The Brookbush Institute Publishes a NEW Glossary Term: 'Strength'

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Strength - https://brookbushinstitute.com/glossary/strength

NEW YORK, NY, UNITED STATES, March 10, 2026 /EINPresswire.com/ -- Excerpt from the Glossary Term: Strength
- NEW Course: Strength Training: Evidence-based Model
- Additional Glossary Term: Muscular Endurance

DEFINITION
Strength is the ability to produce force or torque against an external resistance.

In exercise science and resistance training, the term “strength” most often refers to maximum strength (maximal voluntary force production), commonly assessed as 1-repetition maximum (1-RM) strength, maximal isometric force, or peak torque in a specific movement pattern.

> “Use reps-to-failure for most sets, or at least the last set of an exercise, especially when strength is the primary goal.”
>
> *Dr. Brent Brookbush, CEO of Brookbush Institute*

Although strength is often discussed as a general quality, performance is highly task-specific, including the movement pattern, joint angles, contraction type, range of motion, and contraction velocity. For this reason, “strength” should generally be interpreted as the maximum force (or torque) that can be expressed under a specific set of conditions, rather than a single global ability that transfers equally across all exercises and speeds.

SEMANTIC CLARIFICATION
Strength vs. muscular endurance (strength endurance)

- Strength: Maximal force or torque production, typically measured by repetition maximum (1-RM), maximal isometric strength, or peak torque.
- Muscular endurance (strength endurance): The ability to sustain force production or perform repeated contractions against a given load over time. Strength contributes to muscular endurance by reducing the relative intensity of submaximal loads, but muscular endurance adaptations remain strongly task-specific and often benefit from goal-specific repeated-effort practice.

Maximum strength vs. power
- Maximum strength: The highest force or torque that can be produced, regardless of how long it takes to produce it.
- Power: The rate of doing work (force × velocity), often described as “explosive strength.” Strength and power are related, but power depends more strongly on movement velocity and the ability to express force quickly.

Absolute strength vs. relative strength
- Absolute strength: The total force output regardless of body mass (for example, a 1-RM load).
- Relative strength: Strength expressed relative to body mass (for example, 1-RM divided by body weight). Relative strength is often more relevant for sport tasks that involve moving one’s own body.

Dynamic strength vs. isometric strength
- Dynamic strength: Force production during movement (for example, a 1-RM squat).
- Isometric strength: Force production without joint motion (for example, maximal force during an isometric mid-thigh pull). Strength is specific to the contraction type and testing position.

FREQUENTLY ASKED QUESTIONS (FAQs)...

VIEW THE COMPLETE GLOSSARY TERM BY FOLLOWING THE LINKS.

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