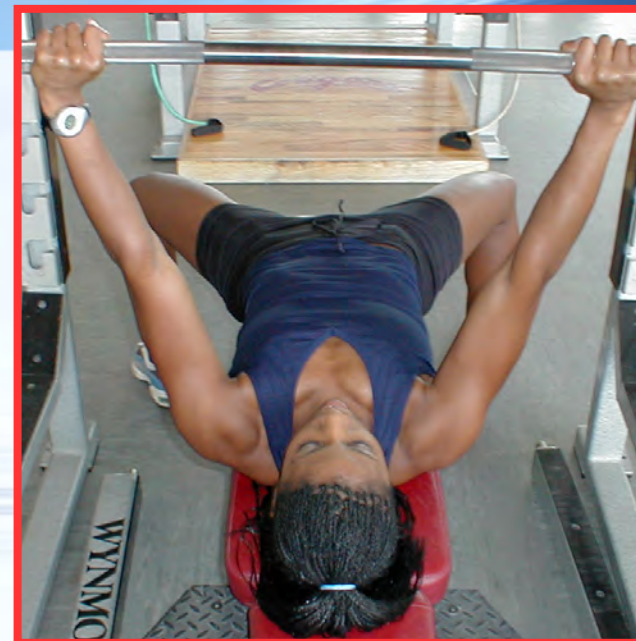


# SEX FATIGUE

## Recovery depends on your gender and muscle group

One of the most exciting areas for us is the Women's Strength section in *JOPP*. The reason is that we are continually learning that women differ from men in subtle ways and that those differences can have a significant impact on training gains. The only training model women have to follow is that of men—but not any longer. And we have been very consistent in educating you about these differences. One of the differences lies in the area of fatigue resistance after performing a set. Naturally, if you happen to be more fatigue resistant after an effort, that can have several training implications for volume, intensity, frequency, and density. And indeed, there are differences in this regard between men and women. Exercise scientists know, however, that not all muscle groups are created equally. As an example, not all muscle groups contain the same ratios of fast-twitch and slow-twitch muscle fibers. With that in mind, might there be differences in how resistant a muscle group is to fatigue? And taking it a step farther, might there not also be differences between men and women for specific muscle groups?



**DIFFERENCES IN FATIGUE RESISTANCE BETWEEN GENDERS COULD HAVE IMPORTANT TRAINING IMPLICATIONS.**

### Original Research

Avin, K. et al. Sex differences in fatigue resistance are muscle group dependent. *Medicine and Science in Sports and Exercise* 42(10):1943-1950, 2010.

**Power Key:** gender, recovery, muscle endurance, fatigue