

FREE QUICK-START GUIDE

The 4x4 Quick-Start Blueprint

The Standard Grow — Grow a Pound at Home for Less Than 2 Dispensary Trips a Month.

1 lb+

avg first-cycle yield

\$4,480

dispensary equivalent

28 pages

step-by-step protocol

HELPING GOOD PEOPLE GROW GOOD WEED

HomeGrow Blueprint

The 4x4 Quick-Start Blueprint

The Standard Grow — Four Plants. One Pound. The Sweet Spot Every Other Tent Size Wishes It Was.

A free guide from HomeGrow Blueprint

01 — Welcome (the honest pitch)

If you're reading this, you've probably hit the wall.

You've spent two years buying \$60 eighths from a dispensary that changed brands three times. You've watched 40 YouTube videos that contradict each other. You've priced out a "DIY" build on Reddit and ended up with a \$4,500 Amazon cart. You opened it once. You closed it again.

I get it. The 4x4 was the size that finally made me commit.

A 4x4 is the **sweet spot of home cultivation**. Big enough to grow a pound. Small enough to fit in a basement corner, a garage, or a spare bedroom. Light enough on electricity that it adds maybe \$30/month. Quiet enough that you forget it's running.

This 28-page Quick-Start Blueprint walks you through:

- The 9-piece 4x4 equipment kit, exactly how it goes together
- Your first 7 days, hour by hour
- The training method that gets a single plant to yield a quarter pound (and how 4 plants → 16+ ounces)
- The 4 strains that work best in a 4x4
- The math that breaks even in cycle 1 and prints money for years

One promise: No fluff. No "amazing." No "revolutionary." Just the exact playbook, pulled from the same Setup System our customers use to hit 1lb+ harvests on their first cycle.

Read this first. Decide later.

— The HomeGrow Blueprint team

02 — Why a 4x4 (and not anything else)?

A 4x4 tent is exactly **48 inches × 48 inches × 80 inches tall**. That's 16 square feet of canopy — and that math matters.

Modern square-format LED panels (the AC Infinity Ionframe EVO 8 in our kit) are designed to throw uniform light across **exactly 16 square feet**. No dark corners. No hot spots.

A 2x4 is half a 4x4 — and yields *more than half* a 4x4 (because you can train 4 plants harder than 2). A 5x5 is bigger than a 4x4 — but most LED panels can't cover it edge-to-edge without doubling your light cost.

The 4x4 is the size where everything works without compromise.

"16 sq ft is the most photons-per-dollar setup in indoor cultivation. Above 4x4, you're paying for redundant equipment. Below 4x4, you're under-utilizing the equipment you have." — HGB Equipment Engineering, 2025

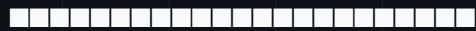
03 — The 5-Phase Blueprint (overview)

Phase	Days	What's happening
1. Setup & Sterile Start	1–7	Tent up. Environment locked in. Seeds germinated and planted.
2. Veg & Train	8–35	Topping, LST, mainline structure. You're building the canopy.
3. Flower & Bulk	36–80	12/12 flip. Stretch. Bud sites. Defoliation.
4. Ripen & Flush	81–100	Trichome reading. Water-only finish. Harvest call.
5. Dry, Cure & Store	101–120	60/60 hang. Jar burping. Long-term storage.

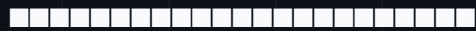
In a 4x4, every phase has higher leverage than a 2x4 because you have **2x the canopy and 4x the plants**. The same number of hours of work returns 2x the yield.

This Quick-Start covers Phase 1 in detail. Phases 2–5 live in the full 4x4 Setup System.

