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.

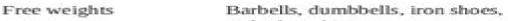
INTRODUCTION

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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

Minden Public Schools (Neb.)

Physical Education Learning Packet 14 Weightlifting Answers:
Physical Education and Weight Training Minden Public Schools (Neb.),1988

Decoding **Physical Education Learning Packet 14 Weightlifting Answers**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "Physical Education Learning Packet 14 Weightlifting Answers," a mesmerizing literary creation penned by a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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