PROTEUS®

Power & Longevity Report

A personalized look at your power, your trajectory, and what to do about it.

User #19004

October 1, 2026

Assessment performed at Proteus HQ

WHY THIS REPORT MATTERS

Power isn't just performance; it's protection

6x

A 10-year Mayo Clinic[1] study of nearly 4,000 adults found that those with the lowest muscle power were six times **more likely to die** than those with the highest

WHY IT MATTERS TODAY

Power is what lets you stand up quickly, climb stairs, and catch yourself before you fall. Power fades earlier than strength, and you'll feel it more.

Strength means you can lift a suitcase; Power means you can hoist it into the overhead bin

Strength Force capacity x **Speed** Rate of use = **Power** Ability to generate speed against force

THE PROTEUS DATA SET

There is no comparable data set in the fitness industry.

Proteus is the only platform in the world that measures multi-planar power (watts)—one of the most predictive biomarkers for both athletic performance and long-term health. Your results are compared against a proprietary dataset of more than 2.5 billion data points from tens of thousands of individuals ages 7 to 101—everyday adults and some of the best athletes on the planet—factored by age, sex, and movement type.

WHAT THIS REPORT SHOWS YOU

- **Your Power Age**
- **The impact in your daily life**
- **Your biggest opportunity**
- **Where You Stand**
- **Your 8-week training focus**

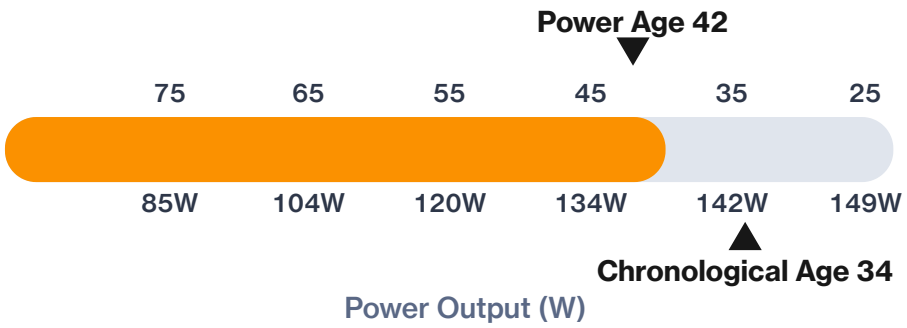
[1]Mayo Clinic. “The Need for Speed: Improving Muscle Power for Longevity. Mayo Clinic Proceedings. August 2025."

YOUR CURRENT STATE

At 34, your power matches a typical 42-year-old's.

YOUR POWER AGE

42



Your power today matches a typical 42-year-old—eight years older than your chronological age of 34.

COMPARED TO YOUR AGE GROUP

Your power output is higher than 41% of males aged 29 to 39.

WHERE YOU STAND

Foundation Needed | **Within Reach** | On Track | Ahead

Within Reach means your current path reaches the level of a typical 65-year-old within 10 years before you turn 65.

WHAT WE FOUND

You are a few years behind. On your current path you reach the level of a typical 65-year-old at about 57. Strength work now moves that past 65.

YOUR TRAINING FOCUS

Heavier resistance, fewer reps. More force is the fastest way to move your crossing age.

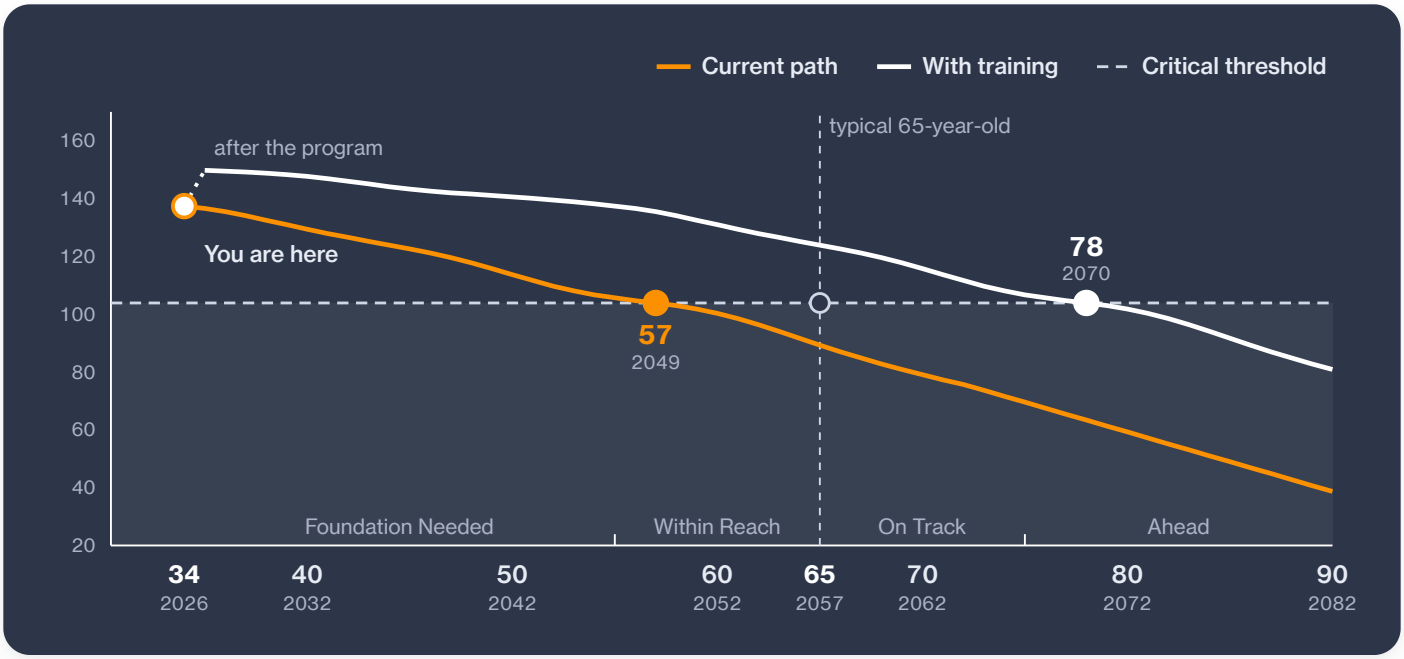
WHERE YOU'RE HEADED

Without training, by age 57 (2049), climbing stairs, rising from a low couch, and catching yourself before a fall will become genuinely difficult.

