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BULLDOZER TRAINING 4 DAY “MINI DOZER” WORKOUT SPLIT

4 day “Mini-Dozer” Bulldozer Training muscle building split. Combines rest-pause sets with progressive resistance. Lower volume variation.

Link to Workout: <https://www.muscleandstrength.com/workouts/bulldozer-training-4-day-mini-dozer-workout-split>

Main Goal: Build Muscle
Training Level: Intermediate
Program Duration: 8 Weeks
Days Per Week: 4 Days

Time Per Workout: 30-45 Mins
Equipment: Barbell, Bodyweight, Dumbbells, EZ Bar, Machines
Author: Steve Shaw

Monday: Chest & Triceps

Exercise	Mini Sets	Rep Goal	Rest
Bench Press	7	30	30 / 30 / 30 / 30 / 45 / 45
Hammer Strength Bench Press	7	30 or 35	30 / 30 / 30 / 30 / 45 / 45
Close Grip Bench Press	7	30 or 35	30 / 30 / 30 / 30 / 45 / 45

Rest Periods: 30 / 30 / 30 / 30 / 45 / 45 notates rest periods between each set. Take 30 Secs after the 1st set, 30 Secs after the 2nd set, 30 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 or Pull Up	7	30 or 35	30 / 30 / 30 / 30 / 45 / 45
Standing Dumbbell Curl	7	40, 45, or 50	30 / 30 / 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	7	30 or 35	30 / 30 / 30 / 30 / 45 / 45
Bent Over Reverse Fly	5	35 or 40	30 / 30 / 30 / 30
Barbell Shrug	5	35 or 40	30 / 30 / 30 / 30
Seated Barbell Wrist Curl	5	35 or 40	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. See the article for more details.			
Leg Extension or Leg Press	5	40, 45, or 50	30 / 30 / 30 / 30
Leg Curl	5	40, 45, or 50	30 / 30 / 30 / 30
Seated Calf Raise	5	50, 55, or 60	30 / 30 / 30 / 30

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



Alternative Exercises

Chest & Triceps

Exercise	Mini Sets	Rep Goal	Rest
Bench Press	5	20 or 25	30 / 30 / 45 / 45
Hammer Strength Bench Press	5	25 or 30	30 / 30 / 30 / 30
Dumbbell Fly or Pec Dec	5	35 or 40	30 / 30 / 30 / 30
Close Grip Bench Press	7	30 or 35	30 / 30 / 30 / 30 / 45 / 45

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	30 or 35	30 / 30 / 45 / 45
Pull Up	5	30 or 35	30 / 30 / 30 / 30
Standing Dumbbell Curl	7	40, 45, or 50	30 / 30 / 30 / 30 / 30 / 30
Preferred Abs Exercise(s) : I recommend using at least one weighted exercise (e.g. Weighted Sit Ups or Cable Crunches).			

Shoulders, Traps & Forearms

Exercise	Mini Sets	Rep Goal	Rest
Seated Overhead Press	5	25 or 30	30 / 30 / 30 / 30
Seated Arnold Press	5	30 or 35	30 / 30 / 30 / 30
Bent Over Reverse Fly	5	35 or 40	30 / 30 / 30 / 30
Barbell Shrug	5	35 or 40	30 / 30 / 30 / 30