

**JUGGERNAUT METHOD**  
**MONTHLY WAVE (REP RANGES)**

<b>WEEKLY PHASE</b>	<b>10s</b>	<b>8s</b>	<b>5s</b>	<b>3s</b>
<b>ACCUMULATION</b> <i>(2-3 Reps left for final set)</i>	60% x 4 x 10 60% x 10+	65% x 4 x 8 65% x 8+	70% x 4 x 5 70% x 5+	75% x 6 x 3 75% x 3+
<b>INTENSIFICATION</b> <i>(1-2 Reps left for final set)</i>	55% x 5 62.5% x 5 67.5% x 2 x 10 67.5% x 10+	60% x 3 67.5% x 3 72.5% x 2 x 8 67.5% x 8+	65% x 5 72.5% x 5 77.5% x 3 x 5 77.5% x 5+	70% x 1 77.5% x 1 82.5% x 4 x 3 82.5% x 3+
<b>REALIZATION</b> <i>(Max effort for final set)</i>	50% x 5 60% x 3 70% x 1 75% AMRAP	50% x 5 60% x 3 70% x 2 75% x 1 80% AMRAP	50% x 5 60% x 3 70% x 2 75% x 1 80% x 1 85% AMRAP	50% x 5 60% x 3 70% x 2 75% x 1 80% x 1 85% x 1 90% AMRAP
<b>DELOAD</b> <i>(Reps as prescribed)</i>	40% x 5 50% x 5 60% x 5	40% x 5 50% x 5 60% x 5	40% x 5 50% x 5 60% x 5	40% x 5 50% x 5 60% x 5

# Juggernaut Training Method National Sheriffs

**L Reisser**



**Juggernaut Training Method National Sheriffs:**

## Decoding **Juggernaut Training Method National Sheriffs**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Juggernaut Training Method National Sheriffs**," a mesmerizing literary creation penned with a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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