

JOURNALIT METHOD
MONTHLY WAVE (REP RANGES)

WEEKLY PHASE	10s	15s	5s	1s
ACCUMULATION (2-3 Reps left for final set)	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 4 x 3 75% x 3+
INTENSIFICATION (1-2 Reps left for final set)	55% x 5 62.5% x 3 67.5% x 2 x 10 67.5% x 10+	60% x 3 67.5% x 1 72.5% x 2 x 8 67.5% x 8+	65% x 3 72.5% x 3 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 (Max effort for final set)	50% x 3 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 3 60% x 3 70% x 2 75% x 1 80% x 1 85% x 1 90% AMRAP
DELOAD (Reps as prescribed)	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

Sabine Zange

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red-to-white gradient semi-circle overlapping the right side of the bar.

Juggernaut Training Method National Sheriffs:

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