



# The Juggernaut Method 2.0 - Strength, Speed, and Power For Every Athlete

*Chad Wesley Smith*

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Are you ready to improve your performance in the gym and on the field? How would you feel with a more explosive, stronger, better conditioned body? Do you want to be the most dominant athlete possible? Click the cover of The Juggernaut Method 2.0 above to download a FREE 15 page preview of the book that is sure to change everything, again!

If you don't use a program that properly combines speed and strength development with mobility and conditioning, you are failing to achieve peak performance and unnecessarily exposing yourself to injury.

A Training Program Unparalleled In Its Ability To Enhance Your Performance

The Juggernaut Method 2.0 is the follow-up to the best selling Juggernaut Method ebook and includes all the programming and details that helped send 8 players to the NFL and 22 more to Division 1 universities in 2012 alone. The Juggernaut Method 2.0 is not just a sets and reps program to help your squat, bench and deadlift skyrocket, it is also a guide to sprint/jump training, medicine ball throws and sport specific energy system training to turn you into an athletic powerhouse.

The Juggernaut Method 2.0 is over 100 pages worth of physical preparation material geared at making you the fastest, strongest, most powerful and well conditioned athlete possible. In this informative ebook, you'll learn the following...

## INTRODUCTION AND PHILOSOPHY

- The foundational ideas of athletic performance training
- The value of submaximal training and results driven progress

## THE PROGRAM

- Explanation and outline of the different phases of The Juggernaut Method
- How to progress through each training session and from one training wave to the next
- The percentage, set and rep schemes that have produced champion strength athletes and All-Americans across a variety of sports

## WARM-UPS

- Specific warm-ups to prepare you for training sessions with a variety of emphasis and goals
- Video demonstrations of every warm-up maneuver and technique

## ALTERNATE PERIODIZATION MODELS

- The Inverted Juggernaut Method
- Undulating Periodization Model
- The Juggernaut Method and The 9 Day Work Week

## ASSISTANCE WORK

- Assistance training aimed at every physical goal
- Weighted dip and chin-up programs to build tremendous relative strength

## SPEED/POWER WORK

- How to organize sprint training for maximum acceleration, speed and change of direction performance
- Jump training to enhance rate of force development and explosive strength
- Medicine ball throws to improve total body coordination and explosive power with video demonstrations and explanations of each throwing variation

## CONDITIONING

- How to increase your alactic capacity, aerobic capacity and lactic capacity
- How to manipulate conditioning to enhance your recovery
- Specific Football conditioning program

## TJM2.0 FOR POWERLIFTING AND STRONGMAN

- Proper peaking strategies to ensure you are your strongest on the day of the meet
- Implementing strongman event training into your TJM program
- Periodization schemes for Strongman events

## NUTRITION

- Dietary guidelines for mass gain, body recompisition and fat loss
- Juggernaut's favorite recipes with macronutrient breakdowns

The information in this product outlines all of the details of athlete's training at Juggernaut which they pay up to \$1000/month for.

## TONS OF VIDEOS

-These videos will allow you to see what you should and shouldn't be doing to ensure you are doing things exactly correctly.

This program gives you everything necessary to build your own athletic and strength training programs: Sets, reps, rest periods, special exercises, the works!

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#### **James Peterson:**

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