

STRENGTH DEFINITIONS

- **INTENSITY:** Percentage of Lifter's Maximum (1RM)
- **STRENGTH:** The Ability to Produce FORCE
- **ABSOLUTE STRENGTH:** The highest amount of
- FORCE a body can produce
- **STRENGTH SPEED:** The Ability to produce a high amount of STRENGTH with significant SPEED
- **SPEED STRENGTH:** The Ability to produce a high amount of SPEED with significant STRENGTH
- **MUSCULAR STAMINA:** The Ability to perform extensive Muscular WORK with moderate to low intensity.
- **HYPERTROPHY:** The growth of MUSCLE MASS.
- **POWER:** WORK RATE.

