

THE COMPLETE POWER TRAINING PROTOCOL

8-Week Progressive Plan for Type II Fiber Restoration

5 Core Exercises With video
references

8 Progressive Weeks Form +
tracking

Safety Modifications For
joint issues

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START HERE

1**Test your sit-to-stand time**

Sit in a chair, cross arms over chest, stand as fast as you safely can. Time it.

2**Write the number down**

That's your baseline. You'll compare it every 2 weeks.

3**Read the safety section**

Next page. Takes 5 minutes. Know your modifications before Week 1.

4**Start Week 1 this week**

Two sessions. At least 48 hours apart. Form first, speed second.

5**Retest at Week 2**

Compare to your baseline. Many people begin to see improvement by Week 4.

If your sit-to-stand time improves over 8 weeks, your power capacity is increasing. This is the measure most associated with reduced fall risk.

What This Protocol Does

This 8-week program targets the fast-twitch (Type II) muscle fibers that decline with age. These are the fibers most associated with fall risk and loss of independence after 60.

You don't need a gym. You don't need equipment. You need consistency and the willingness to move explosively twice per week.

What you'll get:

- Progressive 8-week training plan with specific sets, reps, and rest periods
- Detailed form cues for 5 core exercises
- Video search references for each exercise
- Safety modifications for common joint issues
- Weekly tracking sheet to measure sit-to-stand improvement
- Clear progression markers so you know when to increase difficulty

Before You Start

Medical Clearance Required

This protocol involves explosive movement. Consult your physician if you have:

- History of falls in the past 6 months
- Uncontrolled high blood pressure
- Recent surgery or injury
- Severe arthritis or joint pain
- Balance disorders or vertigo
- Cardiovascular disease
- Any condition that limits mobility

Stop immediately and consult your doctor if you experience chest pain, dizziness, unusual shortness of breath, joint instability, or muscle pain that doesn't resolve in 48 hours.

The Baseline Test: Sit-to-Stand

Before Week 1, test your current power capacity:

1. Sit in a standard dining chair (no armrests)
2. Feet flat on floor, shoulder-width apart
3. Cross arms over chest
4. Stand up as fast as you safely can
5. Time from seated to fully standing

Record your time: _____ seconds

Your Time	What It Means
Under 11 seconds	Good power reserve
11-14 seconds	Moderate decline in power capacity
15-20 seconds	Associated with higher fall incidence in research populations
Over 20 seconds	Consult your physician before starting any exercise program

Retest every 2 weeks. Many people begin to see 1-2 second improvements by Week 4.

Power Training vs. Strength Training

Strength Training	Power Training
Lifting heavy weight slowly	Moving moderate resistance explosively
Builds Type I endurance fibers	Targets Type II power fibers
Speed: controlled and slow	Speed: as fast as safely possible
What walking supports	Most associated with fall resistance

This is why many falls feel sudden. The body simply doesn't react fast enough, not because of age alone, but because the fast-twitch response was never trained.

"Explosive" doesn't mean reckless. It means moving as fast as you safely can while maintaining control and proper form.

01 Exercise 01: Explosive Sit-to-Stand

Training target: Leg power, hip extension, balance recovery

Starting position

Sit in sturdy chair without armrests. Feet flat, shoulder-width apart. Hands crossed over chest (or light touch for balance).

The movement

1. Lean forward slightly (nose over toes)
2. Drive through heels
3. Stand as FAST as you safely can
4. Fully extend hips and knees at top
5. Control descent back to chair (slow and with control)

Common mistakes

- x Using momentum from rocking backward
- x Not fully extending at the top
- x Dropping down instead of controlling descent
- x Feet too close together

Progression

- + Weeks 1-2: Chair at normal height, hands on chest
- + Weeks 3-4: Lower chair height by 2 inches
- + Weeks 5-6: Single-arm touch for balance only
- + Weeks 7-8: No hand support, lowest safe chair height

Video reference: Sit-to-stand exercise (physical therapy demonstration)

02 Exercise 02: Stair Power Climbs

Training target: Single-leg power, propulsion, fall-resistance capacity

Starting position

Bottom of staircase, hand on railing for safety. One foot on first step.

The movement

1. Push hard through front leg
2. Drive up explosively
3. Take 2-3 stairs per push if safe (1 stair if balance requires)
4. Walk down slowly (this is your recovery)
5. Rest 30 seconds before next climb

Safety note: Always use railing. Descent is when most stair falls happen. Walk down slowly.

Common mistakes

- x Pulling with arms instead of pushing with legs
- x Small, timid steps
- x Not resting between climbs
- x Going too fast on descent

Progression

- + Weeks 1-2: One step per push, 4-6 total climbs
- + Weeks 3-4: Two steps per push if safe, 6-8 climbs
- + Weeks 5-6: Increase push-off speed, 8-10 climbs
- + Weeks 7-8: Minimal hand support, 10-12 climbs

Video reference: Stair climbing exercise (physical therapy demonstration)

03 Exercise 03: Heel Raises (Calf Power)

Training target: Ankle power, balance, push-off strength for walking

Starting position

Stand near wall or counter for light balance support. Feet hip-width apart.