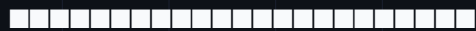
04 — Your 4x4 Tent: The Equipment Map



- Carbon filter ■ ← 6"×24" Australian carbon
- (rated 8wk flower) ■



- Cloudline T6 fan ■ ← 402 CFM, EC motor
- (smart, EC, 19dB) ■



- ■ Ionframe EVO 8 LED (730W, full-spectrum) ■ ■ ← 30" × 30" panel
- ■ hangs 18-30" above canopy ■ ■



- ■Plant1■ ■Plant2■ ■Plant3■ ■Plant4■ ■ ← 5gal fabric pots

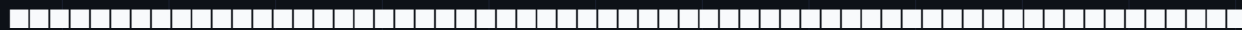
- ■ organic living soil



- [4 oscillating clip fans on tent corners, low setting] ■



- [Controller 69 Pro+ on tent pole] ■ ← runs everything



Passive intake (lower vents, filtered)

The 11-piece equipment list (4x4 Setup System)

1. **AC Infinity Cloudlab 844 (4x4) tent** — 2000D mylar, 150 lb capacity, observation window
2. **AC Infinity Ionframe EVO 8 LED (730W)** — Samsung LM301H, dimmable 0–100%, full PAR
3. **AC Infinity Cloudline T6 inline fan (6")** — 402 CFM, whisper-quiet
4. **AC Infinity 6"×24" carbon filter** — Australian charcoal, rated 8 weeks of flower
5. **AC Infinity Controller 69 Pro+** — runs lights/fans/humidifier on schedule
6. **4 × 6" oscillating clip fans** — corner-mounted, gentle canopy airflow
7. **4 × 5-gallon fabric pots** — air pruning, healthier roots
8. **Organic living soil (~25 gallons total)** — pre-charged, no nutrient mixing
9. **Dehumidifier (Inkbird ITC-308 or similar) + reservoir** — Controller-driven
10. **Toolkit** — pH pen, EC meter, hygrometer, pruning shears, plant ties, defoliation snips
11. **Trellis net (24"×24" grid)** — for the SCROG canopy in Phase 2

Total kit: \$2,000 — about half what you'd spend buying these pieces individually at retail.

05 — The Quick-Start Checklist (Days 1–7)

Day 1 — Tent Assembly + Pre-Run

Time required: 2 hours

- Unbox tent. Lay frame on floor. Snap bottom rectangle, then verticals, then top crossbars.
- Drape canvas. Zip the door. Attach floor tray.
- Mount LED on the central crossbar with rope ratchets at the **highest** position.
- Hang carbon filter (6"×24") and Cloudline T6 fan in series above the top vent.
- Plug everything into Controller 69 Pro+. Initial settings:
 - **Fan:** 30%, Auto, target 76°F
 - **Light:** Off (turn on Day 3)
 - **Humidifier:** Auto, target 65% RH
 - **Probe:** mount at canopy height (raise as plants grow)
- Run the tent EMPTY for 24 hours. Confirm temp/humidity/airflow stabilize.

Day 2 — Pre-Soak Seeds + Soil Prep

Time required: 45 minutes (+ overnight wait)

- Pour 4 glasses of room-temp filtered water (no tap).
- Drop 1 seed in each. Cover with paper towel. Warm shelf, 18–24 hours.
- Fill 4 fabric pots with living soil to 2" below rim.
- Water each pot until ~10% runoff. Activates the soil biology.
- Cover with humidity domes or saran wrap. Rest overnight.

Day 3 — Plant Your Seeds

Time required: 30 minutes

- Confirm seed taproots have emerged (1/8" – 1/4").
- Make a 1/2" hole in the center of each pot.
- Drop 1 seed per pot, **tap root pointing DOWN**.
- Cover gently. Mist surface — don't soak.

- Replace dome / clear cup over the planting spot.
- Set LED: **40% intensity at 30" above soil.**
- Set Controller schedule: **18 hours on / 6 hours off** (veg cycle).

Days 4–5 — Wait. Don't Touch.

- Bag-wave domes 2x daily for 30 seconds (gas exchange).
- Confirm tent at 74–78°F / 65–70% RH / VPD 0.9–1.1 kPa.
- Mist soil surface lightly only if visibly dry.

