

ELI TOMAC WORKOUT

EQUIPMENT NEEDED FOR WORKOUT:
 KETTLE BELL, SWISS BALL & CABLE MACHINE

SETS: 3 - 4

LIFT

REPS

REST



**KETTLE BELL
 CLEAN AND PRESS**

6 EACH ARM

**NO REST
 CONTINUE TO
 NEXT MOVE-
 MENT**



**SWISS BALL KETTLE
 BELL CHEST PRESS**

10 EACH ARM

**NO REST
 CONTINUE TO
 NEXT MOVE-
 MENT**



**KETTLE BELL ALT
 STEP UP**

10 EACH ARM

**NO REST
 CONTINUE TO
 NEXT MOVE-
 MENT**



WOOD CHOPS

10 EACH ARM

**NO REST
 CONTINUE TO
 NEXT MOVE-
 MENT**



**DOUBLE ARM KETTLE
 BELL FRONT SWING**

10

**FIRST SET: REST
 1MIN
 2ND SET: REST
 1.5MIN
 3RD SET: REST**