

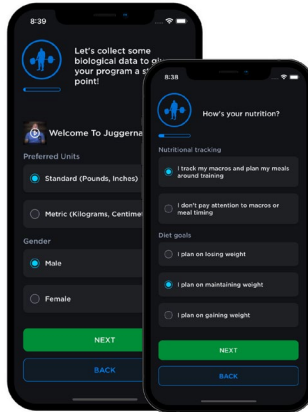


**BEST EXERCISES TO IMPROVE YOUR
SQUAT,
BENCH & DEADLIFT!**



JUGGERNAUTAI

The smartest program for you.



Tell our system all about yourself and your goals

Tell our system all about yourself and your goals including gender, age, size, strength, experience, recovery, and so much more. From then on our proprietary algorithms will work towards building the smartest program for you.

“This is easily the greatest workout program I’ve been on aside from having a personal coach. It easily adapts to your goals, equipment, and training readiness each day.”

Leroy H

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Hey Everyone!

Thank you for downloading this ebook. We hope it will be a great resource for you to improve your training. I founded Juggernaut Training Systems in 2009 with the goal of providing athletes and coaches the best resources possible to help them reach their goals. Since then, we have produced thousands of videos, authored dozens of ebooks, traveled around the world coaching hundred of seminars and helped tens of thousands of lifters hit new PRs with our online coaching and apps.

We believe in providing athletes with individualized training to reach their goals. Athletes of different ages, genders, sizes, strength and experience levels will maximize their success if they're training with volume, frequency and periodization tailored to them. Individualized exercise selection to address unique weak points is another area where you can maximize the efficiency and effectiveness of your training and that is what we aim to help you with in this ebook. If you're struggling with rounding over in the squat, locking out your bench or off the floor in the deadlift, we have a fix for you.

Happy Lifting,



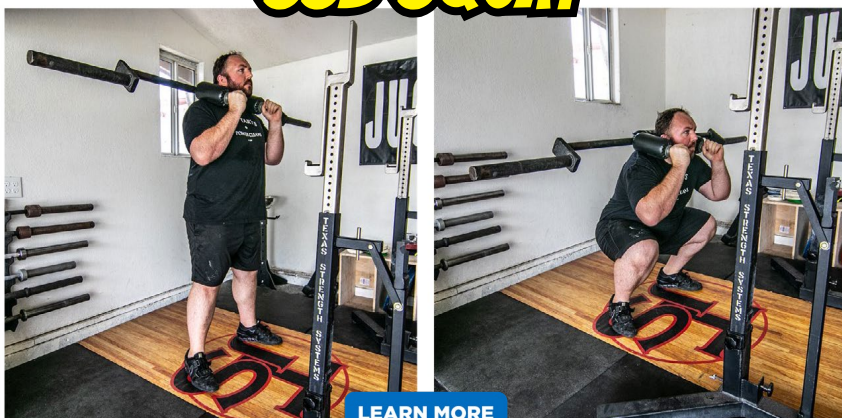
Chad Wesley Smith

Owner/Founder Juggernaut Training Systems
1055kg/2325# Raw Powerlifting Total

PS. Our JuggernautAI App uses artificial intelligence to create totally customized training that grows and adapts with your feedback.

You can use code `BESTEBOOK` to try it for 1 month FREE at JuggernautAI.app

SSB SQUAT



Why To Do It?

- Addresses upper back rounding during squat
- Work around sore elbows/shoulders from low bar squatting
- Builds up quads with more overload than front squatting

How To Do It?

- Squat mechanics are similar to the high bar squat
- **Learn More In Our Squat Pillars Series**
- Actively flex your upper back
- Avoid pushing up or pulling down on the handles

When To Do It?

- Hypertrophy Blocks because they support high volume squatting and won't interfere with Bench Press training
- Hypertrophy and Strength Blocks to address rounding over weak point
- Strength and Peaking Blocks to give your upper body a break from heavy low bar squats while still giving your lower body good training stimulus



Why To Do It?

- Build up starting strength to overcome weakness out of the hole
- Ingrain better positions through extended time under tension

How To Do It?

- Descend with the same speed you would in a normal squat
- Actively hold yourself in the squat, rather than just resting in the end range of motion

When To Do It?

- *Hypertrophy.* This is good option because of the longer time under tension but you'll likely want to use slightly lower reps than you would with an unpaused squat, ie. sets of 8 instead of 10.
- *Strength.* This is a good time to use it as a primary exercise to address a weak point out of the hole.
- *Peaking.* Use Pause in the Hole Squats during peaking as a secondary movement to complement your competition squats.

BELT SQUAT



Why To Do It?

- Focus on building quad strength to overcome an issue of relatively strong back/weak legs
- Add squat volume at a low fatigue cost
- Workaround low back or upper body injuries that are hindering traditional squat training

How To Do It?

