

# LOSING STRENGTH

A comparison of the degree to which women lose strength compared to men



LT. DANA POUNDS, 2008 OLYMPIC HOPEFUL IN THE JAVELIN, SHOULD HEED THE WARNINGS OF THIS STUDY REGARDING MORE EVIDENCE AS TO DIFFERENCES BETWEEN THE MUSCLES OF MEN AND WOMEN. TRAINING LIKE THE GUYS WON'T CUT IT.

Of course you realize that with increased strength and power you will be able to perform your sport better, given that your technique remains the same. And so you turn to the weight room to knock out rep after rep and you pile on more and more weight. Your main source of knowledge about how to approach weight training is based on what the guys have been doing seemingly forever. If that advice is not based on science, then you should dismiss it because the chances of maximizing your gains are based on conjecture. But if it is based on science, does that guarantee you the 95% success rate associated with scientific findings? Not necessarily. Why? Because you are a woman. You have to recognize that simply by virtue of being a woman, you cannot expect to respond to strength training in the same way as a man. So if the research was conducted with male subjects, do not expect the exact same results. An important area of concern for you would be the rate at which you lose strength as compared to a man.

**Power Key:** strength loss, eccentric exercise, muscle damage