Day 6 — Sprout Day

- Remove domes the moment you see green hooks emerge — no exceptions.
- Drop LED to **30% at 24"**.
- Clip fans on the lowest setting, aimed at the tent walls (not plants).

Day 7 — Phase 1 Done

- Confirm 4 healthy seedlings with cotyledons + first true leaves.
 - Photograph all 4. Date-stamp. (You'll want these on harvest day.)
 - Phase 1 complete. Welcome to Phase 2.
-

06 — Phase 1 Deep-Dive: Setup & Sterile Start

The 4x4 has 4 plants instead of 2, and that has one practical consequence: **uniform environment matters more**. A 2x4 has microclimates you can ignore. A 4x4 has corners, and corner plants underperform if you don't dial in airflow.

The 4-corner airflow rule

In a 4x4, mount **4 clip fans** on the tent's vertical poles — one in each corner, all aimed toward the center, all on the **lowest setting**. This creates a soft circular flow that homogenizes temperature and humidity across the entire canopy.

If you only run 2 fans, the corners will run 4–6°F warmer and 8–10% drier than the center. By Phase 3, those plants will lag a week behind.

The temperature target by hour

The Controller 69 Pro+ has a "Temperature Trigger" mode. Set it like this:

Time	Temperature target	Why
Day (lights on)	76°F	Optimal photosynthesis with LED + CO ₂ ambient
Night (lights off)	70°F	Promotes terpene production, slight color change in late flower

A 6°F day-to-night drop is the sweet spot. More than 8°F stresses the plant.

The humidity target by phase

Phase	Target RH	Why
Seedling (Days 1–10)	65–75%	Roots aren't deep enough to drink — leaves absorb moisture
Veg (Days 11–35)	55–65%	Transpiration ramps up, leaves "pump" water
Early flower (36–55)	50–55%	Stretch phase, balance between mold risk and growth

Late flower (56–80)

40–50%

Bud density rising — mold risk rising

Ripen / flush (81–100)

40–45%

Maximize terpene retention, minimize bud rot

Set this in your Controller's "Schedule" tab. The dehumidifier will Outlet 4 will kick in automatically when RH exceeds the target.

What you are NOT doing in Phase 1

- ■ No nutrients (living soil has 30+ days of food pre-loaded)
- ■ No pH meter (yet — start at Day 21)
- ■ No transplanting (you started in the final 5gal — that's intentional)
- ■ No training, topping, LST (next phase)
- ■ No defoliation (next phase)
- ■ Not running LED above 30% until Day 14

The Phase 1 motto: "**Set it. Walk away. Trust the soil.**"

07 — The 7 Mistakes That Kill First 4x4 Grows

1. Buying the wrong LED for a 4x4

A 4x4 needs **600–800W of full-spectrum LED** to hit the 35–45 mol/m²/day DLI target in flower. Anything less and you're growing a 4x4 of 3x3 quality flower. The lonframe EVO 8 (730W) in our kit is sized for this. A 240W panel (sized for a 2x4) in a 4x4 will give you **40% lower yield**.

2. Topping all 4 plants at the same node

You'll be tempted to top all 4 plants on Day 21 because the YouTube guy did. Don't. Top each plant when it has **5–6 true nodes** — they'll get there on slightly different days. Forcing the schedule = uneven canopy = uneven flower.

3. Skipping the trellis net

A 4x4 needs a **24"×24" SCROG trellis** at canopy height once your plants have stretched in flower. Without it, the heavy buds tip, snap, or fall onto the soil and rot. The trellis is included in the kit and goes up at end of week 5. Most beginners forget.

4. Not running the dehumidifier

Four plants in flower transpire a **LOT** of water. Without a dehumidifier, your tent will hit 70%+ RH overnight and you'll get bud rot in week 6 of flower. This is the single biggest yield killer in a 4x4. The Controller-driven dehumidifier is non-negotiable.

