90 sec
Romanian Deadlift	5	8-12	60-90 sec
Barbell Hip Thrust	5	8-12	60-90 sec
Goblet Squat	5	8-12	60-90 sec
Dumbbell Romanian Deadlift	5	8-12	60-90 sec
Dumbbell Calf Raise	5	10-15	45-60 sec

COOL-DOWN

A few minutes of static stretching for your quads, hamstrings, and calves, holding each stretch for 20-30 seconds.

NOTES / WEIGHTS USED

Shoulders

31 min

WARM-UP

5 minutes of light cardio to raise your heart rate, then arm circles and band pull-aparts to open up your shoulders. Finish with 2-3 ramp-up sets on your first exercise before your working weight.

EXERCISE	SETS	REPS	REST
Overhead Barbell Press	2	8-12	60-90 sec
Dumbbell Shoulder Press	2	8-12	60-90 sec
Arnold Press	2	8-12	60-90 sec
Dumbbell Lateral Raise	2	10-15	45-60 sec
Cable Lateral Raise	2	10-15	45-60 sec
Rear Delt Dumbbell Fly	2	10-15	45-60 sec

COOL-DOWN

A few minutes of static stretching for your chest, shoulders, and triceps, holding each stretch for 20-30 seconds.

NOTES / WEIGHTS USED

Arms

61 min

WARM-UP

5 minutes of light cardio to raise your heart rate, then arm circles and band pull-aparts to open up your shoulders. Finish with 2-3 ramp-up sets on your first exercise before your working weight.

EXERCISE	SETS	REPS	REST
Close-Grip Bench Press	5	8-12	60-90 sec
Dumbbell Bicep Curl	5	10-15	45-60 sec
Barbell Bicep Curl	5	10-15	45-60 sec
Overhead Dumbbell Tricep Extension	5	10-15	45-60 sec
Dumbbell Hammer Curl	5	10-15	45-60 sec
Cable Tricep Pushdown	5	10-15	45-60 sec

COOL-DOWN

A few minutes of static stretching for your chest, shoulders, and triceps, holding each stretch for 20-30 seconds.

NOTES / WEIGHTS USED

Progressing week to week

Once you can hit the top of the rep range for every set on this bro split plan, add weight on your barbell, dumbbells, bench, squat rack, pull-up bar, and cable machine the next session and expect reps to dip back toward the bottom of the range. That cycle of adding reps, then adding weight, is what steadily builds size over time. At an intermediate level, progress typically settles into something closer to this pattern, a small jump every week or two rather than every session.

COMMON QUESTIONS

Does a bro split actually build muscle?

Yes, when the weekly volume per muscle is high enough and sessions are trained hard. The trade-off is frequency: each muscle gets one focused session a week instead of two, so it relies on getting plenty of quality sets in that one session. Many lifters find push/pull/legs or upper/lower a more efficient use of the same days, but a bro split is a legitimate choice if it's the one you'll stick to.

What happens if I miss a day?

With a one-muscle-group-per-day split, a missed day means that muscle waits until next week. The simplest fix is to shift the remaining days forward rather than doubling up sessions, and to accept one lighter week for that muscle instead of cramming it in.

Want a plan built around your exact equipment?

The free workout plan tool builds a full weekly program from whatever you own, your goal, your experience, and the time you have. No account needed.

getfitarchitect.com/workout-generator

General training information, not medical advice. If you have an injury or a health condition, check with a doctor or physical therapist before starting a new program.