THE STRONG SILENT TYPE

Discover why there are no singing weight lifters.

THE SETUP
Have your gym teacher select an activity that requires upper body strength, such as push ups, chin-ups, or weight lifting. Choose a song everyone knows and see if anyone is able to sing it while doing the chosen workout. Instead of music, you’ll get grunts.

INSIDER INFORMATION
When you want to lift a heavy weight, you need to tense the muscles in your chest and abdomen. You do this by holding your breath. It increases the pressure in your chest cavity and your ribs become a more stable platform for the muscles to pull against. This increases their lifting power. This strength enhancing technique is called the Valsalva maneuver.
During the Valsalva maneuver, a little flap called the epiglottis closes your windpipe. And the windpipe is directly related to your ability to sing because sounds are produced when air moves past your vocal cords, which are located below the epiglottis.

THE STRONG SILENT TYPE
Since the epiglottis is closed when you are straining, no air can move. So you can’t sing.
The song of strain is a grunt a sound the dictionary says is “short, deep, and typical of pigs.”