

# Strength And Power Training Fitnut

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### Strength and Power Training Plan | Maximuscle®

This blog post is adapted from Strength Training, 2nd Edition and explains the different types of strength and power training that can be used. Isometric training. In the past, isometric training was the most common form of strength training. However, over time there has been a shift in focus to more functional types of strength and power training.

### Types of strength and power training: Which is best for you?

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Complex training combines strength exercises from the load phase of the ACE Integrated Fitness Training® (ACE IFT®) Model and power exercises from the performance phase to improve both muscle force production (strength) and the rate of force production (power). A complex training session involves performing two exercises back to back, with a brief rest period in between.

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