- Wear the belt low on your hips so that you can keep a very upright posture
- Focus on pushing your knees forward to emphasize pressure in your quads

When To Do It?

- *Hypertrophy Phase.* This is the best option because belt squats lend themselves to high volume and won't interfere with Bench or Deadlift training
- *Strength Phase.* Belt Squats can be useful here as an assistance movement to bring up leg strength relative to back strength.
- *Peaking Phase.* Belt Squats have a limited use here but could be included to keep volume up for less experienced lifters

BACK RAISE



Why To Do It?

- Improve low back, glute and hamstring strength in a simple to learn and execute manner.
- Train the posterior chain hard without the high systemic fatigue of deadlift variations.

How To Do It?

- Have the pad in the middle of your quads so your waist hangs fully off the edge of the pad.
- Keep a slight rounding of your upper back to drive tension more to your hamstrings/glutes.
- Control the eccentric and flex your glutes hard to initiate the concentric.
- Have a short isometric hold at the top of each rep.

When To Do It?

- These can be used effectively through all phases as an assistance movement, particularly if you feel you are relatively stronger in your legs than back and have trouble maintaining good posture during the squat.

OUR FAVORITE SQUAT ACCESSORIES

Rear Foot Elevated Split Squat

- Builds quad strength, keeps your ankles mobile and hips healthy.



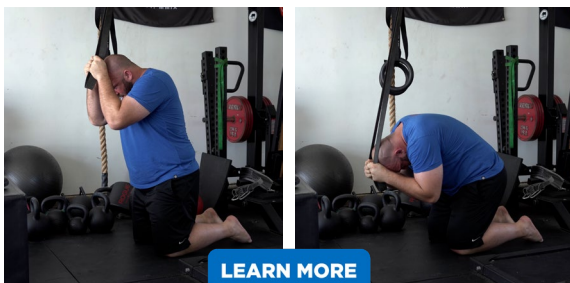
GHR

- Builds hamstring strength which improves knee and low back health.

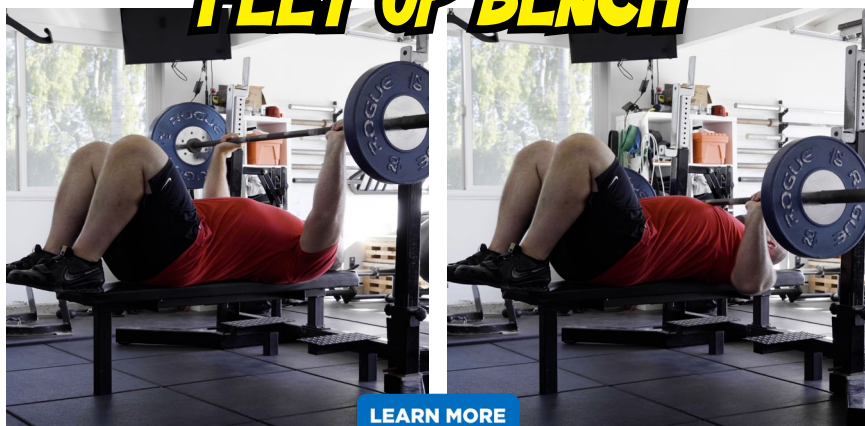


Kneeling Crunch

- Teaches you how to flex your abs and control lumbar flexion to keep your back healthy.



FEET UP BENCH



Why To Do It?

- To build up pec strength for overcoming weakness off the chest by eliminating leg drive
- To increase bench volume by using a variation that limits how heavy you can go

How To Do It?

- Place feet on end of bench, straight out or held in the air (like a crunch position)
- Set your upper back the same way as you would in a normal bench press

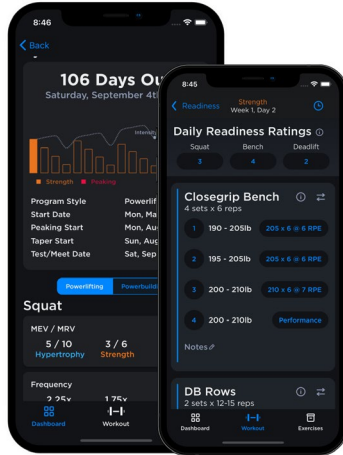
When To Do It?

- This is a great option for Hypertrophy training as it tolerates very high volume
- Utilize this in Strength and Peaking as secondary movements if you are struggling with strength off the chest



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The smartest program for you.



Individualized programming made specifically for your goals

JuggernautAI uses your feedback to create a program specifically for your needs. Our system finds the right amount of work you need to progress, optimal training frequency, periodization style personalized to you and exercises specifically targeted at your weak points.

