BLOODY MUSCLES

A muscle's blood supply differs between men and women

INDEED, WOMEN CAN DO WHATEVER A GUY CAN DO. *BUT* WOMEN RESPOND TO EXERCISE DIFFERENTLY THAN MEN.

Original Research
Parker, B., et al. Sex differences in leg vasodilation during graded knee extensor exercise in young adults. *Journal of Applied Physiology* 103:1583-1591, 2007.

Although we believe that women and men should receive exactly the same opportunities in sports, we do not believe that from a training perspective men and women should be considered equal. We have consistently presented new research that highlights physiological differences between men and women that we believe impact the way in which a woman should train for sport and perhaps even how she competes. A recent study from the Penn State College of Medicine looked at blood flow characteristics between men and women during leg extensions. Clearly, one of the critical aspects of a muscle's function is its blood supply, and understanding how men and women may differ in that regard constitutes yet another important piece to the puzzle of how to optimize a woman's training.

Power Key: vasodilation, gender differences, blood supply, exercise