References

1. Adams KJ, Swank AM, Berning JM, Sevene-Adams PG, Barnard KL, Shimp-Bowerman J. Progressive strength training in sedentary, older African American women. *Med Sci Sports Exerc*. 2001; 33:1567-76.

2. Braun WA, Hawthorne WE, Markofski MM. Acute EPOC response in women to circuit training and treadmill exercise of matched oxygen consumption. *Eur J Appl Physiol.* 2005; 94:500-4.

3. Brown M, Sinacore DR, Binder EF, Kohrt WM. Physical and performance measures for the identification of mild to moderate frailty. *J Gerontol A Biol Sci Med* Sci. 2000; 55:M350-5.

4. Brzycki M. Strength testing - Predicting a one-rep max from reps-to-fatigue. *J. Health Phys. Educ. Rec. Dance.* 1993; 64:88–90.

5. Campos GE, Luecke TJ, Wendeln HK, Toma K, Hagerman FC, Murray TF, Ragg KE, Ratamess NA, Kraemer WJ, Staron RS. Muscular adaptations in response to three different resistance-training regimens: specificity of repetition maximum training zones. *Eur J Appl Physiol*. 2002; 88:50-60.

6. Cress ME, Petrella JK, Moore TL, Schenkman ML. Continuous-scale physical functional performance test: validity, reliability, and sensitivity of data for the short version. *Phys Ther*. 2005; 85:323-35.

7. Cuoco A, Callahan DM, Sayers S, Frontera WR, Bean J, Fielding RA. Impact of muscle power and force on gait speed in disabled older men and women. *J Gerontol A Biol Sci Med Sci*. 2004; 59:1200-6.

8. Elliot DL, Goldberg L, Kuehl KS. Effect of resistance training on excess post-exercise oxygen consumption. *J Appl Sport Sci Res*. 1992; 6:77-81.

9. Epley B. Poundage Chart. Boyd Epley Workout. Lincoln, NE: University of Nebraska Press, 1985, p. 86.

10. Fiatarone MA, Marks EC, Ryan ND, Meredith CN, Lipsitz LA, Evans WJ. High-intensity strength training in nonagenarians. *JAMA*. 1990; 263:3029-34.

11. Foldvari M, Clark M, Laviolette LC, Bernstein MA, Kaliton D, Castaneda C, Pu CT, Hausdorff JM, Fielding RA, Singh MA. Association of muscle power with functional status in community-dwelling elderly women. *J Gerontol A Biol Sci Med Sci.* 2000; 55:M192-9.

12. Frontera WR, Meredith CN, O'Reilly KP, Knuttgen HG, Evans WJ. Strength conditioning in older men: skeletal muscle hypertrophy and improved function. *J Appl Physiol*. 1988; 64:1038-44.

13. Harbo T, Brincks J, Andersen H. Maximal isokinetic and isometric muscle strength of major muscle groups related to age, body mass, height, and sex in 178 healthy subjects. *Eur J Appl Physiol*. 2012; 112:267-75.

14. Kalamen JL. Measurement of maximum muscular power in man: Ohio State University; 1968.

15. Katsiaras A, Newman AB, Kriska A, Brach J, Krishnaswami S, Feingold E, Kritchevsky SB, Li R, Harris TB, Schwartz A, Goodpaster BH. Skeletal muscle fatigue, strength, and quality in the elderly: the Health ABC Study. *J Appl Physiol*. 2005; 99:210-6.

16. Kim PS, Mayhew JL, Peterson DF. A modified YMCA bench press test as a predictor of 1 repetition maximum bench press strength. *J Str Cond Res*. 2002; 16:440-5.

17. Knutzen KM, Brilla LR, Caine D. Validity of 1RM prediction equations for older adults. *J Str Cond Res*. 1999; 13:242-6.

18. Lander J. Maximums based on reps. *NSCA Journal*. 1985; 6:60-1.

19. Mayhew JL, Prinster JL, Ware JS, Zimmer DL, Arabas JR, Bemben MG. Muscular endurance repetitions to predict bench press strength in men of different training levels. *J Sports Med Phys Fitness*. 1995; 35:108-13.

20. Mazzetti S, Douglass M, Yocum A, Harber M. Effect of explosive versus slow contractions and exercise intensity on energy expenditure. *Med Sci Sports Exerc*. 2007; 39:1291-301.

