

A James St Leger Routine

WORKOUTS



***6 day a
week
routine**

Back – Chest – Legs as PHA circuit

Monday

5 Pull ups / 10 Press ups / 15 squats – on the minute every minute for 30 minutes.
15mins of Dragan Challenge lifting with various weights

Swim

Tuesday

1500–3000m

Legs AM, HIIT PM

Wednesday

Front Squat, 3x8–12 with 60s rest
Romanian Deadlift, 3x6–8, 75s rest
Walking overhead BB lunges, 3x20 paces, 60s rest
Leg Press, 2x10, 90s rest, on 2nd set perform 2 drop sets
Weighted Calf raise, 2x10–12 on each leg, 45s rest

HIIT = 3–4x Tabata Kettle bell circuit.
20secs work, 10 secs rest, x8. 60 seconds rest
between each circuit
Single arm swings (L then R) Snatches (L then R)
Turkish get ups. (L then R) Renegade Rows (L then R)

Chest + Tri

Thursday

Incline Press, 12, 12, 10, 8, 60s rest,
Alt Flat DB Press, 2x12, 60s rest
Giant set, 1st set 8 reps of each,
2nd set take each to fail.

Weighted Dips – Dips – Clap press ups – Press ups,
Cable flies – 2x15–20, 45s
Diamond Pressups s/s Tricep cable extensions,
2x12–15, 45s rest

Back + Bi AM, HIIT PM

Friday

Weighted pull ups, 10, 8, 8, 6, 6, 75s rest
Bent over rows, 3x12, 60s rest
Reverse Flys, 2x12–15, 60s rest
7s on Ez-bar, x2, 60s rest

HIIT – Kettle Bell Circuit against the clock –
always aim to beat your previous time.
Snatch x 25 each arm Burpees x 50 Swing x 50
Press ups x 25 Shoulder Press x 25 each arm
Squat Thrusts x 50

Shoulders

Saturday

Hand stand Press ups, 3x8 (or fail), 75s rest
Behind the neck press, 3x12, 60s rest
Arnold Press, same weight, x12, 9, 6, 3, 30s rest

Tri set of bent over lat raise – lat raise – front raise,
3x8/8/8, 60s

Sunday

REST DAY