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of strength science
commenced when the
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medical father, Dr
Isadore Siff,
exercising religiously
every morning with
spring loaded Sandow
dumbbells before he
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Notes from Mel Siff's book Supertraining by Dan Gilliland.

Strength is the ability of a muscle or group of muscles to generate force under specific conditions.

There are several

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types of strength.

Maximal Strength =
production of maximal
voluntary strength. =
Fmax. Competitive
Strength = maximum
strength during
competition = CFmax

Mel Siff | Dan
Gilliland's Secret Key
to Health

Dr. Mel Siff, A Short
History of Strength

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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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deficit as "the
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