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There are several types of strength. Maximal Strength = production of maximal voluntary strength. = Fmax. Competitive Strength = maximum strength during competition = CFmax

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Dr. Mel Siff, A Short History of Strength and Conditioning (Dolfzine, 2003) Strength training has always been synonymous with the so-called “ Iron Game, ” a broad generic term that includes the competitive lifting of heavy objects by “ strongmen/women ” during the last century or so.

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