

Who Is a Gym Designed For?

Federations

Member counts, sport status

Sport industry

Equipment, coaching, gyms

INPUTS**Family attitudes**

Developmental framing, body norms

School & PE

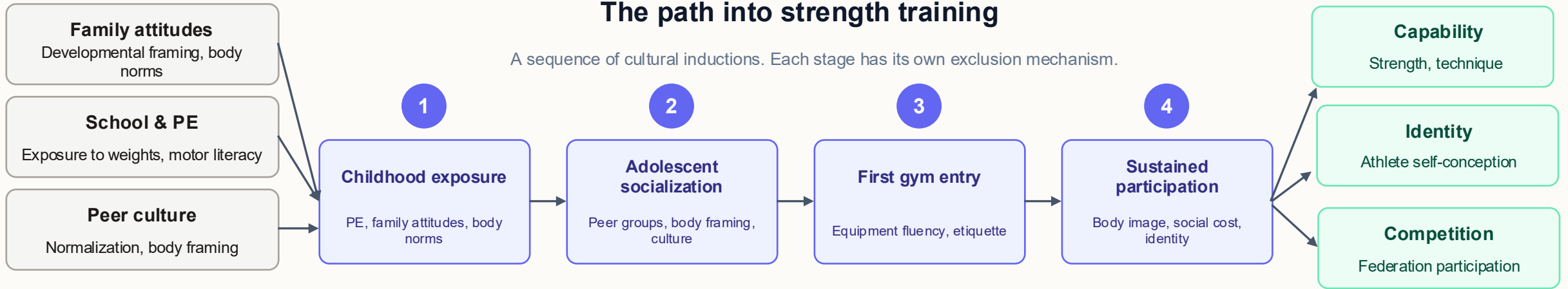
Exposure to weights, motor literacy

Peer culture

Normalization, body framing

The path into strength training

A sequence of cultural inductions. Each stage has its own exclusion mechanism.



Excluded zone

Each group is excluded by a mechanism operating at a different stage of the pipeline above.

Girls whose families do not recognize strength training as developmentally appropriate

- Body framed for fertility and aesthetic outcomes, not capability.
- Family applies this framework years before the gym is a question.
- Exclusion has done its work before she would have walked in.

Operates at Stage 1: childhood exposure**Women who reach the gym but cannot afford the social cost of staying**

- Body changes feel out of step with peer or family aesthetic norms.
- Without supportive partner or community, calculation gets colder.
- Exclusion happens in the months after entry, not at the door.

Operates at Stage 4: sustained participation