



Women and Weights

Many women fear weight training because they don't want to look like Arnold Schwarzenegger or have a less feminine body. Most women who exercise spend most of their time in the gym doing cardiovascular exercise. Strength training is just as important a form of exercise.

Benefits of Strength Training

Strength training will make you physically stronger and less prone to injury whilst performing daily tasks and exercise. As your lean muscle mass increases with training so does your resting metabolism enabling you to burn more calories. Unlike men, women typically don't gain huge muscle bulk although the muscle tone will improve. Weight training can decrease the risk of osteoporosis, especially around the spine. Strength training also helps to improve joint stability through building stronger connective tissues. It has also been suggested that strength training can improve women's confidence and self esteem.

Don't Fear the Free Weights

Many women only use machine weights in the gym. The free weights area often seems uninviting and 'testosterone fuelled'. However, using free weights can have many more benefits than using machines. Free weights allow the completion of a movement in a more natural way than a fixed machine and encourage other muscles in the body to help stabilise the joints. Fixed weight machines often don't fit smaller women and can put the body in an uncomfortable position that could potentially lead to an injury. Free weights exercises can be much more sport specific as power as well as strength can be developed and it's possible to replicate the skills and movements used in performance.

Types of Training

As well as the more traditional methods of strength training such as free and fixed weight machines a number of alternatives have been developed to perhaps encourage increased participation especially in the female population. Studio based classes such as BODYPUMP, kettlebells, gliding discs and GRAVITY are becoming a popular alternative to gym based exercise. Whatever your motivation to get stronger there's a method out there to cater for all tastes.