WEIGHTLIFTING

INSTRUCTIONS

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

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

Let's start with a few definitions:

Resistance training	Exercises which involve moving against a resisting object, such as a weight, a lever, a rubber cable, or a tersion but.
Weight training	Exercises which use the weight of an object to provide resis- tance to movement. Weight maining is a form of resistance exercise.
Free weights.	Barbells, dambbells, iron shoes, and other objects.
Exercise machines	Machines designed to provide resistance to exercise anovements. This resistance can be achieved with built-in weights, banger cords, torsion burs, hydraulic sylinders, etc.
Weightlifting	Weightlifting is a sport that involves lifting barbells or damb- bells.

A sport that involves two lifts:

Obserpic weighdifting

Physical Education Learning Packets 14 Weightlifting Key

Mohamed F. El-Hewie, Sjaak Smorenburg Physical Education Learning Packets 14 Weightlifting Key:

Physical Education Learning Packets 14 Weightlifting Key Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Physical Education Learning Packets 14 Weightlifting Key**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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