



Four powerful and resilient women support and empower each other while rivalling to become Australia's strongest woman.

STRONG WOMEN



STRONG WOMEN series centers around Australia's top female athletes competing in the Strongman sport. Athletes from across the country share their motivations and experiences. Their physical strength will inspire and shock you, as too will their courage to be vulnerable in sharing their drive to be stronger inside and out.

When a pandemic hits, they are isolated from their community and must re-evaluate their lives without Strongman.

What is STRONGMAN?

You might picture bodybuilding, but it's not at all about how you look. These women don't do steroids; they eat whatever they want; lift heavy cement balls; toss tyres and could easily pick you up over their heads. It's all about strength.

"I'm not a bodybuilder. That is the complete opposite. You know, my sport has nothing to do with aesthetics, which is why I love it, which is another reason why I think it's empowering."

Brittany Diamond - US Pro Strongwoman

Strongman is often associated with alpha male celebrities, such as Arnold Schwarzenegger and Icelfander, Hafþór Júlíus Björnsson, who plays the Mountain in *Games of Thrones*. Yet beyond these icons, lies the niche and amateur sports culture of Strongman that has been rapidly growing in years for its supportive community and challenging blend of strength and endurance. In Australia, the number of women competing in amateur Strongman has increased by more than 500% since 2015.

For more information:
Natalie Lawley
natalie@escapademediamedia.com.au
www.escapademediamedia.com.au

