

JUGGERNAUT METHOD
MONTHLY WAVE (REP RANGES)

WEEKLY PHASE	10s	8s	5s	3s
ACCUMULATION <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+
INTENSIFICATION <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+
REALIZATION <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
DELOAD <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

WJ Hussar



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