

**Summary:**

Strength is the ability to overcome resistance or to act against resistance. Strength is also perhaps the most important motor ability in sports as it is a direct product of muscle contractions. Strength and strength training, therefore, assume high importance for achieving good performance in all sports. The role of strength training for general health, good posture and for prevention of injuries is usually overlooked which in the long run can prove harmful. There is positive effects of strength training on muscles, bones, joints, heart, circulatory system, metabolism and nervous system.