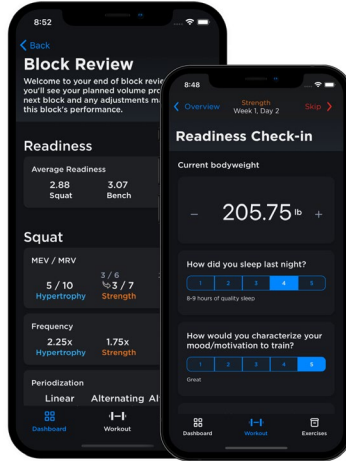
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Adjustments Every Step of the Way

With every JuggernautAI workout you train the algorithms to learn the best program for you. Including:

- ✓ Set to Set
- ✓ Day to Day
- ✓ Week to Week
- ✓ Block to Block
- ✓ Program to Program

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SPOTO PRESS



Why To Do It?

- To build up strength in the midrange portion of the bench press
- To improve stability and control over the bar

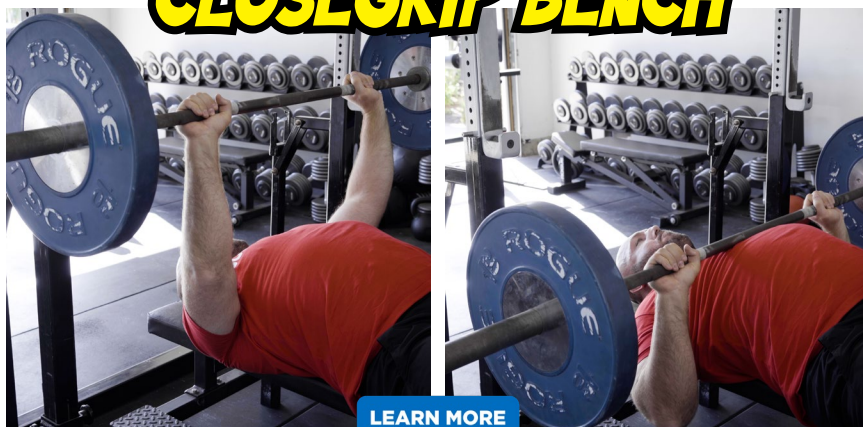
How To Do It?

- Lower the bar rapidly, stopping it about 1" off of your chest.
- Have a short pause with the bar hovering off your chest
- Think about the tension through your back and body being used to stop the bar, not just your arms

When To Do It?

- This can be used during any phase to address a specific weak point or to avoid adaptive resistance

CLOSEGRIP BENCH



Why To Do It?

- To build up tricep strength for an improved lockout
- To workaround shoulder/pec issues

How To Do It?

- Move your grip in 2-3" from your competition grip
- Focus on tucking your elbows more and touching the bar lower on your chest to maintain bar over wrist over elbow stacked position
- [Learn More In Our Bench Pillars Series](#)

When To Do It?

- Best suited for Hypertrophy but can be used in any phase to build lockout strength

OUR FAVORITE BENCH ACCESSORIES

Chest Supported Rows

- These will build a strong back and good base to press from.



DB Skullcrushers

- If your elbows can handle these, they will be a great way to add size and strength in your triceps.



HALTING DEADLIFT



[LEARN MORE](#)

Why To Do It?

- To improve strength and technique off the floor through extended reps and time under tension in this phase of the lift.

How To Do It?

- Start the lift at the same tempo you normally would in a full lift and have a slight pause when the bar reaches the bottom of your knees, before returning it to the floor under control and then performing a full rep to lockout.
- Move the bar with intent and control. Slightly pausing below the knees and lowering the bar with control will make this variation significantly more challenging to do but also more effective.

When To Do It?

- Hypertrophy. If using Halting Deadlifts during Hypertrophy, you'll likely want to use slightly lower reps than you would on other deadlift variations, ie. sets of 6 instead of sets of 8.
- Strength & Peaking. Halting Deadlift is a good secondary movement during these phases to compliment your primary deadlifts if you are struggling with specific weak point off the floor.

BOX DEADLIFT



Why To Do It?

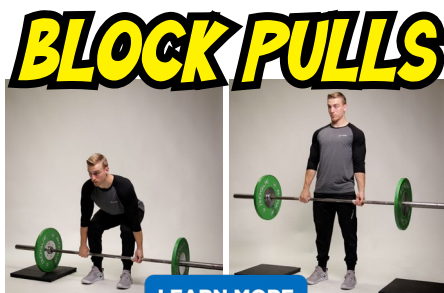
- While similar to an RDL, the tactile cue of the objects against your calves will help ensure very strict technique
- This is an excellent builder of hamstring strength that will help build all phases of the deadlift, particularly the midrange.

How To Do It?

- Actively smash your calves against the box/bench/bar to ensure a vertical or even slightly negative shin angle throughout the movement
- Move with intent and control, in this exercise, slower is often better and will help you get more out of less weight
- [Learn More In Our Deadlift Pillars Series](#)

When To Do It?

