



Why women should lift weights.

- Increased bone density
- Improve body composition
- Increase confidence
- Empower you to stand up for yourself, face your fears and go after your dreams

Common misconception about lifting weights

The common misconception that women get 'BULKY' from lifting weights!

- If you run twice a week, would you instantly look like Mo Farah?
- If you learnt a dance routine, does this suddenly make you a professional dancer?

No one can accidentally look like a bodybuilder.

Female body builders adjust their entire life around bodybuilding, from the exact specifics of what they eat, when they eat, style of training they perform, to maximising rest and recovery. Not to mention the possibly taking enhancing performance drugs.

The average gym user wants to 'tone up', the only type of tone is muscle tone. The best way to increase tone is build a base of muscle and lower overall body fat percentage.

When looking from an aesthetic physique point of view, the best style of training is weight training.

Cardio does have its place, as there's a multitude of cardio benefits, but you're not going to improve muscular tone with cardio as well as you can with weights.