James' Olympic Lifting and Fitness Routine

3x per week (1 day on, one day off):

75 box jumps

75 weighted calf raises

6x6 deadlift (either standard or RDL)

6x6 back squat

3x5 clean from above the knee

Monday:

A: Power snatch from floor. 6 sets, 6,4,2,2,4,6 reps. 2 min rest btwn sets

B1: Back squats. 3x5  
B2: Kneeling single-leg curl. 3x5. 2 min rest btwn supersets

Tuesday

A1: Incline bench. 5x5

A2: Supernated grip chin ups: 5x5. 2 min rest btwn sets

B1: Flat dumbbell press. 3x5

B2: Dumbbell rows. 3x5, 2 min rest btwn sets

Wednesday

A. Power cleans from above the knee. 6 sets, 6,6,4,4,2,2, reps (first "week", then shift down to 5,5,3,3,2,2, and then 4,4,2,2,2,2. 2 min btwn sets

B1. Front squats. 3x5

B2. Single leg curl (lying or kneeling). 3x5, 2 min btwn sets.

Thursday

A1. Standing close grip EZ bar paused reverse curls (pause at 30 degree elbow flex in concentric phase). 5x5, 2 min rest

A2. Close-grip bench. 5x5. 2 min rest

B1. Dumbbell curls. 3x5

B2. Lying dumbbell triceps extension. 3x5. 2 min rest

Friday

A. Power snatch from below the knee. 6 x 4,4,2,2,2,2. 3 min btwn sets

B1. Glute-ham raises. 3x6-8, 30 sec rest

B2. Jumping squats with bands (Squat only 1/3 way down, minimize contact with ground).  3x6, 1 min rest

Plus, hill sprints are fun and profitable!