

## PT 'Q and A'

**His and hers asks the same question to two personal trainers. But are the answers the same?**

**Question:**

**Do you find there are differences when motivating men and women to become more intense and (safely) aggressive to get more from their workouts?**



**Male PT**  
**Andy Scott**  
**Padbox instructor**

I believe the answer to this is more person specific than gender specific. I use visualisation and constant reinforcement to get people up when lifting weights or doing hard interval sessions, for example. I encourage the idea of believing in yourself and 'seeing' the movement happen. On the occasions when someone is failing then joining in with them to pull them

**The biggest gender difference I find is when using my Padbox boxing training**

through works well. I have found that men and women have a sense of competition and are not deterred by the fact that I am the trainer. However, I would not want to de-motivate a female client or a less fit male one by running them ragged in the workout for example! So you have to pick and choose your coaching/instructing method as with everything.

The biggest gender difference I find is when using my Padbox boxing training. Males usually have to be reeled in from wanting to 'smash' the pads whereas women are a lot more technical, so getting them to be aggressive and hit the pads can be a challenge. With males when I want aggression I will get closer to their personal space when moving them around which usually works and encourage a harder punch that is technically sound with some friendly banter. With women getting them a bit more worked up can be achieved through visualisation and picturing someone who has annoyed them, perhaps me for taking them out of their comfort zone on the pads! But there are other methods such as increasing speed of punch, which negate the need for aggression and ups intensity.

I would say the biggest part of motivation is not gender specific but whether someone is competitive or not. It is much easier to get a competitive person to have a good hard training session than someone who is not. But on the flip side those who are not competitive tend to listen better and grasp technical movements quicker because of this.



**Female PT**  
**Clare Holman**  
**Padbox instructor**

I think so. I find it helps being female with men as you can use the 'macho aspect' to push them further. Men are supposedly, the 'stronger sex' so I ask them to show me if that's true! And they respond better to you being more aggressive and intense yourself - there aren't many men that like being beaten by a girl! As a Padbox instructor moving men (and women) around in the ring is easily achievable and lends itself to making the workouts very intense.

When training women I tone it down a lot more. You need to coach them gently into the added intensity. I have found that very often going through good technique with them allows them to get more from their sessions, as they tend to pick this up better than men and don't appreciate just being shouted at! And females often need to build up intensity more gradually (than men), they never give their all straight away.

However, if I feel that my male clients could do more, I only have to say it once and they usually step right up. This does

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sometimes come at the cost of safety as the more you push, the more there is a risk that form for example can go out the window, so sensible judgment must be used.

The only barrier that you have to overcome for both men and women is getting them to understand that if they don't maintain a sufficient level of intensity and aggression, they'll never fully benefit from the sessions. It's then up to them to push that little bit further.

For more information on Padbox (a one on one boxing based workout and instructor classes go to [www.padbox.co.uk](http://www.padbox.co.uk))

**Got any questions you'd like put to the His and Hers team of personal trainers? Then write to His and Hers Ultra-FIT Magazine, Champions House, 5 Princes street, Penzance, Cornwall, TR18 2NL or e-mail your question to [editor@ultra-fitmagazine.com](mailto:editor@ultra-fitmagazine.com)**