



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



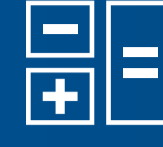
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BULLDOZER TRAINING 4 DAY WORKOUT SPLIT

4 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-4-day-workout-split>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 8 Weeks

Days Per Week: 4 Days

Time Per Workout: 35-45 Mins

Equipment: Barbell, Dumbbells, Machines

Author: Steve Shaw

Monday: Chest & Triceps

Exercise	Mini Sets	Rep Goal	Rest
Bench Press	5	20	30 / 30 / 45 / 45
Hammer Strength Bench Press	5	30	30 / 30 / 30 / 30
Dumbbell Fly	5	35	30 / 30 / 30 / 30
Close Grip Bench Press	5	30	30 / 30 / 30 / 30
Seated Dumbbell Extension	5	35	30 / 30 / 30 / 30

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.

Tuesday: Back, Biceps & Abs

Exercise	Mini Sets	Rep Goal	Rest
Deadlift : 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	5	35	30 / 30 / 30 / 30
EZ Bar Preacher Curl	5	35	30 / 30 / 30 / 30

Preferred [Abs Exercise\(s\)](#): I recommend using at least one weighted exercise (e.g. Weighted [Sit Ups](#) or [Cable Crunches](#)).

Thursday: Shoulders, Traps & Forearms

Exercise	Mini Sets	Rep Goal	Rest
Seated Overhead Press	5	25	30 / 30 / 45 / 45
Seated Arnold Press	5	30	30 / 30 / 30 / 30
Bent Over Reverse Fly	5	35	30 / 30 / 30 / 30
Barbell Shrug	5	35	30 / 30 / 30 / 30
Seated Barbell Wrist Curl	5	35	30 / 30 / 30 / 30

Friday: Quads, Hamstrings, Calves & Abs

Exercise	Mini Sets	Rep Goal	Rest
Squat : 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 Curl	5 - 7	40	30 / 30 / 30 / 30
Seated Calf Raise	5 - 7	50	30 / 30 / 30 / 30

Preferred [Abs Exercise\(s\)](#): I recommend using at least one weighted exercise (e.g. Weighted [Sit Ups](#) or [Cable Crunches](#)).