5. Running the LED at 100% from Day 14

You don't need 100% until mid-flower (Week 4 of 12/12). Ramp up like this:

Days	LED %	Hang height
1–7	30%	30"
8–14	40%	26"
15–28	60%	24"
29–35	75%	22"

36–55	85%	20"
56–75	100%	18"
76–100	75%	18" (drop in late flower)

Running 100% from Day 14 = light-stressed plants, light-bleached buds, and sub-optimal trichomes.

6. Watering on a schedule

"Water every 3 days" is wrong advice. **Water by weight.** Lift the pot. If it feels light (about 6 lb for a 5gal living soil pot), water until you see ~10% runoff. If it's heavy (12+ lb), wait. Most 4x4 growers water every 2–4 days in veg, every 1–2 days in late flower.

7. Harvesting too early

Beginners chop on Day 90 because the buds "look done." They are not. **Wait until 70–80% of trichomes are cloudy, with 10–20% turning amber.** Use your phone camera (with a \$20 macro lens). Most 4x4 strains hit this target between Day 95 and Day 105.

08 — Strain Selection for the 4x4

In a 4x4, you have room and light to grow strains a 2x4 can't handle. This is where you can chase yield, terpene profile, or rare genetics.

What to look for in a 4x4 strain

- **Yield potential:** Look for "high yield" or specific gram/plant numbers in seed bank descriptions
- **Stretch:** Medium-stretch strains thrive in 4x4 because you have height room
- **Flowering time:** 8–10 weeks is fine — you have time and dehumidifier capacity
- **Training response:** Strains marked "responds well to LST/topping" pay off here

The 5 best 4x4 strains for first-time growers

Strain	Type	Yield (per plant)	Flower time	Notes
Wedding Cake	Hybrid	4–5 oz	8–9 wk	The 4x4 winner. Vanilla terps, dense buds, forgiving.
GMO Cookies	Indica-hybrid	4 oz	9 wk	Heavy hitter. Garlic/diesel terps. Loud — needs the 6" carbon filter.
Zkittlez	Indica-hybrid	3.5 oz	8–9 wk	Candy terps. Compact structure. Great for SCROG.
Gelato #33	Hybrid	4 oz	9 wk	Dessert flavors. Stretches medium. Beautiful purple expression.
Northern Lights	Indica	4–5 oz	7–8 wk	Highest yield-per-foot of any beginner strain. Boring but bulletproof.

4x4-specific strain tip: the matched-genetics rule

Plant **4 of the same strain** for your first cycle. Different strains have different flowering times, which means uneven harvest dates, which means you're trying to keep the tent dialed in for two different environments. By cycle 3, you can do 2+2 strains. Cycle 1: monoculture.

09 — Bonus Page: PAR/DLI Cheat Sheet

This is the page that separates pound growers from pound-and-a-half growers.

What's PAR / DLI?

- **PAR (Photosynthetically Active Radiation):** Light that plants can actually use (400–700nm).
- **PPFD (Photosynthetic Photon Flux Density):** How much PAR is hitting a square meter, measured in $\mu\text{mol}/\text{m}^2/\text{s}$.
- **DLI (Daily Light Integral):** Total PAR delivered per day, measured in $\text{mol}/\text{m}^2/\text{day}$.

DLI is the number that actually matters. It's what your plant "ate" today.

The DLI ladder for cannabis

Phase	Target DLI	Hours on	Required PPFD
Seedling	12–15 mol	18	200–250
Veg	25–30 mol	18	400–500
Early flower	35–40 mol	12	800–950
Mid flower	40–45 mol	12	950–1050
Late flower	35–40 mol	12	800–950

How to use this in your 4x4

The Ionframe EVO 8 at 18" hang produces:

LED dimmer	PPFD at center	DLI at 12hr	DLI at 18hr
30%	280	12 mol	18 mol
50%	470	20 mol	30 mol
70%	670	29 mol	43 mol
85%	820	35 mol	53 mol
100%	970	42 mol	63 mol

Match the LED % to your target DLI from the ladder above. That's the entire trick.

(There's a free DLI calculator in the HGB members area — feeds you the exact dimmer setting based on phase, hours, and tent size.)