The movement

1. Rise onto toes as FAST as possible
2. Push through balls of feet
3. Achieve full height
4. Lower slowly and with control (3 second descent)
5. Brief pause at bottom, repeat

Common mistakes

- x Rising slowly (defeats the purpose)
- x Not achieving full height
- x Dropping down quickly
- x Leaning forward instead of staying vertical

Progression

- + Weeks 1-2: Both feet, 10-12 reps, 3 sets
- + Weeks 3-4: Both feet, 15 reps, 3 sets
- + Weeks 5-6: Single-leg (light balance touch), 8 reps per leg
- + Weeks 7-8: Single-leg full, 10-12 reps per leg

Video reference: Heel raises for seniors (clinical technique)

04 Exercise 04: Chair Squats with Pause

Training target: Power from dead stop, hip/knee strength, functional independence

Starting position

Stand in front of sturdy chair, feet shoulder-width apart, toes slightly outward, arms extended forward for balance.

The movement

1. Lower slowly to chair (3 seconds down)
2. Lightly touch chair with glutes (don't fully sit)
3. Pause 1 second (this removes momentum)
4. Explode upward as fast as safely possible
5. Fully extend hips and knees, reset and repeat

Common mistakes

- x Sitting fully down (allows rest, removes the challenge)
- x No pause (uses momentum instead of power)
- x Knees caving inward
- x Rising slowly

Progression

- + Weeks 1-2: Touch chair, 1 second pause, 8 reps
- + Weeks 3-4: Hover 2 inches above chair, 1 second pause, 10 reps
- + Weeks 5-6: Hover 3-4 inches above chair, 2 second pause, 10 reps
- + Weeks 7-8: Quarter squat depth (no chair), explosive rise, 12 reps

Video reference: *Chair squat with pause (clinical technique)*

05 Exercise 05: Step-Ups with Speed

Training target: Single-leg power, hip drive, stair climbing capacity

Starting position

Face sturdy platform or step (6-8 inches to start). One foot on platform. Hand on railing or wall if needed.

The movement

1. Drive through heel of elevated foot
2. Push up explosively (don't pull with arms)
3. Bring back leg through quickly
4. Fully extend hip at top
5. Step down with control, alternate legs

Common mistakes

- x Pushing off back leg instead of front leg
- x Slow, controlled rise (defeats power training purpose)
- x Platform too high (limits explosive capacity)
- x Not fully extending hip at top

Progression

- + Weeks 1-2: 6-inch step, 8 reps per leg, controlled speed
- + Weeks 3-4: 6-inch step, 10 reps per leg, explosive intent
- + Weeks 5-6: 8-inch step, 10 reps per leg, fast drive
- + Weeks 7-8: 8-10 inch step, 12 reps per leg, maximal safe speed

Video reference: Step-up exercise (physical therapy demonstration)

The 8-Week Progressive Plan

Train 2 days per week with at least 48 hours between sessions. Each phase builds on the last.

Weeks 1-2	Foundation	Master the movements. Prioritize form over speed. Build the neuromuscular patterns you'll accelerate later.	
Exercise		Volume	Notes / Progression
Explosive Sit-to-Stand		3 sets x 5 reps	30 sec rest between sets
Stair Power Climbs		4-6 climbs	30 sec rest between climbs
Heel Raises		3 sets x 10-12 reps	20 sec rest
Chair Squats with Pause		3 sets x 8 reps	45 sec rest
Step-Ups with Speed		3 sets x 8 reps/leg	30 sec rest

Weeks 3-4	Progressive Loading	Increase volume. Refine technique. Begin adding explosive intent to every rep.	
Exercise		Volume	Notes / Progression
Explosive Sit-to-Stand		3 sets x 6 reps	Lower chair 2 inches
Stair Power Climbs		6-8 climbs	2 steps per push if safe
Heel Raises		3 sets x 15 reps	20 sec rest
Chair Squats with Pause		4 sets x 10 reps	Hover 2 inches above chair
Step-Ups with Speed		3 sets x 10 reps/leg	Add explosive intent

Weeks 5-6	Power Development	Full speed on all movements. Maximum explosive intent. Sit-to-stand time should be dropping.	
Exercise		Volume	Notes / Progression
Explosive Sit-to-Stand		4 sets x 6 reps	Single-arm touch only
Stair Power Climbs		8-10 climbs	Faster push-off speed
Heel Raises		3 sets x 8 reps/leg	Single-leg, light touch
Chair Squats with Pause		4 sets x 10 reps	Hover 3-4 inches, 2 sec pause
Step-Ups with Speed		3 sets x 10 reps/leg	8-inch step, fast drive

