

WEIGHTLIFTING

PACKET # 14

INSTRUCTIONS

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

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 torsion bar.

Weight training

Exercises which use the weight of an object to provide resistance to movement. Weight training is a form of resistance exercise.

Free weights

Barbells, dumbbells, iron shoes, and other objects.

Exercise machines

Machines designed to provide 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:

- I. The snatch (moving a barbell from the floor to an over-

Physical Education Learning Packets 14 Weightlifting Key

F Rizvi



Physical Education Learning Packets 14 Weightlifting Key:

Unveiling the Magic of Words: A Report on "**Physical Education Learning Packets 14 Weightlifting Key**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Physical Education Learning Packets 14 Weightlifting Key**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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