# WEIGHTLIFTING

#### INSTRUCTIONS

This Learning Packet has two parts; (1) text to read and (2) questions to answer.

The text describes a particular sport or physical activity, and relates its history, rules, playing techniques, scoring, notes and news.

The Response Forms (questions and puzzles) check your understanding and appreciation of the sport or physical activity.

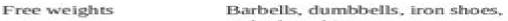
#### INTRODUCTION

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Resistance training	Exercises which involve moving against a resisting object,
	such as a weight, a lever, a rubber cable, or a torsion bar.

Weight	training	Exercises	which	use the	weight of	am
		ob	ject to	provide	resistance	to
		m	ovemen	t. Weigh	t training is	s a

form of resistance exercise.



and other objects.

Machines designed to provide Exercise machines.

> resistance to exercise movements. This resistance can be achieved with built-in weights, bungee cords, torsion bars,

hydraulic cylinders, etc.

Weightlifting Weightlifting is a sport that involves lifting barbells or

dumbbells.

Olympic weightlifting A sport that involves two lifts:

1. The snatch (moving a barbell from the floor to an overhead position in one smooth, rapid motion).

# **Physical Education Learning Packet 14 Weightlifting Answers**

**M Lipman** 

**Physical Education Learning Packet 14 Weightlifting Answers:** 

Reviewing **Physical Education Learning Packet 14 Weightlifting Answers**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Physical Education Learning Packet 14 Weightlifting Answers**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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