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and Audience. The first steps of this venture into the world of strength science commenced when the author at 9 years of age observed with increasing interest his medical father, Dr Isadore Siff, exercising religiously every morning with spring loaded Sandow dumbbells before he went off to work in the neurosurgical department at a major hospital in their ...

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Supertraining by Dan Gilliland. Strength is the ability of a muscle or group of muscles to generate force under specific conditions. There are several types of strength. Maximal Strength = production of maximal voluntary strength. =  $F_{max}$ . Competitive Strength = maximum strength during competition =  $CF_{max}$

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## Mel Siff | Dan Gilliland's Secret Key to Health

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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Vitalievitch Verkhoshansky, Mel Cunningham Siff How We Travel , Alpha Omega Publications, Mar 1, 2001, Geography This analysis of current social policy approaches and identifies the deep social questions which Labour now need to address. It looks at the main party manifestos and the way.

## Supertraining, 2009, Yuri Vitalievitch Verkhoshansky, Mel ...

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