



The Wringer Upper Body Challenge

Exercise	Rest	Sets	Reps	Weight	Notes
Bench press	1:30	2	10		
drop set			20		
			30		
V-bar lat pulldown	1:30	2	10		
drop set			20		
			30		
Barbell curl	1:30	2	10		
drop set			20		
			30		
French press	1:30	2	10		
drop set			20		
			30		
Dumbbell shoulder press	1:30	2	10		
drop set			20		
			30		
Dumbbell shrug	1:30	2	10		
drop set			20		
			30		