



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 recompition 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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Earline Martin:

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Gussie Steller:

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Terry Kiser:

A lot of people always spent their free time to vacation or even go to the outside with them loved ones or their friend. Are you aware? Many a lot of people spent they will free time just watching TV, or perhaps playing video games all day long. If you wish to try to find a new activity honestly, that is look different you can read some sort of book. It is really fun to suit your needs. If you enjoy the book that you read you can spent all day long to reading a reserve. The book The Juggernaut Method 2.0 - Strength, Speed, and Power For Every Athlete it doesn't matter what good to read. There are a lot of people who recommended this book. These people were enjoying reading this book. When you did not have enough space to deliver this book you can buy typically the e-book. You can m0ore quickly to read this book from the smart phone. The price is not too costly but this book provides high quality.

Tracy Laflamme:

What is your hobby? Have you heard this question when you got scholars? We believe that that problem was given by teacher on their students. Many kinds of hobby, Everybody has different hobby. And also you know that little person just like reading or as reading become their hobby. You must know that reading is very important as well as book as to be the point. Book is important thing to increase you knowledge, except your teacher or lecturer. You get good news or update regarding something by book. Different categories of books that can you choose to use be your object. One of them are these claims The Juggernaut Method 2.0 - Strength, Speed, and Power For Every Athlete.

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