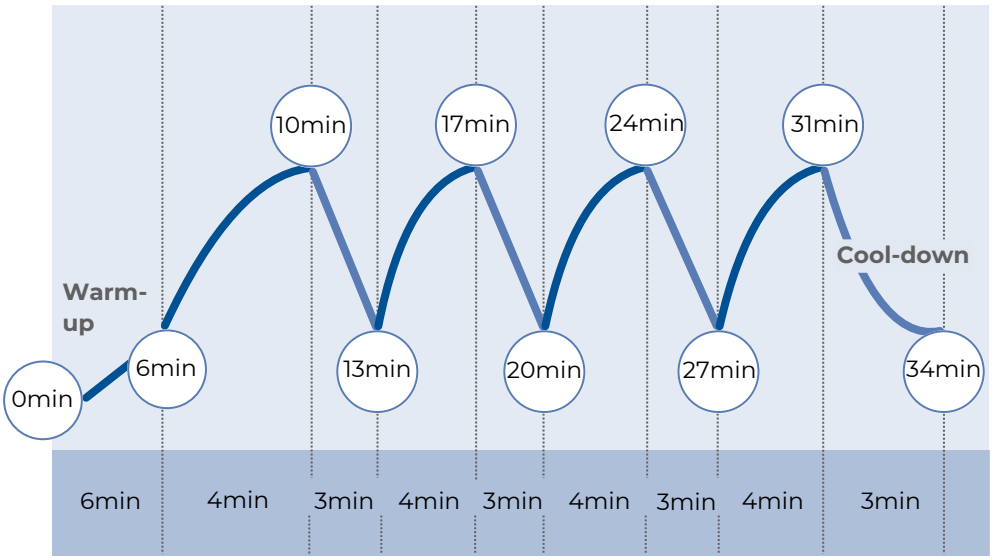
4x4 Method

Minimal adaptive threshold ~50% of 1RM (1-Repetition-Maximum)

4x4 Maximal Strength Training

Conventional Strength Training	4x4 Maximal Strength Training
• Moderate intensity 25-75% of 1RM • 1-3 sets, 8-12 repetitions • 1-3 min breaks between sets • Slow concentric movement • 2-3 sessions per week • Before, during & after treatment	• Higher intensity 85-90% of 1RM • 4 sets, 4 repetitions • 2-3 min breaks between sets • Explosive concentric movement • 2-3 sessions per week • Before, during & after treatment

4x4 Aerobic Endurance Training



Maximal heart rate (HRmax) calculation:

211 - (0.64 x age)

At the end of the 4th min:

~ 85-90% of HRmax (7-8 RPE)

During 3 min active recovery:

~ 60-70% of HRmax (3-4 RPE)

0-6 min	warm-up
6-10 min	**higher - intensity**
10-13 min	active recovery
13-17 min	**higher - intensity**
17-20 min	active recovery
20-24 min	**higher - intensity**
24-27 min	active recovery
27-31 min	**higher - intensity**
31-34 min	cool-down

Rating of perceived exertion (RPE)

1	very light	~ 55% HRmax
2-3	light	~ 55-60% HRmax
4-6	enjoyable	~ 60-75% HRmax
7-8	vigorous	~ 80-90% HRmax
9	very hard	~ 95% HRmax
10	max effort	100% HRmax

find out more