Resistance Training for Women Preparing to Work in Physically Demanding Occupations

Physically demanding occupations have high manual handling requirements, disadvantaging ‘less strong’ individuals

- Increased injury risk
- Reduced physical performance
- Limited employability options

1. What characterises ‘less strong’ individuals?
   - Genetics?
   - Training?
   - Phenotype?

2. What affects adaptation?
   - Diet?
   - Activity?
   - Sleep?
   - Measurement error?

3. Can resistance training...
   - Muscle strength?
   - Performance?
   - Damage and inflammation?