

A weightlifter in a blue singlet is performing a clean and jerk lift. The lifter is holding a barbell with red and yellow weights above their head with both arms. The background is a light blue wall with a large, faint Olympic rings logo. The word "Weightlifting" is written in a large, bold, black serif font across the center of the image.

Weightlifting

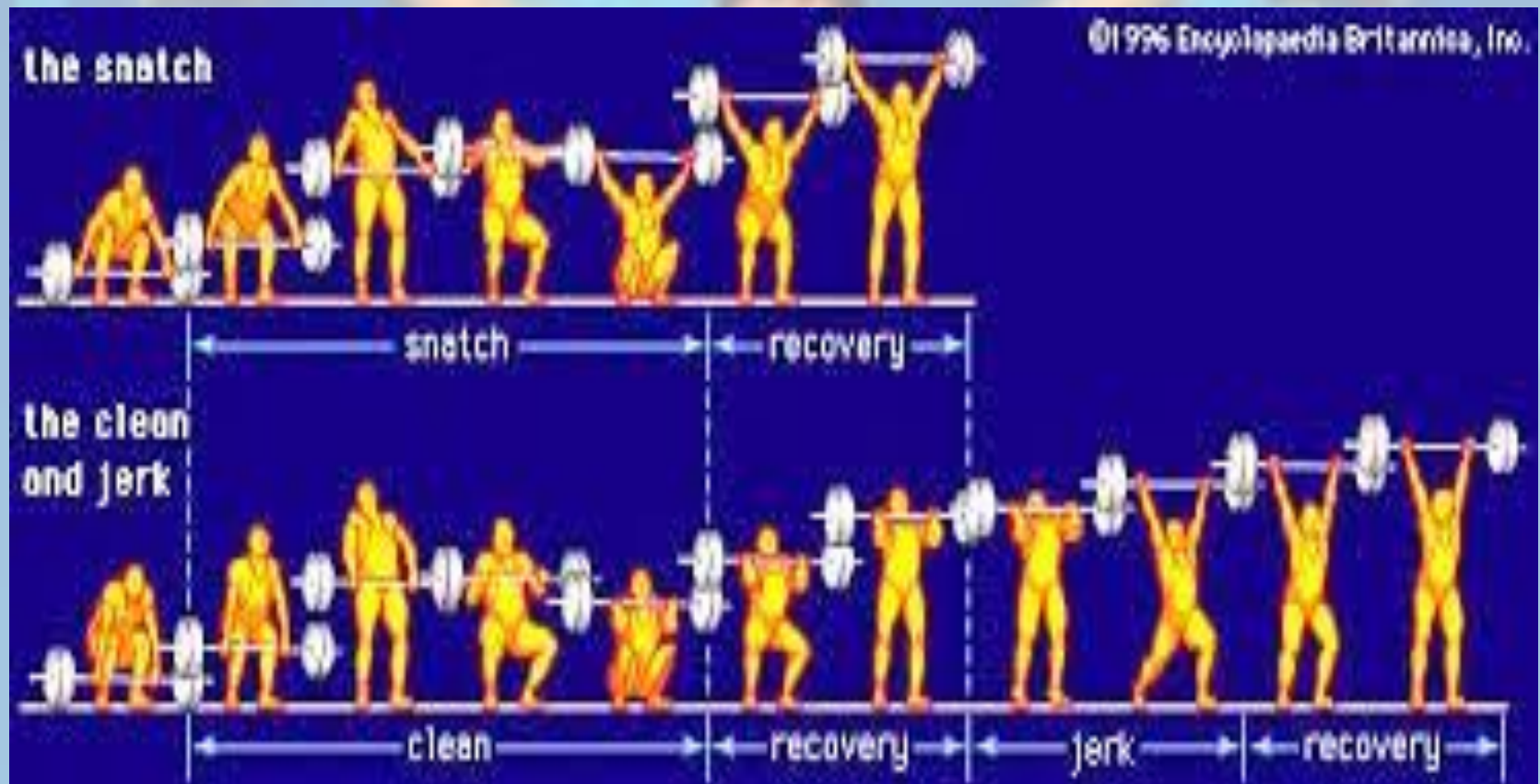
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Weightlifting

Weightlifting is a sport of lifting heavy weights on bars called barbells.



There are two current Olympic weightlifting events: the Snatch, and the Clean and Jerk.



All lifts must take place on a platform.



When the light is white, it is a “good lift”; and when the light is red it is a “no lift.”



Weightlifters wear a full-length costume, belt and boots.



Hook is the only permitted grip.



The Snatch: is one single continuous movement.



The Clean and Jerk: is a lift of two movements with a recovery in between; it's also known as 'The King of lifts'. Heavy weights are allowed.



References:

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