Assessed for eligibility (n=663)

- Excluded (n=594)
  - Not meeting inclusion criteria (n=365)
  - Declined to participate (n=47)
  - Not Prefrail (n=182)

Randomized (n=69)

Allocated to strength training (n=23)
- Received allocated intervention (n=20)
- Did not receive allocated intervention
  - Illness, not related to training (n=2)
  - Personal reason (n=1)

Allocated to power training (n=24)
- Received allocated intervention (n=18)
- Did not receive allocated intervention
  - Before training (n=2)
  - Related to training (n=2)
  - Illness, not related to training (n=3)

Allocated to controls (n=22)
- No drop out

Baseline

12 weeks
- Lost to follow-up I
  - Illness, not related to training (n=1)
  - Death (n=1)

24 weeks
- Lost to follow-up II (n=0)

36 weeks
- Analyzed (n=18)

Lost to follow-up II
- Illness, not related to training (n=1)