

Feminine' women and weightlifting

- How come they can do it without becoming too muscle-bound, that sort of thing:

Women do not have enough testosterone to become too muscle-bound. With there being many misconceptions of weight related exercises, women have come to the conclusion that if they do any weight related exercise they will become masculine, but little do they know it is very difficult for that to happen and what will only happen is that they will become leaner and more toned. Doing light weights and high volume is something bodybuilders do. Weightlifters on the other hand work out over 85% of their best weight and build on strength.



- Parents who are worried about their kids (especially daughters) taking up weightlifting need not to worry because weightlifting is one of the safest sport, provided it is coached by someone who is qualified and knows the correct technique which needs to be taught. Until technique is not perfected, weights do not get increased. Weightlifting is another form of gymnastics as it requires flexibility, strength and technique.



- Why is weightlifting good for you? What are the normal exercise routines that go with the sport?
Weightlifting is very good for an individual as it is a multi-joint exercise, when completing one complete movement numerous

times it can also be another form of cardio when mixed with Crossfit exercises. Weightlifting requires a lot of muscles to be used in one go so it will help strengthen more body parts in one go. It is also beneficial for other sports as makes you faster, more explosive and stronger in all muscle area. You can be more dynamic in your own sport.



- How much does an elite athlete lift per day, or how much should they lift to improve?
It depends to the individual and how many years they have been lifting/training and also depends on their goals. Someone who wants to go to the Olympics needs to train a minimum 5-7 years training 6 days a week with around 9 sessions a week. That is a lot of kgs just looking at how many sessions they would do a week. But people who want to use it for their sport or fun or fitness they may have very different exercises to each other.



- Can people like Sarah Davies, Zoe Smith, Emily Goodly etc change the image of weightlifting?
They could change the image 100%. Brining more feminine and “girly” weightlifters on the scene will help with this image, especially when they can be the face of weightlifters in beauty contest’s media and advertisement like Evelyn with Argos TV.



Miss Leeds in action, qualifying for the Commonwealth games.

Is weightlifting dangerous for your joints?

- It is not!
Weightlifting is one of the safest sports to compete in. And one of the healthiest. The highest quality of coaching and supervision is always provided by fully qualified coaches.
Weight never increases until technique is perfected.
Also, weightlifting has proven to improve bone strength and density, making you stronger and better prepared for any other form of training and sport



- What sort of weight can a good for under 13 years old, what age do they start at, what age does competition start?
They all start with very light weights until they learn the technique. Once they learn the technique they will get simple light and easy programme to follow which includes 5 reps of 5 sets in snatch, clean and jerk, squats and pulls but not with heavy weights. The important thing is to ensure that the training session is fun and enjoyable.



- What sort of build make a good weightlifter?
Usually, a shorter individual makes a better weightlifter (less distance for the bar to travel) flexibility, strong back and thighs. Beginners do not need to be strong. If they are fast, explosive and flexible then strength can be developed in the future.

How to get involved?

Come along to a training session and see how you like it!

We have been invited to coach in 28 schools across 5 different boroughs since 2011.

We have coached more than 1,200 young people from complete beginners in primary schools to some of the countries elite.

We have about 110 students actively train with us, and about 65 of these have competed over the past year.

Over 40% of our team are female. Every female lifter has competed for us in one of our girls-only competitions.

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