

TRAIN BY GENDER

Why your gender is an indication of how you should train



Original Research
Ebben, W.
Hamstring activation during lower body resistance training exercises.
International Journal of Sports Physiology and Performance 4:84-96, 2009.

HAMSTRING TRAINING IS *ESPECIALLY* IMPORTANT FOR WOMEN. THE RUSSIAN CURL IS ONE OF THE MOST OBSCURE YET EFFECTIVE HAMSTRING EXERCISES.

PHOTO: PHIL JOHNSON STRENGTH & CONDITIONING ; ATHLETE: MAGGIE RUMMELLS

As a female athlete you have a lot of sporting choices. In fact, all efforts have been made, and legislation has been passed, to ensure that you receive the same sort of athletic opportunities as men. And on the surface, that is truly wonderful. But *that* is the simplistic view. In reality, we should be more concerned about the potential differences between male and female athletes, both physiologically and psychologically, and then base opportunities on those differences. That would ensure a truly rewarding sporting experience for both genders. To date, unfortunately, women are viewed as the same as men and as a consequence their training and coaching approach has been the same as it is for men. *JOPP* has reviewed consistent research illustrating where and how women differ from men and what the potential training implications might be. And with this new research from Marquette University, we will show how women should not take it for granted that performing a certain weight lifting exercise will result in the same gains as for a man.

Power Key: gender differences, hamstring training, quadriceps exercises