

JUGGERNAUT WORKOUT ROUTINE



Bonus PDF File
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JUGGERNAUT WORKOUT ROUTINE

Training Volume:

4+ days per week

Explanation:

For this one we're using the actual Juggernaut Method, which I'll be taking you through a total of SIXTEEN weeks of. Make sure to scroll down all the way to find the accessory work I recommend stacking with the compound lift for each day (which is your main focus).

Juggernaut Workout Routine: Sample Schedule

Monday: Squat Day

Tuesday: Bench Press Day

Wednesday: Active Rest Day

Thursday: Overhead Press Day

Friday: Deadlifts Day

Saturday: Active Rest Day

Sunday: Rest Day

Juggernaut Workout Routine: The Actual Juggernaut Method

Keep scrolling for recommended accessory work each day.

Week 1:

- Monday: Squats—60%x4x10, 60%x10+
- Tuesday: Bench Press—60%x4x10, 60%x10+
- Thursday: Overhead Press—60%x4x10, 60%x10+
- Friday: Deadlifts—60%x4x10, 60%x10+

Week 2:

- Monday: Squats—55%x5, 62.5%x5, 67.5%x2x10, 67.5%x10+
- Tuesday: Bench Press—55%x5, 62.5%x5, 67.5%x2x10, 67.5%x10+
- Thursday: Overhead Press—55%x5, 62.5%x5, 67.5%x2x10, 67.5%x10+
- Friday: Deadlifts—55%x5, 62.5%x5, 67.5%x2x10, 67.5%x10+

Week 3:

- Monday: Squats—50%x5, 60%x3, 70%x1, 75%x10+
- Tuesday: Bench Press—50%x5, 60%x3, 70%x1, 75%x10+
- Thursday: Overhead Press—50%x5, 60%x3, 70%x1, 75%x10+
- Friday: Deadlifts—50%x5, 60%x3, 70%x1, 75%x10+

Week 4 (Deload):

- Monday: Squats—40%x5, 50%x5, 60%x5
- Tuesday: Bench Press—40%x5, 50%x5, 60%x5
- Thursday: Overhead Press—40%x5, 50%x5, 60%x5

- Friday: Deadlifts—40%x5, 50%x5, 60%x5

Week 5:

- Monday: Squats—65%x4x8, 65%x8+
- Tuesday: Bench Press—65%x4x8, 65%x8+
- Thursday: Overhead Press—65%x4x8, 65%x8+
- Friday: Deadlifts—65%x4x8, 65%x8+

Week 6:

- Monday: Squats—60%x3, 67.5%x3, 72.5%x7x3, 72.5%x3+
- Tuesday: Bench Press—60%x3, 67.5%x3, 72.5%x7x3, 72.5%x3+
- Thursday: Overhead Press—60%x3, 67.5%x3, 72.5%x7x3, 72.5%x3+
- Friday: Deadlifts—60%x3, 67.5%x3, 72.5%x7x3, 72.5%x3+

Week 7:

- Monday: Squats—50%x5, 60%x3, 70%x2, 75%x1, 80%x8+
- Tuesday: Bench Press—50%x5, 60%x3, 70%x2, 75%x1, 80%x8+
- Thursday: Overhead Press—50%x5, 60%x3, 70%x2, 75%x1, 80%x8+
- Friday: Deadlifts—50%x5, 60%x3, 70%x2, 75%x1, 80%x8+

Week 8 (Deload):

- Monday: Squats—40%x5, 50%x5, 60%x5
- Tuesday: Bench Press—40%x5, 50%x5, 60%x5
- Thursday: Overhead Press—40%x5, 50%x5, 60%x5

- Friday: Deadlifts—40%x5, 50%x5, 60%x5

Week 9:

- Monday: Squats—70%x5x5, 70%x5+
- Tuesday: Bench Press—70%x5x5, 70%x5+
- Thursday: Overhead Press—70%x5x5, 70%x5+
- Friday: Deadlifts—70%x5x5, 70%x5+

Week 10:

- Monday: Squats—65%x2, 72.5%x2, 77.5%x4x4, 77.5%x4+
- Tuesday: Bench Press—65%x2, 72.5%x2, 77.5%x4x4, 77.5%x4+
- Thursday: Overhead Press—65%x2, 72.5%x2, 77.5%x4x4, 77.5%x4+
- Friday: Deadlifts—65%x2, 72.5%x2, 77.5%x4x4, 77.5%x4+

Week 11:

- Monday: Squats—50%x5, 60%x3, 70%x2, 75%x1, 80%x1, 85%x5+
- Tuesday: Bench Press—50%x5, 60%x3, 70%x2, 75%x1, 80%x1, 85%x5+
- Thursday: Overhead Press—50%x5, 60%x3, 70%x2, 75%x1, 80%x1, 85%x5+
- Friday: Deadlifts—50%x5, 60%x3, 70%x2, 75%x1, 80%x1, 85%x5+

Week 12 (Deload):

- Monday: Squats—40%x5, 50%x5, 60%x5
- Tuesday: Bench Press—40%x5, 50%x5, 60%x5

- Thursday: Overhead Press—40%x5, 50%x5, 60%x5
- Friday: Deadlifts—40%x5, 50%x5, 60%x5

Week 13:

- Monday: Squats—75%x6x3, 75%x3+
- Tuesday: Bench Press—75%x6x3, 75%x3+
- Thursday: Overhead Press—75%x6x3, 75%x3+
- Friday: Deadlifts—75%x6x3, 75%x3+

Week 14:

- Monday: Squats—70%x1, 77.5%x1, 82.5%x4x3, 82.5%x3+
- Tuesday: Bench Press—70%x1, 77.5%x1, 82.5%x4x3, 82.5%x3+
- Thursday: Overhead Press—70%x1, 77.5%x1, 82.5%x4x3, 82.5%x3+
- Friday: Deadlifts—70%x1, 77.5%x1, 82.5%x4x3, 82.5%x3+

Week 15:

- Monday: Squats—50%x5, 60%x3, 70%x2, 75%x1, 80%x1, 85%x1, 90%x3+
- Tuesday: Bench Press—50%x5, 60%x3, 70%x2, 75%x1, 80%x1, 85%x1, 90%x3+
- Thursday: Overhead Press—50%x5, 60%x3, 70%x2, 75%x1, 80%x1, 85%x1, 90%x3+
- Friday: Deadlifts—50%x5, 60%x3, 70%x2, 75%x1, 80%x1, 85%x1, 90%x3+

Week 16 (Deload):

- Monday: Squats—40%x5, 50%x5, 60%x5
- Tuesday: Bench Press—40%x5, 50%x5, 60%x5
- Thursday: Overhead Press—40%x5, 50%x5, 60%x5
- Friday: Deadlifts—40%x5, 50%x5, 60%x5

Juggernaut Workout Routine: Recommended Accessory Work

Squat Day:

Complete 2-5 Accessory Work Exercises

- Leg Press
- Seated Calf Raises
- Hamstring Curls
- Quad Extensions
- Glute Bridges

Bench Press Day:

Complete 2-5 Accessory Work Exercises

- Incline Dumbbell Press
- Chest Flys
- Tricep Cable Pushdowns
- Skull Crushers
- Weighted Dips

Overhead Press Day:

Complete 2-5 Accessory Work Exercises

- Shoulder Front Raises
- Lateral Raises
- Barbell Shrugs
- Power Cleans
- Arnold Press

Deadlift Day:

Complete 2-5 Accessory Work Exercises

- Bent Over Barbell Rows
- Wide Grip Cable Pulldowns
- Cable Rows
- Preacher Curls
- High Cable Curls