

Why Every Session Starts with Power.

The fastest-declining quality is the most important one to train.

WHAT IS POWER?

Power is your body's ability to produce force quickly. It's what lets you catch yourself before a fall, get up from a chair, sprint for the bus, or throw a ball. It is not just athletic — it is functional.

WHY IT DECLINES FASTEST

Of all the physical qualities we train — strength, endurance, flexibility — power is the first to decline with age, and the most predictive of how well you move as you get older. That makes it the most important thing to train, and the one most people neglect entirely.

WHY IT COMES FIRST IN EVERY SESSION

The nervous system responds best to explosive work when it is fresh. Training power consistently over time preserves the speed, coordination, and reactivity that keep you functional and independent for decades.

AT AGE 80, APPROXIMATE % OF PEAK RETAINED

~18%

Power

2-4% loss per year

~36%

Strength

1-3% loss per year

~64%

Muscle Mass

3-8% per decade

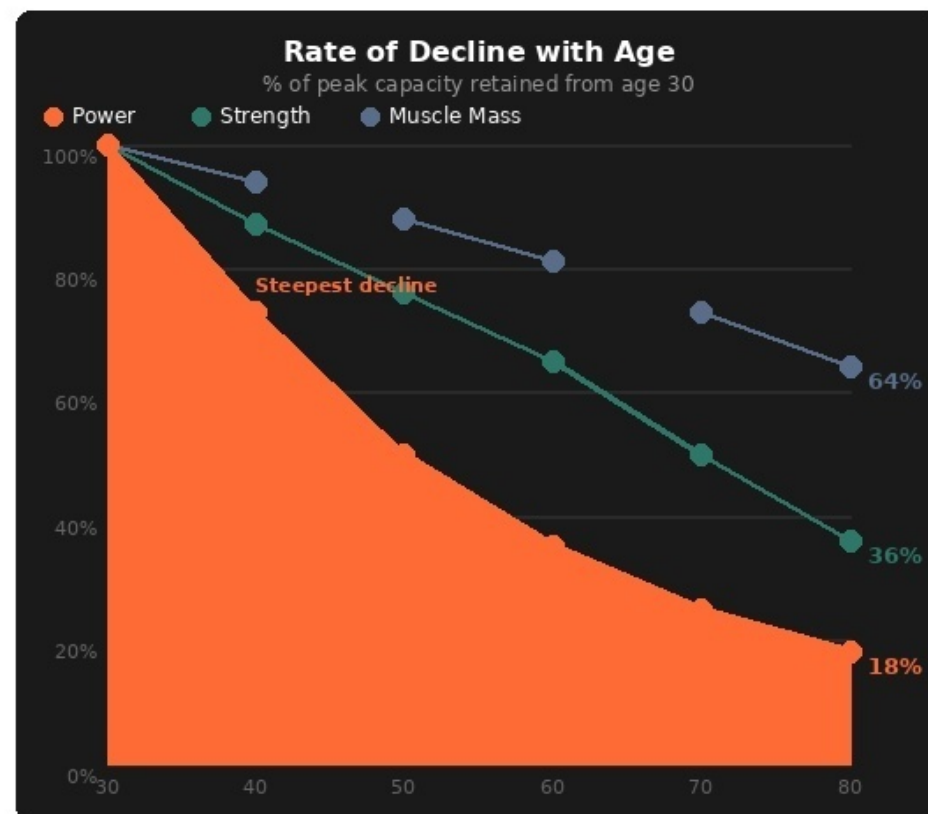
THE POWER-FIRST CHAIN

Train Power → preserve fast-twitch fibers

Preserve fast-twitch → maintain neural drive

Maintained neural drive → supports strength

Preserved strength → retains muscle mass



Power reaches only ~18% of peak by age 80 — more than strength or mass.