- Hypertrophy. This could serve as a primary exercise during a Hypertrophy Phase, particularly for those who are weak in the midrange of the deadlift.
- Strength and Peaking. This would be a good secondary movement to compliment the deadlift for those struggling with midrange strength.



Why To Do It?

- To improve lockout strength by overloading the back and limiting the ability to generate leg drive from the floor.
- To manage fatigue by reducing range of motion and often for conventional deadlifters by limiting the weight can be used.
- As a rehab tool to limit ROM and create a controlled progression of ROM for an athlete returning from a back injury

How To Do It?

- Typically, blocks from 1-4" are appropriate depending on your height (taller lifter = taller blocks).
- Focus on initiating the lockout as soon as the bar begins moving off the blocks, use your glutes to drive your hips forward to meet the bar at lockout.

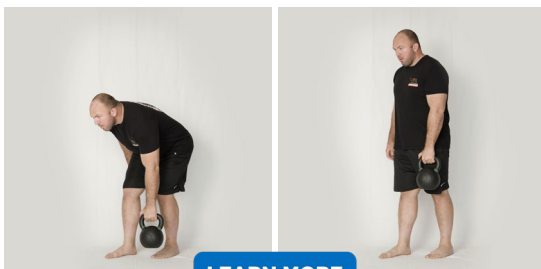
When To Do It?

- Hypertrophy. These are a great option during Hypertrophy because they lend themselves to higher volume because of the reduced ROM
- Strength. During this phase, Block Pulls will be useful as a secondary movement to address a weak point at lockout or to add extra deadlift volume at slightly lower fatigue cost.
- Peaking. For Sumo pullers, the Block Pull can serve as a mechanical overload tool, exposing them to heavier weights to drive neural adaptation during peaking. For Conventional pullers, using Block Pulls is a way to manage fatigue during Peaking through the shortened ROM.

OUR FAVORITE DEADLIFT ACCESSORIES

Staggered Stance RDL

- These will help build your hamstrings while also getting your hips to move independently which is good for back health.



Pendlay Row

- These will teach you to create tension in your lats and be able to keep the bar closer throughout your pull.



Round Back Back Raises

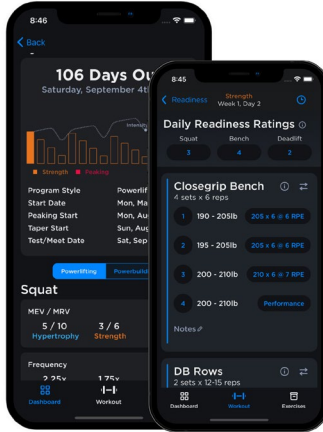
- Tried and true, this simple exercise will get your hamstrings and glutes strong and help improve your back health.





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The smartest program for you.



4.9
★★★★★

Apple & Google Play
Rating

50,000+

Lifters

15+

Quadrillion Program
Variations

How It Works

Juggernaut Training Systems is The Leader in Strength, having helped thousands of athletes from beginners to World Champions maximize their results and reach their goals. We deliver principle-based coaching through cutting-edge technology to help you get the best results of your life.

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Juggernaut Training Systems' mission is to provide coaches and athletes with principle based coaching and education to help them reach their goals.

We are passionate about the Pursuit of Progress. Progress is never finished, we are never finished learning; never finished refining our methods; never finished progressing.

JTS is built on five foundational pillars...

- **1. The Courage To Be Great.** Setting goals opens us up to two possibilities: success and failure. Setting big goals, great goals, set us up for greater success and the possibility of greater failure. The fear of failure paralyzes us from becoming truly great. You need to be courageous to overcome this fear and embrace the pursuit of greatness.
- **2. Discipline Is Greater Than Motivation.** Motivation is only the spark, it is consistent discipline that will help us reach our goals. You must create a plan of action and work that plan with diligence and discipline.
- **3. Grateful for Everything, Entitled to Nothing.** We must be grateful for the good and bad that comes with life, training, and relationships. We know that we are entitled to nothing, nothing is given to you in life and if you are expecting something to be, you are in for a rude awakening. If you are expecting your name, your team, your gym or any other status in life to give you success, you are wrong. Success is not given, it is earned, it is sweat for and bled for.
- **4. Control What You Can Control and Don't Worry About What You Can't.** There will always be aspects of life that are beyond your control but you can't spend your time focused on that, you must take care of your own performance, take ownership of how you react to situations and control your attitude and actions.
- **5. Integrity, Introspection and Innovation.** We are committed to acting with integrity in all facets of our life. We are committed to consistently looking inward to analyze our own actions and methods with honesty. We are committed to always pushing to innovate better ways to serve our community of athletes and customers.