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Lifting Weights: Sculpting the Body into an Artform

Abstract

I believe the Body is a perfectly designed machine, many people underestimate the body's ability to do marvelous things. One of the many great things the body can do is maneuver weight. What has this to do with art-science? At first glance weight lifting may not seem like anything but part of an athlete's routine, however when we think about women there is much more that is to do with aesthetics and real science.

Author/Artist Bio

My name is Stormi Knight - I work as a personal trainer and a sports massage therapist. I have been training for 5 years and massaging for 2 years. I'm a sponsored athlete by GOODHURT apparel and have been fitness modeling for 1 year. My hobbies are Olympic lifting, crossfit, hiking, Boulder climbing, parkour, empowering women to see their true strength.

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Lifting Weights: Sculpting the Body into an Artform

Stormi Knight

I believe the Body is a perfectly designed machine, many people underestimate the body's ability to do marvelous things. One of the many great things the body can do is maneuver weight. What has this to do with art-science? At first glance weight lifting may not seem like anything but part of an athlete's routine, however when we think about women there is much more that is to do with aesthetics and real science. Some people speculate that weight lifting makes women bulk up or that weight lifting is for men on steroids, a purely macho animalistic and uncouth way of life.

For me, I do not approach my body that way. For me it is a way to see my body's ability to change and there is so much beauty behind it. Lifting, like any other hobby or passion is an outlet. But this outlet is different, to know you can attest the boundaries and misconceptions set before oneself by overcoming what at first seems impossible and over time with the science of practice and muscle memory that which seems too heavy to lift becomes a tool for further strengthening. Imagine facing a might weight and lifting that weight is a way to get ahead, to be able to go further, or get out of the way of danger. Suddenly the adrenaline kicks in and you grab that weight, a pure survival instinct. Using our muscles has been crucial to our survival as humans. For men it was as hunters and gatherers, for women they too would lift their weight both figuratively and literally, yet over time women's muscles have become less tools of survival and more as just parts of the body attached to bone. Again we face the art-science paradigm, women in modern society are seen as weak, dainty and their bodies



wildly misunderstood. Women have become stylized as shadows of their original body forms, the aesthetics of the modern expectations mean women's bodies must conform more to that of a clothes hanger than that of a functional and full operational machine.

The art in lifting is looking beyond the blunt objects, rather seeing the emotion, passion and the pain of release behind why we are sculpting the body we truly desire. The art of aesthetics is a sense of being at war with oneself, trying to create a uniquely mesmerizing that people will be at awe with. It is with a sense of pride we are allowed to show case to society that we are being freed from the heaviness of world. . There is such a finesse to pursue virtuously in lifting, particularly for women. I auspiciously implore women to test their truth strength physical and break the stereotypes that women 'cannot and 'should not' lift heavy. The science of anatomy means that women's muscles respond to weight lifting differently and elegantly to when men do the same. Weight lifting adds to the art of the female for by enhancing the very curves that define the female form. Strip away skin, strip away centuries of gender roles, and you have a female human, muscles that have evolved to lift weights. Lifting weights is as natural for women as for men. Muscles are scientifically sculpted art works and as such lifting weights is an artistic technique much like a sculptor uses chisels...athletes use weights.

