

JUGGERNAUT METHOD
MONTHLY WAVE (REP RANGES)

WEEKLY PHASE	10s	8s	5s	3s
ACCUMULATION <i>(2-3 Reps left for final set)</i>	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 6 x 3 75% x 3+
INTENSIFICATION <i>(1-2 Reps left for final set)</i>	55% x 5 62.5% x 5 67.5% x 2 x 10 67.5% x 10+	60% x 3 67.5% x 3 72.5% x 2 x 8 67.5% x 8+	65% x 5 72.5% x 5 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 <i>(Max effort for final set)</i>	50% x 5 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 5 60% x 3 70% x 2 75% x 1 80% x 1 85% x 1 90% AMRAP
DELOAD <i>(Reps as prescribed)</i>	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

SA Dillow



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Representing Genocide Rebecca Jinks, 2016-06-02 This book explores the diverse ways in which Holocaust representations have influenced and structured how other genocides are understood and represented in the West. Rebecca Jinks focuses in particular on the canonical 20th century cases of genocide: Armenia, Cambodia, Bosnia, and Rwanda. Using literature, film, photography, and memorialisation, she demonstrates that we can only understand the Holocaust's status as a benchmark for other genocides if we look at the deeper structural resonances which subtly shape many representations of genocide. *Representing Genocide* pursues five thematic areas in turn: how genocides are recognised as such by western publics; the representation of the origins and perpetrators of genocide; how western witnesses represent genocide; representations of the aftermath of genocide; and western responses to genocide. Throughout the book, it distinguishes between mainstream and other more nuanced and engaged representations of genocide. It shows how these mainstream representations, the majority, largely replicate the representational framework of the Holocaust, including the way in which mainstream Holocaust representations resist recognising the rationality, instrumentality, and normality of genocide, preferring instead to present it as an aberrant, exceptional event in human society. By contrast, the more engaged representations, often but not always originating from those who experienced genocide, tend to revolve around precisely genocide's ordinariness and the structures and situations common to human society which contribute to and become involved in the violence.

Crime and Social Justice, 1974 Lockdown America Christian Parenti, 2008-08-17 Why is criminal justice so central to American politics? *Lockdown America* not only documents the horrors and absurdities of militarized policing, prisons, a fortified border, and the federalization of the war on crime; it also explains the political and economic history behind the massive crackdown. This updated edition includes an afterword on the War on Terror, a meditation on surveillance, and the specter of terrorism as they help reanimate the criminal justice attack. Written in vivid prose, *Lockdown America* will propel readers toward a deeper understanding of the links between crime and politics in a period of gathering economic crisis.

Encyclopedia of Community Policing and Problem Solving Kenneth J. Peak, 2013-05-28 Community policing as a philosophy supports the systematic use of partnerships and problem solving techniques to proactively address the immediate conditions that give rise to public safety issues, including crime, social disorder, and fear of crime, as opposed to responding to crime after it occurs. Community policing expands the traditional police mandate. It broadens the focus of fighting crime to include solving community problems and forming partnerships with people in the community so average citizens can contribute to the policing process. Originating during police reform efforts of the 1970s, the philosophy of community policing is currently widespread and embraced by many citizens, police administrators, scholars, and local and federal politicians. What sorts of collaborative partnerships have evolved between policing agencies and the individuals and communities they serve? How do police departments engage in systematic examination of identified problems to develop effective responses? How have

police departments aligned their organizational structures to best support community partnerships and proactive problem solving Just how effective have efforts at community policing been These questions and more are explored within the pages of this new reference work Features A collection of 150 to 175 entries are organized in A to Z fashion in one volume available in both electronic and print formats Signed entries authored by significant figures in the field each conclude with Cross References and Suggestions for Further Readings to guide students to in depth resources Brief What Works case studies within appropriate entries profile community policing programs and strategies as tried in various cities and communities Although organized in A to Z fashion a thematic Reader s Guide in the front matter groups related entries by broad topic areas e g Foundations Methods Legislation Changing Agency Culture Planning Training Assessment etc Also included in the front matter a Chronology provides students with historical perspective of the development of community policing The entire work concludes with a Resources appendix listing classic books journals and associations followed by a comprehensive Index

The National Advocate ,1904 **Computerworld** ,1981-02-02 For more than 40 years Computerworld has been the leading source of technology news and information for IT influencers worldwide Computerworld s award winning Web site Computerworld com twice monthly publication focused conference series and custom research form the hub of the world s largest global IT media network **Appletons' Journal** ,1873 Criminal Justice Frank Schmallegger,2005-02 Criminal Justice A Brief Introduction 6e continues to offer a trusted authoritative and impeccably researched introduction to the criminal justice system in America This book s freedom vs safety theme its unmatched timeliness and its coverage of the newest criminal justice trends and technology helps readers think critically about the criminal justice system in a time when the issue of freedom vs safety has never been more critical The book s primary theme discusses the balance of freedom and safety between our society and the criminal justice system Terrorism and security issues include up to date coverage of police terrorism response including the most recent information on counter terrorism initiatives by America s police Other hot topics include all the latest crime statistics court cases trends in the system and criminal justice news Extensive coverage of technology and crime includes the latest law enforcement technology used to combat crime and technology used by criminals to commit crimes Also includes extensive discussion of the juvenile justice system For anyone with current or future criminal justice careers or those in law enforcement positions **National Journal** ,2007-04 Harper's Weekly ,1895 **Action Programme and Proceedings, National Highway Safety Conference** Canadian Highway Safety Council,1955 **CQ Guide to Current American Government, 2005 Fall** CQ Press,2005-07-30 The selections in this volume include Campaigning to keep political ads clean The debate over stem cell research Privatizing the military Congressional debate on the pros and cons of prescription drug importation The focus on battleground states in the 2004 election Divisions within the GOP in Congress **Facts on File Yearbook** ,1961 **The Social Studies** ,1942

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