

Outline

Smart Women Stupidly Avoid Weight Training

I. Introduction

- A. Women avoid lifting weights.
- B. Because they have false or illogical reasons for avoiding weights, most women do not weight train. If the weight lifting “myths” were demystified, women would find that there are enormous physical and mental benefits that come with weight training.

II. Body

- A. The first ridiculous idea is that weight training makes women bulky and masculine, but that’s a myth.
 - 1. Women do not, and cannot, naturally produce as much testosterone (one of the main hormones responsible for increasing muscle size).
 - 2. Some female bodybuilders use steroids, but women who weight train without using steroids get an even better result: a firm and fit cellulite-free body.
 - 3. Women who have hyper genetics and obsessive work ethics can gain muscle quickly – they just have to spend long grueling hours in the gym, every day, lifting weights. But these women want to gain muscle mass and work at it.
- B. The second and even more ridiculous women's weight training myth is that exercise increases a woman’s chest size. But this is impossible.
 - 1. Women’s breasts are composed mostly of fatty tissue so it’s impossible to increase breast size through weight training.
 - 2. If you do happen to go below 12 percent body fat, your breast size will decrease.
 - 3. The only way to increase your breast size is by gaining fat or getting breast implants.
- C. And the stupidest reason for avoiding weights is that women think that they should only be doing cardio, and if for some reason they do lift weights, then the weights should be very light. There are hundreds of reasons against this, but here are a few:
 - 1. If women only did cardio, then muscle and fat would be burned for fuel. So women need to do weights in order to prevent any loss of muscle tissue.
 - 2. Cardio targets certain areas of the body. Women that only do cardio have a difficult time achieving the look that they want.
 - 3. As far as women needing to be dainty and having to lift only light weights, this too is ridiculous. Muscle responds to resistance, and if the resistance is too light, then there will be no reason for the body to change.

III. Conclusion

- A. Because of false information, mythology, hearsay and fear, women do not lift weights. This is a shame because the benefits to weight training are enormous for women.
- B. So in conclusion, women should train hard. If women want to look and feel great and get more out of their workouts, then they should pick up those hard and heavy weights -- and lift them!

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By Lauren Keyson

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English II

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According to personal trainers at the New York Sports Club, only 10% of women members lift weights. John Bonapart, one personal trainer at the Scarsdale club, said that the benefits of weight training are enormous, but that women don't want to bulk up. He also commented that women are shy – that they think that a weight room is an “all boy's club” and they are embarrassed to be there. Louisa, a blogger on the site Gubernatrix, backs up this statement. She said that weight rooms can be intimidating, especially so for women training alone. Now, these have got to be the stupidest reasons of all time for avoiding weights! It's not that they aren't smart – they know that the myriad benefits of weight training include things that all women need: increased metabolic rate, restoration of bone density, increased lean muscle mass and improved balance. These are just a few of the rewards that women receive by lifting weights, according to Lynn VanDyke, certified personal trainer and author of the guide “Melt the Fat (1).

Women have the same amount of excuses as there are benefits. One such excuse is that the belief that weight training will make them bulky and masculine. Hugo Rivera, author of About.com's Bodybuilding Guide and an ISSA Certified Fitness Trainer, explained why this is a myth: “Due to the fact that women do not, and cannot, naturally produce as much testosterone (one of the main hormones responsible for increasing muscle size) as males do, it is impossible for a woman to gain huge amounts of muscle mass by merely touching some weights.” But women don't think that way – in their mind they see images of professional female bodybuilders. But many of these women use anabolic steroids (synthetic testosterone) along with other drugs in order to intentionally go after the highest degrees of muscularity they can attain.

Most of these women also have also had good genetics. Combine that with an intense work ethic that demands spend endless lifting very heavy weights, it's understandable that they muscle up. But this does not have to happen -- women who conduct weight training without the use of steroids still obtain the firm and fit, cellulite-free looking body that they want. Louisa, a blogger on Louisa the blogger said, ““In our gym I have been used as an example that women don't get huge lifting weights. I'm not skinny, but I'm not bulky either, and I certainly look feminine not masculine. Women are encouraged to lift in our gym. But most still don't - not heavy weights anyway. I don't really understand why.”

Women also have this weird idea that exercise increases their chest size. Where in the world do women get these ideas? Women's breasts are composed mostly of fatty tissue, which means it's impossible to increase breast size through weight training. Side note: if a woman's body fat goes below 12 percent, her breast size will decrease, not increase. Maybe women bought into this myth because of they noticed that weight training increased the size of the back. and they confused an increase in back size with an increase in cup size. Really, the only way to increase your breast size is to gain fat or get breast implants. If only they understood this, then maybe that could concentrate less on how weight lifting affects their chest and more on how it benefits their body by increasing its metabolic rate, increasing and restoring bone density, and lean muscle mass. Best of all, each pound of lean muscle mass burns 35-50 calories per day, according to the “10 benefits of weight training for women” on the Buzzle.com Website.

The last and most repugnant myth is that women should only do cardio, and if they do decide to lift, then weights should be very light. This is false -- if women only did cardio, then their muscle and fat would be burned for fuel. The fact is that women need to do weights in order to prevent loss of muscle tissue. Cross training is imperative -- if they only do cardio they will have a very hard time achieving the look that they want. As far as only lifting light weights, this is also a stupid myth. Muscle responds to resistance, and if the resistance is too light, then there is no reason for the body to change. Weight training is one of the best decisions women

can make. Kate Ricker wrote a long list of some of the additional benefits that come with this type of exercise on the on the Website Gubernatrix. These included stress reduction including weight management, bone strengthening, lower risk of injury, and a competitive edge in all aspects of life.

Weight training does not make women look like men, nor does it cause them to have giant breasts. What it does is help them feel better and look better. It just makes living better – even everyday activities (i.e. chores) like climbing stairs, walking to work or carrying groceries become more enjoyable. In conclusion, women should train hard. As Ms. VanDyke said, “I have trained with girls that train as hard as I do, and they look nothing but feminine.” So if a woman wants to look great, she should not be afraid to pick up a few weights, and lift hard.

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