



# FACTS OVER FEELINGS

THE STRONGEST 10% OF FEMALES CAN ONLY BEAT THE BOTTOM 10% OF MEN IN HAND GRIP TESTS.™ HAND GRIP IS ONE OF THE MOST WIDELY-USED MARKERS FOR **STRENGTH**.



MEN ARE **FASTER** THAN WOMEN. IN RUNNING, SWIMMING, ROWING, KAYAKING, AND SHORT DISTANCE AND LONG DISTANCE, WOMEN'S SPEED WORLD RECORDS ARE ALL ABOUT 90% OF THEIR MEN'S SPEED WORLD RECORDS. " EACH YEAR, **HUNDREDS** OF MEN EASILY BEAT THE WORLD'S BEST TIME IN THE WOMEN'S MARATHON "



MEN HAVE BROADER SHOULDERS, AND LARGER FEET AND HANDS, ALL OF WHICH GRANT AN

**ADVANTAGE** IN SPORTS LIKE VOLLEYBALL, SWIMMING, AND BASKETBALL.



MALE MARATHON RUNNERS HAVE **LOWER BODY FAT** PERCENTAGES THAN FEMALE MARATHON RUNNERS."



ON AVERAGE, MEN ARE PHYSICALLY STRONGER THAN WOMEN."

MEN HAVE **66%** MORE UPPER-BODY MUSCLE THAN WOMEN, AND **50%** MORE LOWER-BODY MUSCLE."



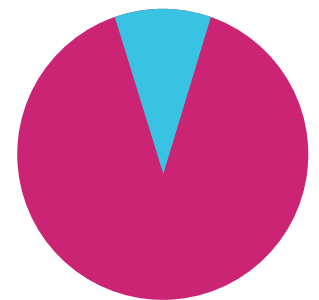
MEN HAVE A GREATER AMOUNT OF FAST TWITCH MUSCLE FIBERS, WHICH GIVE MEN **EXPLOSIVE POWER** "



MEN HAVE **LARGER HEARTS AND LUNGS**. A LARGER HEART CAN PUMP MORE BLOOD TO THE BODY AND LARGER LUNGS ALLOW FOR THE BODY'S TISSUES TO RECEIVE MORE OXYGEN.



THERE IS A **10%** PERFORMANCE GAP BETWEEN MALE AND FEMALE ATHLETES IN MOST SPORTS AND IT HASN'T NARROWED AS WOMEN TRAIN HARDER. "



MEN HAVE **HIGHER HEMOGLOBIN LEVELS**, ALLOWING THEIR BODY TO OXYGENATE MUSCLES MORE QUICKLY AND EFFICIENTLY. "



MEN HAVE BIGGER AND STRONGER BONES. A LARGER SKELETAL STRUCTURE MEANS MEN'S BODIES CAN HOLD **MORE MUSCLE AND LARGER BONES** FACILITATE LEVERAGE. "



MEN ARE **TALLER**. GIVING THEM AN ADVANTAGE IN SPORTS LIKE BASKETBALL OR VOLLEYBALL.

