Some heroes fly through the air, throw energy blasts from their hands, or play with thoughts like a puppet strings—then there are those who are *strong*. **Strength Powers** looks at the things you can do with sheer muscle power and physical strength far beyond that of any mere mortal. Who needs other powers when you can be the strongest there is?

STRENGTH DESCRIPTORS

The following are important descriptors for strength powers. The descriptors from the **Kinetic Powers** profile (particularly force) may also be useful in dealing with strength powers.

- **Strength:** M&M quantifies "strength" with the ability of the same name, which includes certain "built in" effects. In particular, the Strength ability allows characters to exert force to lift objects (with mass rank equal to Strength rank), make Str-based skill checks, and inflict Damage in close combat equal to Strength rank. Other powers—like those in this profile—may be thematically linked to Strength by descriptor, meaning anything affecting the character's Strength may affect them as well. If a character has other offensive powers based on Strength (particularly as part of an array), then a Weaken Strength effect can weaken them as well, and other effects that keep the character from exerting Strength can likewise prevent those attacks.

- **Toughness:** Similar to Strength, M&M quantifies a character's "toughness" with a numerical defense rating. Other power effects may be tied to the charac-

ter's Toughness defense by descriptor, meaning effects which alter, lower, or bypass Toughness may do the same for those powers.Note that while great Toughness often accompanies great Strength, there is no requirement that it do so. An M&M character can have superhuman Strength while being no tougher than an ordinary person or have incredible Toughness without any great degree of Strength. In more realistic settings, Gamemasters may require some parity between the two traits to reflect the greater toughness needed to exert tremendous strength without harm to the character (punching through stone without damaging the character's hands or arms, for example).

- **Countering:** The degree to which Strength (and strength powers) can counter other effects depends greatly on the style of the series. In some settings, it is not unusual to see super-strong types fending off things like energy blasts or similar ranged attacks by literally *punching* them! More realistic applications of strength allow it to counter effects easily pushed or blown away by force, such as a super-strong clap dispersing a cloud of gas or mist. There is also the direct use of Strength Damage to disrupt or destroy the manifestations of some powers, like Create or Afflictions resisted or overcome by Damage.

STRENGTH FEATURES

Some potential Feature effects associated with Strength Powers include the following. If the GM approves, any character with sufficient ranks in Strength and/or Toughness may have some of these Features automatically at no cost.