Weeks 7-8	Peak Performance	Maximum safe speed. Minimal support. Retest your sit-to-stand and compare to your baseline.	
Exercise		Volume	Notes / Progression
Explosive Sit-to-Stand		4 sets x 8 reps	No hand support
Stair Power Climbs		10-12 climbs	Minimal hand support
Heel Raises		3 sets x 10-12 reps/leg	Single-leg full
Chair Squats with Pause		4 sets x 12 reps	Quarter squat, no chair
Step-Ups with Speed		3 sets x 12 reps/leg	8-10 inch step, max speed

Safety Modifications

Knee Arthritis

- Reduce squat depth to pain-free range
- Use higher chair for sit-to-stands
- Skip step-ups if painful, substitute heel raises
- Take longer rest periods (60-90 seconds)
- Apply ice after sessions if needed

Hip Issues

- Avoid deep hip flexion in chair squats
- Keep step height low (4-6 inches)
- Focus on heel raises and sit-to-stands
- Consult PT for hip replacement clearance

Balance Concerns

- Use chair back support for all standing exercises
- Stair climbs: two-hand rail support, slower speeds
- Heel raises: counter support throughout
- Step-ups: reduce platform height to 4 inches
- Avoid eyes-closed variations

Previous Falls

- Weeks 1-4: All exercises with full support
- Weeks 5-8: Reduce support only if confidence is high
- Consider physical therapy evaluation first
- Train with family member or friend present

Knee Replacements (TKR)

- Get surgeon clearance before starting
- Explosive sit-to-stand and heel raises are generally appropriate
- Skip step-ups initially
- Avoid deep flexion beyond comfortable range
- Most TKR patients are good candidates for this protocol

Weekly Tracking Sheet

Print one sheet per week. Fill in your time and reps. Retest sit-to-stand every 2 weeks.

Week: _____	Date: _____	Sit-to-Stand Time: _____ sec
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Exercise	Set 1 Reps / Difficulty	Set 2 Reps / Difficulty	Set 3 Reps / Difficulty	Notes
Explosive Sit-to-Stand	___ / ___	___ / ___	___ / ___	
Stair Power Climbs	___ / ___			
Heel Raises	___ / ___	___ / ___	___ / ___	
Chair Squats with Pause	___ / ___	___ / ___	___ / ___	
Step-Ups with Speed	___ / ___	___ / ___	___ / ___	
Overall difficulty (1-10):				
Any pain or concerns:				

End of Week Reflections

What felt easier this week?	
Anything still feeling difficult?	
How are stairs / standing up in daily life?	

Frequently Asked Questions

I'm very deconditioned. Can I start this protocol?

Yes. Modify Weeks 1-2 further: reduce sets to 2 instead of 3, take 60-90 second rest periods instead of 30-45. Progress slowly. The protocol works at any fitness level if you adjust your starting point.

Can I do this 3x per week instead of 2x?

No. Power training requires full recovery. More frequency doesn't accelerate results and increases injury risk. Add walking or yoga on off days if you want more activity.

I felt great after Week 2. Can I skip to Week 5?

No. Progressive overload matters. Your nervous system needs time to adapt. Skipping weeks increases injury risk. Follow the 8-week plan.

What if I miss a week?

Resume where you left off. Don't try to catch up by doing extra sessions. If you miss 2+ weeks, drop back one week in the progression.

Can I add weight to these exercises?

Not during the 8 weeks. Bodyweight creates sufficient resistance when moved explosively. After Week 8, you can add a 5-10 lb weight vest to sit-to-stands or hold light dumbbells during step-ups.

My sit-to-stand time isn't improving. What's wrong?

Check form first (are you fully extending hips?). Ensure you're moving explosively, not just quickly. Verify you're resting 48+ hours between sessions. If still no progress after 4 weeks, consult a physical therapist.

Should I feel sore?

Mild muscle soreness 24-48 hours after session is normal, especially Weeks 1-3. Sharp pain, joint pain, or soreness lasting 72+ hours is not normal. Stop and consult your physician.

Adults in their 70s and 80s can rebuild Type II muscle fiber capacity with progressive power training.

You won't feel results in Week 1. You probably won't feel dramatic change in Week 2.

By Week 4, stairs will feel easier. By Week 6, getting up from low chairs won't require rocking forward three times. By Week 8, you'll likely have measurably improved your sit-to-stand performance and your capacity in measures associated with fall risk.

One major difference between people who catch themselves and people who don't? Power capacity. This protocol trains it twice per week.

Two 15-20 minute sessions per week. Eight weeks. Measurable progress.

Stay independent. Stay capable.

Want more protocols like this?

New protocols are released regularly through the newsletter. Each one goes deeper and builds on the last.

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