

TRAINING PROGRAM

WEEK 1

01

Welcome to the ROCKJAW training program.

Follow our guide to get optimal results with ROCKJAW.

DAY 1 - 25 x 4

DAY 3 - 50 x 3

DAY 5 - 60 x 4

DAY 7 - 50 x 5

WEEK

02

DAY 9 - 25 x 4

DAY 11 - 50 x 3

DAY 13 - 60 x 4

DAY 15 - 60 x 4

YOU GOT THIS!



YOU'RE DOING WELL!
KEEP IT UP.

WEEK

03

DAY 17 - 25 x 4

DAY 19 - 50 x 3

DAY 21 - 50 x 3

DAY 23 - 50 x 3

WEEK

04

DAY 25 - 25 x 4

DAY 27 - 25 x 4

DAY 29 - 25 x 4

DAY 31 - 25 x 4

IT TAKES 28 DAYS TO BUILD A HABIT. GOOD JOB.



After 1 month: Chew 2 crystals giving a break between each day. You can begin to increase/decrease the reps and sets based on your preference. Once you reach your desired outcome, be sure to chew for maintenance.