21. Muscular weakness assessment: use of normal isometric strength data. The National Isometric Muscle Strength (NIMS) Database Consortium. *Arch Phys Med Rehabil*. 1996; 77:1251-5.

22. O'Connor B, Simmons J, O'Shea P. Weight Training Today. Saint Paul, MN: West Publishers; 1989, pp 201-4

23. Peel NM, Kuys SS, Klein K. Gait speed as a measure in geriatric assessment in clinical settings: a systematic review. *J. Gerontol*. *A Biol. Sci. Med. Sci*. 2012; [Epub ahead of print].

24. Porter MM. Power training for older adults. *Appl Physiol Nutr Metab*. 2006; 31:87-94.

25. Ratamess NA, Alvar BA, Evetoch TK, Housh TJ, Kibler WB, Kraemer WJ. ACSM Position Stand: Progression models in resistance training for healthy adults. *Med Sci Sports Exerc*. 2009; 41:687-708.

26. Rhea MR, Alvar BA, Burkett LN, Ball SD. A meta-analysis to determine the dose response for strength development. *Med Sci Sport Exerc*. 2003; 35:456-64.

27. Rhea MR, Alvar BA, Burkett LN. Single versus multiple sets for strength: A meta-analysis to address the controversy. *Res Quar Exerc Sport*. 2002; 73:485-8.

28. Rikli RE, Jones CJ. Development and validation of a functional fitness test for community-residing older adults. *J Aging Phys Act*. 1999; 7:129-61.

29. Rogers MW, Mille ML. Lateral stability and falls in older people. *Exerc Sport Sci Rev*. 2003; 31:182-7.

30. SIgnorile JF. Bending the Aging Curve: The Complete Exercise Guide for Older Adults. Champaign, IL: Human Kinetics Publishers; 2011, pp. 24-26.

31. Signorile JF, Carmel MP, Czaja SJ, Asfour SS, Morgan RO, Khalil TM, Ma F, Roos BA. Differential increases in average isokinetic power by specific muscle groups of older women due to variations in training and testing. *J Gerontol A Biol Sci Med Sci*. 2002; 57:M683-90.

32. Signorile JF, Carmel MP, Lai S, Roos BA. Early plateaus of power and torque gains during high- and low-speed training in older women. *J Appl Physiol*. 2005; 98:1213-20.

33. Signorile JF, Sandler D., Kempner L, Stanziano D, Ma F, Roos BA. The ramp power test: a power assessment during a functional task for older individuals. *J Gerontol A Biol Sci Med Sci*. 2007; 62:1266-73.

34. Signorile JF, Sandler D, Ma F, Bamel S, Stanziano D, Smith W, Sandals L, Roos BA. The gallon-jug shelf transfer test: an instrument to evaluate deteriorating function in older adults. *J Aging Phys Act*. 2007; 15:56-74.

35. Skelton DA, Greig CA, Davies JM, Young A. Strength, power and related functional ability of healthy people aged 65-89 years. *Age Ageing*. 1994; 23:371-7.

36. Skelton DA, Kennedy J, Rutherford OM. Explosive power and asymmetry in leg muscle function in frequent fallers and non-fallers aged over 65. *Age Ageing*. 2002; 31:119-25.

37. Smith WN, Del Rossi G, Adams JB, Abderlarahman KZ, Asfour SA, Roos BA, Signorile JF. Simple equations to predict concentric lower-body muscle power in older adults using the 30-second chair-rise test: a pilot study. *Clin Interv Aging*. 2010; 5:173-80.

38. Theou O, Jones GR, Overend TJ, Kloseck M, Vandervoort AA. An exploration of the association between frailty and muscle fatigue. *Appl Physiol Nutr Metab*. 2008; 33:651-65.

39. Wathan D. Load Assignment. In: Baechle TR, editor. Essentials of Strength Training and Conditioning. Champaign, Il: Human Kinetics; 1994, p. 435-439.

40. Whipple RK, Wolfson MD, Amerman PM. The relationship of knee and ankle weakness to falls in nursing home residents: an isokinetic study. *J Am Geriatr Soc*. 1987; 35:13-20.

41. ACSM Current Comment: Resistance Training and the Older Adult [Internet]. Available from: <http://www.acsm.org/docs/current-comments/resistancetrainingandtheoa.pdf>.