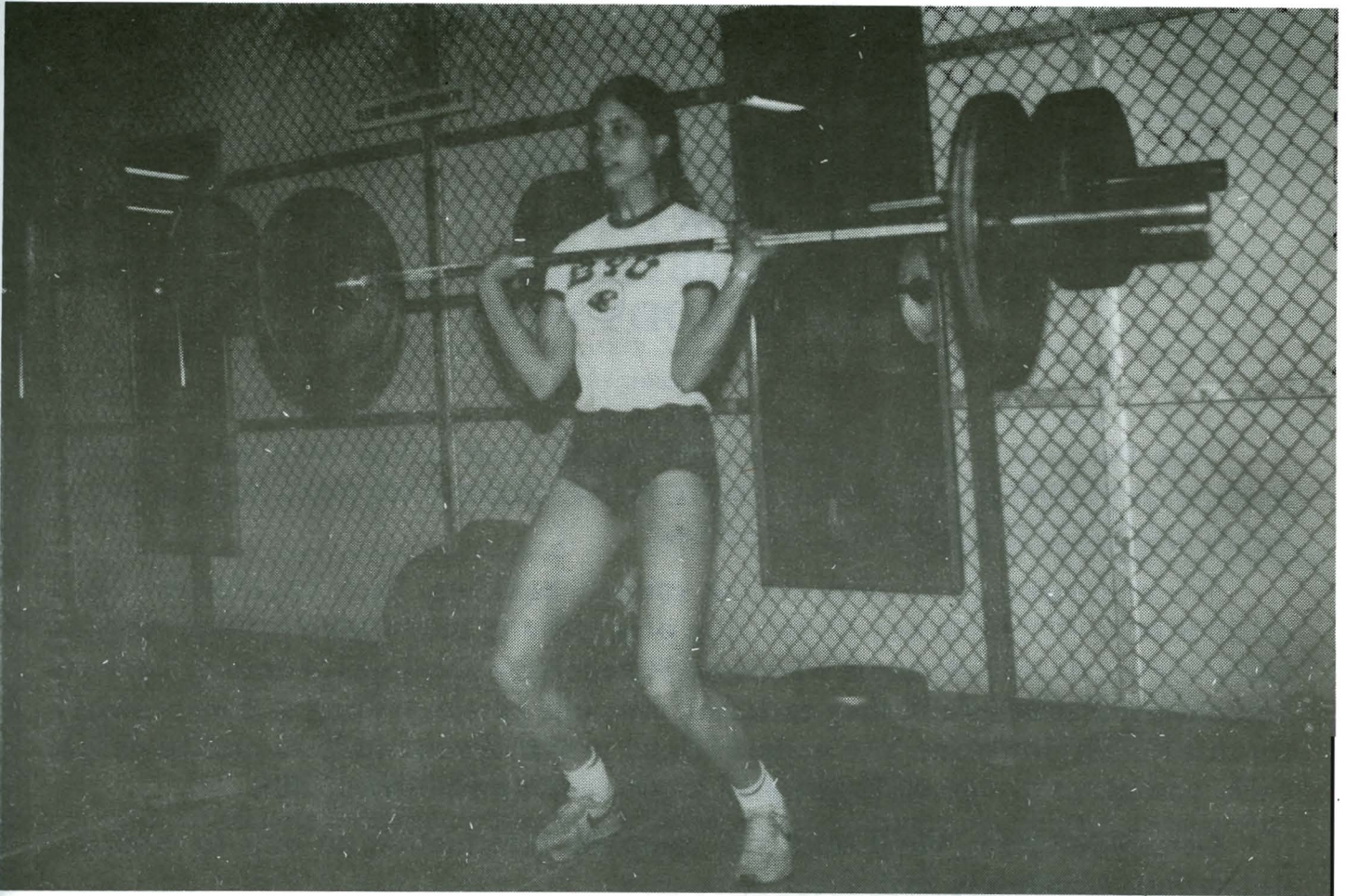


TRAINING FOR WOMEN

by Greg Shepard
Part 1 of a Series



All-American Hurdler Stella Edwinston Power Cleaning 135 pounds

Stella Edwinston

Stella Edwinston, a 5'8", 130-lb. All-American hurdler from Brigham Young University, is a firm believer in lifting to help athletic performance. She can bench press and power clean 135 pounds and does squats 4-5 inches above parallel with 385 pounds. Her best time in the 400-meter hurdles is 59.28 and 13.78 in the 100-meter hurdles. Stella feels she needs to run 58 flat to qualify for the 1984 Olympics and emphatically believes she could do this with steroids. However, because she wants everything to be her own accomplishment and is afraid of the adverse effects of a lower voice and body hair, she will not take steroids. Stella is a great example of a sleek woman athlete combining grace and beauty with power weight training.

Power weight training for women is in its infant stages. It will progress slowly. There is no question but that it can benefit women as it can men. More and more women athletes are weight training every year. Gradually records will improve to the point where it will be impossible for women to compete in some sports without a solid strength program.

The BFS program is also for women. We call it Better Faster Stronger. It should not be watered down. Women's muscles respond much the same as men's in relation to building strength and speed. It was once a rule that women should not run more than one mile or play more than half-court basketball. That same mentality has existed in weight training. The most important concept for women to understand is that power weight training can help them achieve in athletics just as it has helped men. Stella Edwinston is proof of that.