

Cuba's Only Weightlifting Medalist Returns to the Platform after Maternity



Ludia Montero

Havana, Sept 24 (RHC) - Ludia Montero, the only Cuban adult world medalist in weightlifting, returned to training after a long period away from the platforms, with the goal of returning to the world elite.

"I have been training for three weeks and I have aspirations to achieve another world medal and qualify for Los Angeles-2028," said in statements to colleague Daniel Gotay the Cuban weightlifter, runner-up in the Thailand-2019 world championship (45 kg) and sixth Olympian in Tokyo-2020 (49).

She recalled that after the Olympic event in the Japanese capital she got pregnant and today she feels very happy with her two-year-old child.

“I rejoined training last January and was training for three months, she specified, but recalled that she had to stop again until three weeks ago because she contracted a virus that took a few months of recovery.

“My quality should improve. Studies say that after maternity women return with more strength, not only physically, now I feel more desire and motivation, because I already have my baby,” said the 25-year-old strongwoman.

She revealed that her greatest aspirations are to win another world medal and qualify for the Los Angeles 2028 Olympic Games.

A native of the eastern province of Granma, Montero has been competing since 2020 in the 49 kg, in which she also has medals from the Italy-2020 World Cup and the continental qualifying tournament in the Dominican Republic-2018.

<https://www.radiohc.cu/en/noticias/deportes/365917-cubas-only-weightlifting-medalist-returns-to-the-platform-after-maternity>



Radio Habana Cuba