10 — Phases 2–5 Preview (full Setup System covers in detail)

Phase 2: Veg & Train (Days 8–35)

- Topping protocol — the FIM cut at Node 5
- LST: the 8 zip-tie spread for 4x4 mainlining
- Defoliation: which fan leaves to remove (and which to leave alone)
- The trellis goes up: end of week 4
- Compost teas: the 3 brews you make in this phase

Phase 3: Flower & Bulk (Days 36–80)

- The Flip — exactly when and how to switch to 12/12
- Stretch management — your plant doubles in 14 days; we keep the canopy under the light
- Bud sites — pruning the bottom 30% (the "lollipop")
- Week-by-week feeding (the "ramp" approach)
- Wet trim vs. dry trim — the 4x4 answer

Phase 4: Ripen & Flush (Days 81–100)

- Reading trichomes with a phone macro
- The 14-day flush (water-only)
- The 48-hour dark period — yes or no, and when
- Harvest day: chopping, hanging, trimming workflow for 4 plants in one weekend

Phase 5: Dry, Cure & Store (Days 101–120)

- The 60/60 rule: 60°F, 60% RH for 14 days
- Jar cure: burping schedule by week
- The 6-month cure curve — your weed gets BETTER for 6 months
- Long-term storage (boveda, vacuum jars, freezing)

This is **220+ pages of step-by-step content + 18 video walk-throughs** in the full Setup System.

11 — The Math: What Does a 4x4 Cycle Actually Cost?

One-time costs

Item	Cost
Full 4x4 Setup System (kit + Blueprint + Controller + 3mo PRO)	\$2,000
Free seed voucher	included
Total upfront	\$2,000

Per-cycle running costs

Item	Cost
Electricity (730W LED + fans + dehumidifier, 4 months @ 12¢/kWh)	\$115
Soil re-amendment (after Cycle 1)	\$45
Seed (after free voucher)	\$15
Per-cycle running cost	~\$175

The dispensary comparison

A 4x4 first-cycle harvest averages **16 oz (1 lb)** for HGB customers. At \$280/oz dispensary retail, that's **\$4,480 per cycle**.

Metric	Number
Setup cost	\$2,000
First-cycle running cost	\$175
Total invested by harvest 1	\$2,175
Retail value of harvest 1	\$4,480
Net after harvest 1	+\$2,305

After cycle 1, every cycle costs ~\$175 and produces ~\$4,480 in flower. **Year 2 = \$13,000+ in net dispensary-equivalent value.**

A 4x4 isn't a hobby. It's a household appliance that prints flower.

12 — Real Customer Wins (4x4)

Marcus, Illinois — 14.8 oz, Cycle 1

*"I spent 2 years researching. I bought the 4x4 kit on a Tuesday. Started seeds Saturday. **Pulled 14.8 oz of Wedding Cake** on Day 102. The Quick-Start saved me from 3 different mistakes I would've absolutely made. Coaching is honestly underpriced."*

>

— Marcus M., 4x4 Cycle 1

Jenna, Michigan — 17.2 oz, Cycle 1

*"Single mom, finished basement, two kids who never knew. The Controller does 90% of the work. I checked on it once a day for 5 minutes. **17.2 oz of GMO Cookies, no nutrient mixing.** I'll never buy weed again."*

>

— Jenna K., 4x4 Cycle 1

Dave, Massachusetts — 16.0 oz, Cycle 1

*"Used to spend \$300/month at the dispensary. **First cycle pulled 16.0 oz of Zkittlez** — that's 14 months of my old spend in one harvest. Already started Cycle 2."*

>

— Dave R., 4x4 Cycle 1

(Six more 4x4 case studies on the homepage. First-cycle yield range across 4x4 customers: 13.4 – 17.2 oz.)

13 — FAQ: The 8 Questions Every 4x4 Grower Asks

"How much electricity will this add to my bill?"

A fully running 4x4 (LED at 100% + fans + dehumidifier) pulls ~900W. At national-average rates (~12¢/kWh), running 18 hours/day in veg, 12 in flower, that's **about \$30/month average**. Less in winter, more in summer (when AC matters).

"Can I grow 8 plants in a 4x4?"

