Strength advantage over females is retained by male-to-female transitioners (transwomen).

A systematic review of 24 studies concluded that while male-female transitioners (transwomen) do experience some decrease in muscle mass; values for strength and muscle area in transwomen remain above those of biological women, even after 36 months of hormone therapy. [1,2].

Figure one [1]:

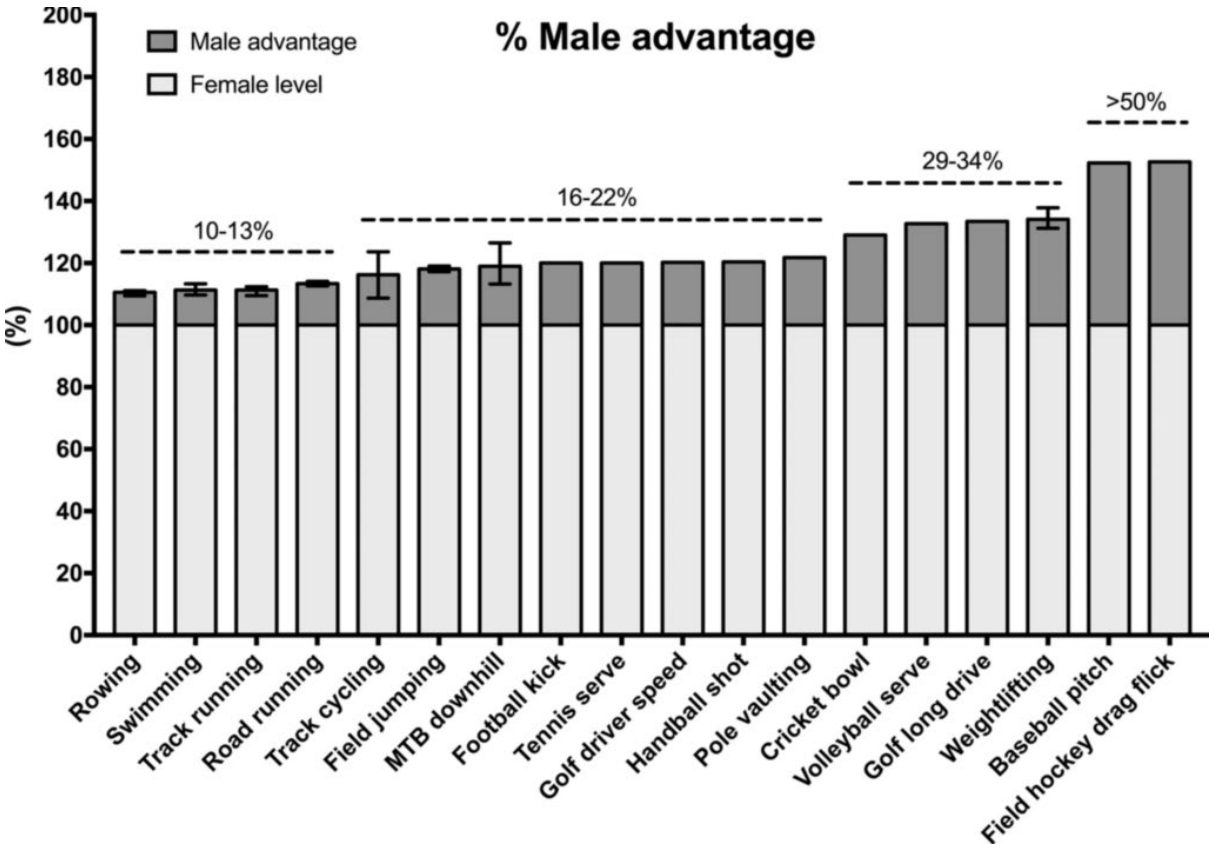

Figure 1The above graph shows the performance difference between transwomen and biological women in various sports.

A systematic review of 24 studies concluded that while male-female transitioners (trans women) do experience a decrease in muscle mass; values for strength and muscle area in transwomen remain above those of biological women, even after 36 months of hormone therapy. [2]

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