

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


By 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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## **The Juggernaut Method: Strength, Power and Speed for the Lifter and Athlete** By Chad Wesley Smith **Bibliography**

- Sales Rank: #4605236 in Books
- Published on: 2012-08-14
- Original language: English
- Dimensions: 9.00" h x .11" w x 6.00" l,
- Binding: Paperback
- 44 pages

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### **Editorial Review**

#### About the Author

Chad Wesley Smith is the owner and head physical preparation coach at Juggernaut Training Systems in Orange County, CA. In addition, to his American Record squat of 905 pounds and two collegiate National Championships in the shot put, Smith has placed dozens of athletes into the NFL, trained World Champions in Brazilian Jiu-Jitsu and Mixed Martial Arts and helped hundreds more receive Division 1 athletic scholarships. Learn more about Chad at [JTSstrength.com](http://JTSstrength.com)

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