



CST Bulldozer

Exercise	Rest	Sets	Reps	Weight	Notes
Bench press	1:30	4	6		
superset					
Standing barbell press					
Dumbbell fly	1:30	3	10		
superset					
Side dumbbell raise					
Incline dumbbell press	1:30	3	12		
giant set					
Incline close grip press					
Pushdown					
Incline cable fly	1:30	3	12		
giant set					
Front dumbbell raise					
Rope extension					
Dumbbell shrug	1:30	3	10		
superset					
Reverse pushdown					