

FITNESS TRAINING FOR WOMEN, DIFFERENCES AND SIMILARITIES WITH MEN'S

(Professional paper)

Dimitar Evgeniev Obreshkov

*“Angel Kanchev” University of Ruse, Faculty of Public Health,
Department of Physical Education and Sport, Ruse, Bulgaria*

Abstract

In this article we make an attempt to explain the objective differences between women's and men's fitness training. On the basis of the facts included in the available specialized sports books, we also study the way in which such arduous exercises influence women's body. Women's and men's training sessions are almost the same but the aims are different. What women wish is to lose weight and to shape their bodies, whereas men wish to accumulate the muscular mass. Women's training sessions aim at improving the muscular tenacity at the expenses of their massiveness. Strenuous exercises for women should be in accordance with their strong and weak muscular groups.

Keywords: *physical exercise, resistance training, exercises with weights, increased cardio training, body weight, body fat, aerobic training, anaerobic training, muscular hypertrophy*

INTRODUCTION

Nowadays most women prefer to include, in one way or the other, arduous exercises during their training hours. On the other hand, women's nervous-muscular system and its abilities, as well as its adaptability to strenuous exercises, have not been studied thoroughly yet.

Today, more than ever, women experience great joy in modeling their bodies with the help of strenuous exercises. It is the woman, who decides what exactly her appearance and the body should be look like. Today's aesthetics allows her to change the general idea of women's beauty by including various active qualities; she has the right to well-trained muscles; she is absolutely against the fat invasion, ever.

EXPOSITION

Women's desire to do strenuous exercises has been developed during the years. In the beginning they did not have the right to and they started struggling for equal status with the men. Later they began to share men's equipment and imitate their exercises. Today the aim of the best training for women is to reduce both – weight and the fat. This effect can be achieved by a very precise dose of aerobic and non-aerobic training sessions, combined with a healthy diet and daily routine.

Millions of women all over the world strive after

a harmoniously developed and beautiful figure. Many of them avoid strenuous exercises because they are afraid of losing their femininity. These women are not aware of the fact that it is through these exercises that they can reduce the weight and fat, taking into consideration that their overtaxing is rightly evaluated and their technique is precise.

From a methodological point of view strenuous training sessions are more or less the same. But the aims are different. Women's wish is to lose weight and to model their bodies, while men want to accumulate the muscular mass. It is considered to be quite natural for women to increase their body mass on the account of losing the fat tissue. It must be noted that the best strenuous training sessions for both women and men, are those that give the best results.

A number of sports specialist are of the opinion that if a young woman goes to the gym regularly and observes a healthy diet, she is a lot more physically prepared to fulfill her natural generative function.

According to some specialists training with free weights has more advantages to using gym equipment. On the other hand, going to the gym is more useful for women, because it's safer.

Investigations show that women, unlike men, more rarely suffer from hypertrophy of the muscles of their genitals. If a woman has a higher level of testoster-

one, then the least thing, she should worry about, is her massive muscles. It takes women to develop their muscles two times less the time than it takes a man. If the exercises are not difficult and are repeated many times, the desired results will not be achieved.

According to Brant (Брант & Мак, 2003; Marinova, 2008) the training sessions for women should be different from men's. Women's training sessions should include basic exercises, developing and overtaxing more muscular groups. If the main aim is to achieve hypertrophy of the muscles, then the optimum weights, ranging from 70 – 80 % of women's abilities Boyanov (Боянов, 1994) should be used. Ordinary, strength-developing training sessions should be very intensive and they also should precede by cardio training sessions. If women repeat many times an easy exercise with extremely light weights, the desired effect will be hindered. Each exercise should be repeated between 8 – 14 times. The adding of additional weights should lead to giving up (Gutin, Costill, & Henig, 1978). The training of women requires two basic principles – gradual overtaxing and individual approach.

According to Boyanov (Боянов), 1994, investigations show that strenuous exercises of gradual overtaxing have a positive effect on women's bodies and are by no means less effective than the men's training sessions, without going to extremes, of course. It is a general belief that there is nothing feminine-like in extremely thin women Boyanov (Боянов & Jankova (Янкова), 2006).

