

All-round fitness

Strength and 4x4 Hybrid Program

Two strength workouts and one Norwegian 4x4 interval session a week. Get stronger and fitter at the same time, in about three hours a week.

Length	Sessions	Time per session	Level	Equipment
8 weeks	3 a week	40–55 min	Beginner to intermediate	Gym with a cardio machine

How the program works

- Each week: strength on Monday and Friday, 4x4 intervals on Wednesday. Keep at least one rest day after the intervals.
- Strength sets: stop 1–3 reps short of failure, and add weight when you reach the top of the rep range on every set.
- 4x4 intervals: 85–95% of max heart rate for 4 minutes, with 3 minutes of easy movement between.
- Walk or move easily on the other days. It helps recovery and adds to your daily energy burn.
- For fat loss, pair the program with a moderate calorie deficit and a high protein intake.

A typical week

Monday	Strength A
Tuesday	Rest or a walk
Wednesday	4x4 intervals
Thursday	Rest or a walk
Friday	Strength B
Saturday	Easy cardio 30–45 min (optional)
Sunday	Rest

Your heart rate zones

Max heart rate estimated with $211 - 0.64 \times \text{age}$ (Nes et al., HUNT Fitness Study, NTNU). If you know your real max heart rate, use 85–95% of it for intervals and 60–70% for recovery.

Age	Estimated max	Intervals (85–95%)	Recovery and warm-up (60–70%)
20	198 bpm	168–188 bpm	119–139 bpm
25	195 bpm	166–185 bpm	117–137 bpm
30	192 bpm	163–182 bpm	115–134 bpm
35	189 bpm	161–180 bpm	113–132 bpm
40	185 bpm	157–176 bpm	111–130 bpm
45	182 bpm	155–173 bpm	109–127 bpm
50	179 bpm	152–170 bpm	107–125 bpm
55	176 bpm	150–167 bpm	106–123 bpm
60	173 bpm	147–164 bpm	104–121 bpm
65	169 bpm	144–161 bpm	101–118 bpm
70	166 bpm	141–158 bpm	100–116 bpm

The sessions

Strength A

45–55 min

Exercise	Sets	Reps or time	Rest
Goblet squat or back squat	3	6–10	2–3 min
Bench press or push-up	3	6–10	2–3 min
Seated cable row	3	8–12	90 s
Romanian deadlift	2	8–12	90 s
Farmer's carry Heavy dumbbells, tall posture, steady steps.	3	30–40 m	60 s

4x4 intervals

40 min

Exercise	Sets	Reps or time	Intensity
Warm-up	–	10 min	60–70% HRmax
Work interval Uphill walk or run, bike, rower or ski machine.	4	4 min	85–95% HRmax
Active recovery After intervals 1, 2 and 3.	3	3 min	60–70% HRmax
Cool-down	–	5 min	Easy

Strength B

45–55 min

Exercise	Sets	Reps or time	Rest
Trap bar deadlift	3	5–8	2–3 min
Overhead press	3	6–10	2–3 min
Lat pulldown or pull-up	3	8–12	90 s
Walking lunge	2	10 per leg	90 s
Plank	3	30–45 s	60 s

How to progress

Weeks 1–2	Foundation Two sets per strength exercise and three intervals instead of four. Learn the movements and the interval pace.
Weeks 3–5	Build Full sets and all four intervals. Add weight when you reach the top of each rep range.
Weeks 6–8	Push Let the last two intervals reach 90–95%, and aim to beat your week 3 numbers on every lift.

Training log

Write down what you did each session, for example 60 × 5 for 60 kg for five reps. Seeing the numbers go up is the best motivation there is, and it tells you when to add weight or speed.

Strength A, weeks 1–8

Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Goblet squat or back squat 3 sets of 6–10								
Bench press or push-up 3 sets of 6–10								
Seated cable row 3 sets of 8–12								
Romanian deadlift 2 sets of 8–12								
Farmer's carry 3 sets of 30–40 m								

4x4 intervals

Week	Date	Activity and speed, incline or level	Peak heart rate	Effort (6–20)
1				
2				
3				
4				
5				
6				
7				
8				

Strength B, weeks 1–8

Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Trap bar deadlift 3 sets of 5–8								
Overhead press 3 sets of 6–10								
Lat pulldown or pull-up 3 sets of 8–12								
Walking lunge 2 sets of 10 per leg								
Plank 3 sets of 30–45 s								

Find the full guide, your personal numbers and more free programs at musclecalc.com/programs/strength-and-4x4-hybrid

This program is general information, not medical advice. If you have a health condition, are pregnant or have been inactive for a long time, talk to a doctor before you start. Stop and seek help if you feel chest pain, dizziness or unusual shortness of breath. © 2026 MuscleCalc.