

**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

**Lauren Gardner**



**Juggernaut Training Method National Sheriffs:**

## Whispering the Techniques of Language: An Emotional Quest through **Juggernaut Training Method National Sheriffs**

In a digitally-driven world where displays reign great and immediate conversation drowns out the subtleties of language, the profound secrets and psychological subtleties hidden within words usually move unheard. However, nestled within the pages of **Juggernaut Training Method National Sheriffs** a captivating literary treasure blinking with fresh feelings, lies an exceptional journey waiting to be undertaken. Published by a talented wordsmith, that marvelous opus invites readers on an introspective journey, lightly unraveling the veiled truths and profound influence resonating within the material of each word. Within the psychological depths of this touching review, we will embark upon a genuine exploration of the book's primary styles, dissect their fascinating writing style, and succumb to the effective resonance it evokes heavy within the recesses of readers hearts.

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