

# Why Does Scotland Make Great Strongmen?

In this article, we will investigate why Scotland produces great strongmen. We will also examine how culture can impact success and discuss the overlap of strength events such as the Highland Games and Strongman. We use real-life examples to explain the journey and the commitment, we include various media to support this article.

## In recent years

The Stolman Brothers, Tom and Luke, were born and raised in Invergordon, Scotland, and have significantly impacted the world of 'strongman'. Tom has won the World's Strongest Man a staggering three times, firmly putting Scotland on the global stage for Strongman. However, before all of this, Scotland was renowned for its strength. If you refer to the following [calendar](#), you can see how many Highland Games events there are.

## Stoltman Video

<https://www.youtube.com/embed/1Uo4sNqPhw4?si=nMPo-grhVrlqrFGX>  
**So Why Does Scotland Make Great Strongmen?**

Competition and success bring respect; respect is a cultural hierarchy in Celtic culture. It is a deeply ingrained value. It is believed this stems from the days of the clans, where chieftains ruled, and a hierarchy was observed. In those days, strength and might were not just rewarded, they were revered. Strong individuals were respected, and their strength made them formidable. In peacetime, clans would conduct the Highland games, a testament to the strength repertoire that Scotland holds dear.

The Highland Games are run annually, and contenders take

training and preparation very seriously. Luke and Tom competed as young athletes in the Highland Games, which certainly prepared them well for what would come later. In 2023, Tom and Luke returned to the Highland Games in Inverness, Scotland, to demonstrate their strength and promote the games, which brought them both to strongman – According to Tom and Luke.

## **Strong Culture**

A strong culture feeds the belief in strength, and like an ongoing encouragement, each generation pushes evolution, growing bigger and bigger, muscular men. Tom and Luke are examples of this evolution; both dwarf their predecessors and normal people too! (Model 5'3", Tom Stoltman is 6' 8")

## **Strength Events**

Strength events and their regularity help build strength, so having Strongman and Highland games is significant. The regularity of strength events means an **always-on approach to fitness and strength training**. Before expanding into their new Stoltman's gym, the brothers trained in their home gym. This set-up was how they worked toward two titles and emerged as favourites in the strongman arena. Later, they moved on to develop their Stoltman Strength Centre Ltd Incorporated on 31 March 2022, according to Companies House.

This is where the brothers are set to help train the next generation of Scottish strongmen, supporting the idea that cultural encouragement and mentorship play a huge part in the growth of these superhumans. We are excited to see what talents and strongmen are developed as a result of Stoltman's Strength Centre.

## **Big Appetites**

Anyone who has seen the boys interviewed or watched them on television documentaries will notice just how big an appetite they both have. This appetite is to feed the tremendous muscle

density and size they take on, almost triple that of a normal adult male. This level of calorific intake is required to maintain the size they are and ensure that muscle builds.



Photo by Aleksander Saks on Unsplash

### **Work Ethic**

Mining and oil, rigs, farming and other industrious activities are the foundation for the Scottish work ethic. These hands-on and terribly difficult industries where you need to fight for your place at the table mean, again, Tom and Luke appreciate the hard work that is required to achieve a goal. Luke previously worked offshore for 16 years before quitting to become a full-time strongman.

### **Interview with Luke on Oli Rigs:**

<https://www.youtube.com/embed/CBtbnFUCJ4Y?si=oVuDVSmMb96Xb6K1>

### **Environment**

The harsh Scottish environment is undeniably beautiful in the summer months and tremendously cold and wet in the winter

months, which surely impacts Scottish people in general. They have an inherent ability to get on and struggle forward even in the most difficult situations, which is a mindset that certainly helps develop strong individuals, both mentally and physically. The beautiful rugged countryside still provides enough opportunity for Solar, though, so it can't be all that bad, according to Ben Boon of Solar East Anglia. "[Commercial Solar](#) is still optimal for Scotland and certainly can be used," said Ben.

## Summary

Scotland makes great strongmen. This we know.

The competitiveness is driven by a cultural love for the Highland Games, which breeds strong individuals who enjoy training and working hard to develop their strengths. The Stoltman Brothers are the perfect example of how two naturally strong siblings who ventured into Highland Games realised just how incredibly strong they were.

**The ultimate buddy system** – The Stoltmans have managed to harness the ideal buddy system for training. Working to drive each other forward to be better, lift stronger and become the **strongest brothers in recent history**. Imagine matching yourself with someone who is as strong as you in the gym. There is no denying that at this level, it is much more difficult to find someone. Tom is lucky to have Luke's support and experience to keep building on. Luke is approaching 40 years old and still performing at such a high level, which also illustrates his personal commitment to the sport and his brother.

So, culture drives the ethos of a strongman in Scotland, but the work ethic and commitment to training are down to the individual and their support structure. Big appetites come with the demands of training and the need to bulk and build muscle for strength and endurance.

If you decide to consider Strongman and live in Scotland, watch the Highland Games to encourage you and put in the time and effort required to progress your passion. [Mirafit is a supplier of Strongman strength equipment](#). Lean into your heritage and consider family as a way to encourage and develop your strength. We hope that you enjoyed this article. If you want to read more like this, **find similar articles here**.