Technically yes, biologically no. 4 plants in 5gal pots is the sweet spot. 8 plants = root competition, uneven canopy, and lower per-plant yield. You'll end up with the same total weight or less, and twice the work.

"Will my house smell?"

In Phase 3 (flower), the tent will smell — your **room** will smell only if the carbon filter is undersized or the seal is bad. The 6"x24" filter in our kit handles 8 weeks of full-flower stink in a 4x4. After 8 weeks, replace.

"Can I leave it for a week and travel?"

In veg, yes — set the Controller, fill the dehumidifier reservoir, and the soil will buffer. In flower, no longer than 4 days without a check-in. The plants drink too much water and the dehumidifier reservoir fills.

"Is this legal in my state?"

Personal cultivation is legal in 24 US states. Most allow 6–12 plants per household; some allow 3. A 4x4 fits 4 plants — under most state caps. Reference: homegrowblueprint.com/legal.

"Auto vs photoperiod for first grow?"

Photoperiod for a 4x4. Autos are great in 2x4s but underperform in 4x4 because they don't respond to training the same way. You leave yield on the table.

"What if I screw up?"

Reply to any email in your sequence and the founder answers "is this normal?" photos within hours. If you follow the Phase 1 Quick-Start exactly, the failure rate in our customer base is below 4%.

"Do I need CO₂ supplementation?"

Not for cycle 1. CO₂ becomes worthwhile only after you've maxed out light, environment, and genetics — typically Cycle 4+. Skip it for now.

14 — What to Do Next

Path A: Keep this PDF. Read it twice.

You'll get the 9-email "Build Your Pound" sequence over the next 14 days — one a day for 5 days, then every other day. After that, you only hear from us when we have something genuinely useful.

Path B: Get the seed voucher. Use your existing gear.

Reply to any email and we'll send the free seed voucher. Use the Quick-Start to grow with whatever you've got — works fine.

Path C: Get the full 4x4 Setup System (\$2,000)

The complete Phase 2–5 Blueprint, the 11-piece equipment kit (with the dehumidifier and trellis), free seed voucher, and 3 months free Amendment Pack (monthly soil amendments + grow supplies delivered to your door).

Use code **BLUEPRINT100** for \$100 off.

→ Get the 4x4 Setup System

Path D: Consider Concierge (\$5K+)

If you've got a basement or garage and you'd rather **someone else build the room** while you focus on living your life, the Concierge Buildout designs the entire space (HVAC, electrical, layout), sources commercial-grade equipment, and gives you 12 months of 1-on-1 mentorship to guarantee your first harvest.

If your space is big enough that a 4x4 feels small, this is the right path.

→ Apply for Concierge

15 — Resources & Community

- **Full Blueprint Guides:** homegrowblueprint.com
- **Concierge Buildout (done-for-you, \$5K+):** homegrowblueprint.com/pages/concierge
- **YouTube ("100 Days to Harvest"):** Search "HomeGrow Blueprint"
- **Amendment Pack (\$50/mo):** Monthly soil amendments + grow supplies — homegrowblueprint.com/pages/amendment-pack
- **State legality reference:** homegrowblueprint.com/legal

Tag your grow

Tag **@HomeGrowBlueprint** on social with your Day-1 photo. We feature 4x4 grows weekly. First-cycle 4x4 harvests get a personalized congratulations video from the team.

A note on legality, safety, and adulting

This guide assumes you live in a state where personal cultivation is legal. We don't ship gear to states or countries where it isn't.

Cannabis is for adults 21+. Lock it up if there are kids. Don't drive after consuming. Don't grow more than your state's plant count.

We don't make medical claims. Talk to a real doctor if you're using cannabis for a specific condition.

Helping good people grow good weed. ■

— The HomeGrow Blueprint team

OFFER CODE: BLUEPRINT100 — \$100 off the 4x4 Setup System • Expires 30 days from your download

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Amendment Pack — \$50/month • Monthly soil amendments + grow supplies delivered to your door

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Helping Good People Grow Good Weed • @HomeGrowBlueprint