

BRIDGING THE GAP

How the female weightlifter differs from the male



TARA NOTT-CUNNINGHAM COMPETED FOR THE UNITED STATES IN THE FIRST WOMEN'S WEIGHTLIFTING EVENT AT THE OLYMPICS-AND WON. BUT WHAT GOES FOR THE MALE WEIGHTLIFTER DOESN'T NECESSARILY GO FOR THE FEMALE WEIGHTLIFTER.

Original Research

Hoover, D., et al.
Biomechanical analysis
of women weightlifters
during the snatch.
*Journal of Strength and
Conditioning Research*
20(3):627-633, 2006.

Weightlifting holds the distinction of being one of the original sports included in the modern-day Olympic Games. A great deal of research has found that because power, as opposed to strength, plays a defining role in weightlifting, the power you can gain from performing the contested lifts in this sport can translate to other sports and make you a force to be reckoned with. And as you can imagine, the lifts in and of themselves have been researched in various ways in an effort to determine the best way to execute them and to train for them. However, the vast majority of research has been conducted with men. Women have been competing in weightlifting for decades and first shared the Olympic platform with men at the 2000 Olympics. But in many areas women differ from men, so they need to become more involved in weightlifting research to see how they may differ from men weightlifters. A group of researchers from the University of Indianapolis, Wheaton College, North Dakota State University, and the University of Kansas collaborated in studying elite women weightlifters in the snatch.

Power Key: woman, weightlifter, snatch, biomechanics, power