

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:

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



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