

DR. DESTRUCTION

BRO SPLIT VARIATION PLAN

DURATION	COMPOUNDS REST	ISOLATIONS REST	TARGET TARGET
60-90 Mins	90-120 Secs	45-60 Secs	Hypertrophy / Pump

DAY 1: CHEST DAY

EXERCISE	SETS × REPS	REST INTERVAL
Bench Press	4 Sets × 8-10 Reps	90-120 Sec (Compound)
Incline Bench Press	4 Sets × 8-10 Reps	90-120 Sec (Compound)
Flat Dumbbell Press	3 Sets × 10 Reps	90-120 Sec (Compound)
Pec Deck	3 Sets × 12-15 Reps	45-60 Sec (Isolation)
Cable Fly	3 Sets × 15 Reps	45-60 Sec (Isolation)

DAY 2: BACK DAY

EXERCISE	SETS × REPS	REST INTERVAL
Wide Grip Lat Pulldown	4 Sets × 10 Reps	90-120 Sec (Compound)
Close Grip Lat Pulldown	3 Sets × 10 Reps	90-120 Sec (Compound)
Seated Cable Row	4 Sets × 10 Reps	90-120 Sec (Compound)
T-Bar Row	4 Sets × 8-10 Reps	90-120 Sec (Compound)
Straight Arm Pulldown	3 Sets × 15 Reps	45-60 Sec (Isolation)

DAY 3: SHOULDER DAY

EXERCISE	SETS × REPS	REST INTERVAL
Dumbbell Shoulder Press	4 Sets × 8-10 Reps	90-120 Sec (Compound)
Dumbbell Lateral Raises	4 Sets × 12-15 Reps	45-60 Sec (Isolation)
Cable Lateral Raises	3 Sets × 15 Reps	45-60 Sec (Isolation)
Rear Delt Fly	3 Sets × 15 Reps	45-60 Sec (Isolation)
Reverse Pec Deck	3 Sets × 15 Reps	45-60 Sec (Isolation)
Barbell Shrugs	4 Sets × 12 Reps	90-120 Sec (Compound)

DAY 4: ARMS DAY

EXERCISE	SETS × REPS	REST INTERVAL
EZ Bar Curl	4 Sets × 10 Reps	45-60 Sec (Isolation)
Spider Curl	3 Sets × 12 Reps	45-60 Sec (Isolation)
Incline Curl	3 Sets × 12 Reps	45-60 Sec (Isolation)
Skull Crusher	4 Sets × 10 Reps	45-60 Sec (Isolation)
Rope Pushdown	3 Sets × 12-15 Reps	45-60 Sec (Isolation)
Overhead Rope Extension	3 Sets × 12-15 Reps	45-60 Sec (Isolation)

DAY 5: LEGS DAY

EXERCISE	SETS × REPS	REST INTERVAL
Bench Squat	4 Sets × 8-10 Reps	90-120 Sec (Compound)
Wide Stance Leg Press	4 Sets × 10 Reps	90-120 Sec (Compound)
Close Stance Leg Press	3 Sets × 12 Reps	90-120 Sec (Compound)
Leg Extension	3 Sets × 15 Reps	45-60 Sec (Isolation)
Weighted Lunges	3 Sets × 12 Steps Each Leg	90-120 Sec (Compound)
Calf Raises	5 Sets × 15-20 Reps	45-60 Sec (Isolation)

KEEP IN MIND

- **Max Target Focus:** Obliterate one muscle group per session completely.
- **Train with Intensity:** High focus on failure ranges and solid mind-muscle connection.
- **Contraction & Control:** Squeeze hard on concentric paths, control negatives.
- **Don't Skip Warm-ups:** High target volume demands thoroughly primed joints.

UNIVERSAL RULES

- 5-10 Minutes standard dynamic warm-up before hitting working blocks.
- 1-3 Acclimation sets before loading your heavy working compounds.
- Meticulously document and track load metrics; adhere to setup for 4-8 weeks.
- Prioritize recovery sleep, maintain hydration levels, and avoid ego lifting.