

COMING OF AGE

Weightlifter vs. powerlifter, man vs. woman: Who loses more strength and power?



Original Research
Anton, M., et al.
Age-related declines in anaerobic muscular performance: Weightlifting and powerlifting. *Medicine and Science in Sports and Exercise* 36(1):143-147, 2004.

DOES CHRONOLOGICAL AGE REALLY MAKE A DIFFERENCE, AND IF SO, HOW MUCH AND AT WHAT POINT? PERHAPS IT'S THE TYPE OF SPORT YOU COMPETE IN THAT SHOWS AGE INSTEAD OF YOU SHOWING AGE.

Clearly, age takes its toll on athletic performance in general and on strength and power in particular. The question is, at what age does the decline start? And to what extent does age cause losses in strength and power? More complicated questions would revolve around the physiological and psychological mechanisms related to loss in performance due to age. Moreover, to what degree is chronological age a valid and reliable indicator of sport performance? Or should we be more concerned about biological age? All too often, chronological age—the time you've been kicking around on earth—is used as an excuse for lackluster sports performance. We have even observed athletes in their late 20s exclaiming to a high school athlete, "Wait till you're my age." With these questions in mind, researchers set out to investigate at what age competitive weightlifters and powerlifters show decreases in strength and power, what the gender differences may be, and whether there are differences between the upper and lower body. The findings are insightful, yet do not represent the final word since this study does contain serious limitations.

Power Key: aging, strength, power, weightlifting, peak performance, powerlifting