



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



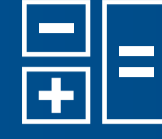
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BULLDOZER TRAINING 3 DAY WORKOUT SPLIT

3 day Bulldozer Training muscle building split. Combines rest-pause sets with progressive resistance. Workouts are shorter but more intense.

Link to Workout: <https://www.muscleandstrength.com/workouts/bulldozer-training-3-day-workout-split>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 8 Weeks

Days Per Week: 3 Days

Time Per Workout: 30-45 Mins

Equipment: Barbell, Bodyweight, Dumbbells, EZ Bar, Machines

Author: Steve Shaw

Monday: Back, Biceps, Forearms, Traps & Abs

Exercise	Mini Sets	Rep Goal	Rest
<u>Deadlift</u> : Perform as many rest-paused singles as you (safely) can within 10 Mins. Use a weight you could easily perform a 10 rep set with. Rest as needed. When you can perform 15 reps, add weight the next time you deadlift.			
Barbell Row	5	25	30 / 30 / 45 / 45
Wide Grip Pull Up	5	35	30 / 30 / 30 / 30
Standing Dumbbell Curl	4	25	30 / 30 / 30
EZ Bar Preacher Curl	4	25	30 / 30 / 30
Seated Barbell Wrist Curl	4	35	30 / 30 / 30
Barbell Shrug	5	35	30 / 30 / 30 / 30
Preferred <u>Abs Exercise(s)</u> : I recommend using at least one weighted exercise (e.g. Weighted Sit Ups or Cable Crunches).			
Rest Periods: 30 / 30 / 45 / 45 notates rest periods between each set. Take 30 Secs after the 1st set, 30 Secs after the 2nd set, 45 Secs after the 3rd set, etc. After the final set, rest, and move on to the next exercise. Please visit the article for more information.			

Wednesday: Chest, Shoulders & Triceps

Exercise	Mini Sets	Rep Goal	Rest
Bench Press	5	30	30 / 30 / 45 / 45
Hammer Strength Bench Press	5	30	30 / 30 / 30 / 30
Seated Overhead Press	5	35	30 / 30 / 45 / 45
Dumbbell Lateral Raise	4	30	30 / 30 / 30
Bent Over Reverse Fly	4	30	30 / 30 / 30
Close Grip Bench Press	4	25	30 / 30 / 30
Seated Dumbbell Extension	4	30	30 / 30 / 30

Friday: Quads, Hamstrings, Calves & Abs

Exercise	Mini Sets	Rep Goal	Rest
<u>Squat</u> : Perform 4 total sets. Use the same weight for the first three sets. When the total reps for those 3 sets add up to 20, drop the weight for the 4th set & perform 20 more reps. You'll likely need to start with about 40 - 45% of 1 Rep Max.			
Leg Press	5	50	30 / 30 / 30 / 30
Leg Extension	5	40	30 / 30 / 30 / 30
Stiff Leg Deadlift	5	30	30 / 30 / 45 / 45
Leg Curl	5	35	30 / 30 / 30 / 30
Seated Calf Raise	5	35	30 / 30 / 30 / 30
Preferred <u>Abs Exercise(s)</u> : I recommend using at least one weighted exercise (e.g. Weighted Sit Ups or Cable Crunches).			