

ReFEx Strength Protocol

Principles:		Intensity:	
<ul style="list-style-type: none"> • Frequency: 3x/week • Focus on leg strength/no balance training • 5min warm-up, 3-4 exercises/session 		<ul style="list-style-type: none"> • Session 1-5: 3x10 repetitions at 15 RPM • Session 6 to T₁: 3x12 repetitions at 12 RPM • Break between sets: 1min 	
Session-RPE:			
At the end of every training the participant is requested to provide a rating on perceived exertion (i.e., session-RPE) for the complete session			
Warm-up (5min):			
<ul style="list-style-type: none"> • Participants can choose between treadmill, cross trainer, stepper, and recumbent stepper 			
Exercise pool:			
Always determine 15RPM before starting a new exercise!			
1 hip			
a) Extension Leg press (upper body upright) <ul style="list-style-type: none"> • Start: hip angle as small as possible 	b) Flexion Standing knee raises (cable) <ul style="list-style-type: none"> • With balance support (chair) 	c) Abduction Standing abduction (cable) <ul style="list-style-type: none"> • With balance support 	
2 knee			
a) Extension Leg press (supine)	b) Flexion Prone leg curls (cable) <ul style="list-style-type: none"> • End: >90° flexion 		
3 foot			
a) Plantar flexion Calf raises on leg press <ul style="list-style-type: none"> • Large ankle ROM 			

RPM = Repetition maximum; RPE = Rated perceived exertion; ROM = Range of motion