The dashed line is the critical threshold: the power of a typical 65-year-old. Below it, everyday tasks start to get harder.

Your current path is where your power is projected to be if nothing changes. Look for where it crosses the critical threshold and at what age. You want this to cross after age 65.

With training is a different trajectory: after an 8-week program your Power Age is younger, so the decline begins from a younger Power Age and crosses the threshold later. The gap between the two ages is what you gain.



Train your lower-body power and keep at it, and you could push the point where daily tasks get hard from age 57 to 78: 21 more years of easier living.

Both paths follow how power declines with age in Proteus's normative database: the only database of multi-planar power, more than 2.5 billion data points from tens of thousands of people aged 7 to 101, mapped by age, sex and movement.

WHAT'S DRIVING THE TIMELINE

Your lower-body power is your biggest opportunity—it drives how you climb stairs, rise from a low couch, and catch yourself before a fall.

Your overall Power Age is 42—here's what each movement contributes.



TRUNK ROTATION

Rotation

POWER AGE **46**

Foundation Needed

75	65	55	45	35	25
109	136	159	191	195	206 W

Add 8 W to gain 5 years on this movement's Power Age.
Add 9 W to match your current age.



LATERAL LUNGE

Lower Body

POWER AGE **58**

Foundation Needed

75	65	55	45	35	25
59	70	77	82	89	95 W

Add 4 W to gain 5 years on this movement's Power Age.
Add 15 W to match your current age.



HORIZONTAL PRESS

Pushing

POWER AGE **45**

Foundation Needed

75	65	55	45	35	25
88	106	121	132	142	148 W

Add 5 W to gain 5 years on this movement's Power Age.
Add 10 W to match your current age.



HORIZONTAL ROW

Pulling

POWER AGE **20**

Ahead

75	65	55	45	35	25
84	105	121	131	140	146 W

This movement is at the top of the scale.

Get stronger. Move the line.

YOUR TRAINING FOCUS

Heavier resistance, fewer reps. More force is the fastest way to move your crossing age.

HOW YOUR PROGRAM WORKS

Power training isn't strength training.



Light loads, maximum velocity. ~5–25% of your one-rep max — about 1–5 lb if your max is 20. Trains how fast you can move. Builds the speed side of power.

Moderate loads, explosive intent. ~25–65% of your one-rep max — about 5–13 lb if your max is 20. Trains the combination of strength and speed. The output that matters most for daily life.

Heavier loads, controlled and intentional. ~60–90% of your one-rep max — about 12–18 lb if your max is 20. Trains how much force you can produce. Builds the strength side of power.

Your program is built around strength: heavier resistance, fewer reps, controlled and intentional, about 60 to 90 percent of what you can lift once (your 1RM). You are close to the level of a typical 65-year-old, and more force is the fastest way to move your crossing age. Power and speed work come in the next cycle.

YOUR PROGRAM IS BUILT AROUND

- **Your Proteus assessment results**
- **Your training environment**
- **Proteus's 2.5 billion data points**

YOUR 8-WEEK PROGRAM

8	3	30–45
Weeks	Sessions/week	Min/session

Begin the program. Retest in eight weeks.

Retest in eight weeks to see how your Power Age has shifted.

Contact your administrator at Proteus HQ to begin your program.

HOW TO READ THIS REPORT

Your Power Age is the age whose typical power output is closest to yours. It is found separately for each of the four movements you tested, and the four are averaged for the overall number on page 3. The chart on page 4 uses that overall number. Your current path follows how power declines with age for your sex in Proteus's data. The training path starts from the Power Age you would have after an 8-week program and follows the same decline from there.

WHAT IT IS BASED ON

Proteus normative data: the only database of multi-planar power, more than 2.5 billion data points from tens of thousands of people aged 7 to 101, mapped by age, sex and movement. Power declines faster than strength; it is the first quality lost when training stops and the quickest to rebuild.

WHERE YOU STAND

The four categories on page 3, and what puts you in one.

Under 65

◆ Foundation Needed	Your current path reaches the level of a typical 65-year-old more than 10 years before you turn 65.
■ Within Reach	Your current path reaches the level of a typical 65-year-old within 10 years before you turn 65.
● On Track	Your current path holds the level of a typical 65-year-old until up to 10 years past 65.
▲ Ahead	Your current path holds the level of a typical 65-year-old more than 10 years past 65.

65 and over

◆ Foundation Needed	Your Power Age is more than 15 years older than you are.
■ Within Reach	Your Power Age is up to 15 years older than you are.
● On Track	Your Power Age is up to 15 years younger than you are.
▲ Ahead	Your Power Age is more than 15 years younger than you are.

SOURCES

Mayo Clinic. "The Need for Speed: Improving Muscle Power for Longevity." Mayo Clinic Proceedings, August 2025.
Proteus Motion. The State of Power. June 2024.