Some authors Marinova (Маринова), 2002, recommend that women should have intensive cardio-training sessions because they help reduce greater amount of fat.

Chris Sander (Сейндър), 2008, recommend unilateral training sessions - i. e. each part of the limbs and body to be trained individually. She thinks that in this way the muscular strength and symmetry can be rapidly improved. This also helps to check the muscular balance as well as to avoid the traumas. When we concentrate on the training of every single muscle separately, the weaker muscle develops faster. At the same time more muscular fibers of the stabilizing muscles are involved, compared to ordinary fitness training sessions. The shock which the women's body experiences not only strengthens the participating muscles but it also reduces more fat. The unilateral training is a shock for one's consciousness as well. It improves the consciousness – muscles connection and reinforces the nerve-muscular coordination. This means that one is aware of the position and the movements of his body. This improves the balance and decreases the risk of traumas.

According to Wader (according to Boyanov (Боянов), 1994), the differences between men and women who do strenuous exercises with weights can be defined as follows:

- men are more volumetric and stronger than women;
- men are more tenacious; probably this is

due to the bigger size of their hearts, the higher level of their hemoglobin and the greater amount of oxygen they consume;

- women are more flexible than men;
- women's will limit is usually higher than men's;
- women are more disciplined than men;
- men are relatively stronger with respect to the upper part of their body;
- women are relatively stronger with respect to the lower part of their body.

Men's and women's muscular cells respond equally to an adequate overtaxing. That's why those women, who aspire after an attractive and perfect body, have to train very hard in order to achieve the desired effects. With the gained training experience and interest, all that women need is to repeat the next exercise, the next series or training session.

CONCLUSIONS

1. Women's and men's training sessions are almost the same but the aims are different. What women wish is to lose weight and to shape their bodies, whereas men wish to accumulate muscular mass.

2. Generally speaking women and men perform the same exercises but still there are some differences:

- women perform fewer series of exercises for a given group of muscles but they repeat each series more times than men do;
- greater attention is paid to the problem zones of the women's body – the hip, thighs and the upper limbs.

3. Women's training sessions aim at improving the muscular tenacity at the expenses of their massiveness;

4. Strenuous exercises for women should be in accordance with their strong and weak muscular groups.

REFERENCES

- Боянов, В. Б. (1994). *Културизъм, сила, хармония, симетрия* [Bodybuilding, strength, harmony, symmetry. In Bulgarian]. София: РДА „Дикта“ АД.
- Боянов, В., & Янкова, Н. (2006). Опит за оптимизиране на индивидуалната подготовка на тежкоатлетките – жени [Trying to optimize individual training weightlifter – women. In Bulgarian]. *Proceedings, 4 International Scientific Congress “Sport Stres Adaptation” Национална спортна адаптация Васил Левски* (pp.18-22). София: Национална спортна академия.
- Брант, М., & Мак, Л. (2003). Проблемните зони [Problem areas. In Bulgarian]. *Олимп*, (8), 36.
- Маринова, М. (2002). Особенности на женската тренировка [Characteristics of female workout. In Bulgarian]. *Олимп*, (11), 28.
- Маринова, М. (2008). Ден за клек с Ралица [Day squat with Ralitz. In Bulgarian]. *Олимп*, (3), 50-51.
- Сейндър, К. (2008). Перфектния баланс [Perfect Balance. In Bulgarian]. *Олимп*, (12), 52-53.
- Gutin, B., Costill, D., & Henig, R. (1978). Morphological and

physiological factors related to endurance performance of 11-12 year old girls. *Research Quarterly for Exercise and Sport*, 5(1), 32-37.

Lacour, J.R., Kostka, T., & Bonnefoy, M. (2002). Physical activity to delay the effects of aging on mobility. *Presse Med.* , 25, 1185-1192.

Correspondence:

Dimitar Evgeniev Obreshkov
“Angel Kanchev” University of Ruse
Faculty of Public Health
Department of Physical Education and Sport
Str. Studentska 8, 7017 Ruse, Bulgaria
E-mail: dobreshkov@uni-ruse.bg