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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?