

Flywheel matrix	Performance	Rehabilitation	Fitness	Health
Population	Athletes	Patients	Recreational	Geriatrics
Objective	Explosivity with eccentric peak	Tissue repair Stages of tendon tissue	Hypertrophy and strength	Hypertrophy and power
Frequency	2x per week	2x per week	3x per week	1-2x per week
Intensity (velocity vs strength)	Maximum	High	High	Medium
Muscle action	Eccentric peak Explosive power	Eccentric overload	Eccentrically and concentrically heavy	Reactive
Inertia (disc)	2-4	2	2-4	2-4
Sets	4x 7-12 repetitions	4x 7-12 repetitions	4x 7-12 repetitions	4x 7-12 repetitions
Rest	90 seconds	90-120 seconds	120 seconds	120 seconds

