



The Juggernaut Method: Strength, Power and Speed for the Lifter and Athlete

Chad Wesley Smith

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The Juggernaut Method is a system of training designed to make you a well rounded athletic force. Suitable for lifters of all abilities, from beginner to elite, the Juggernaut Method presents a well planned and periodized system to help you add size and strength. The Juggernaut Method outlines the strategies used by Juggernaut, one of the nation's fastest rising sports performance training centers, to improve speed, power, jumping ability and conditioning. In the Juggernaut Method, Chad Wesley Smith, has put together a concise but comprehensive look at improving speed, power and conditioning. This manual outlines cycles of training to help an athlete gain size, and strength, all the while increasing their explosive power for sports performance.



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