

A weightlifter in a blue singlet is performing a clean and jerk lift with a barbell. The lifter is in the middle of the jerk phase, with arms fully extended and the barbell held high above their head. The background is a light blue wall with large, faint Olympic rings. The word "Weightlifting" is overlaid in a large, bold, black serif font with a white outline.

Weightlifting

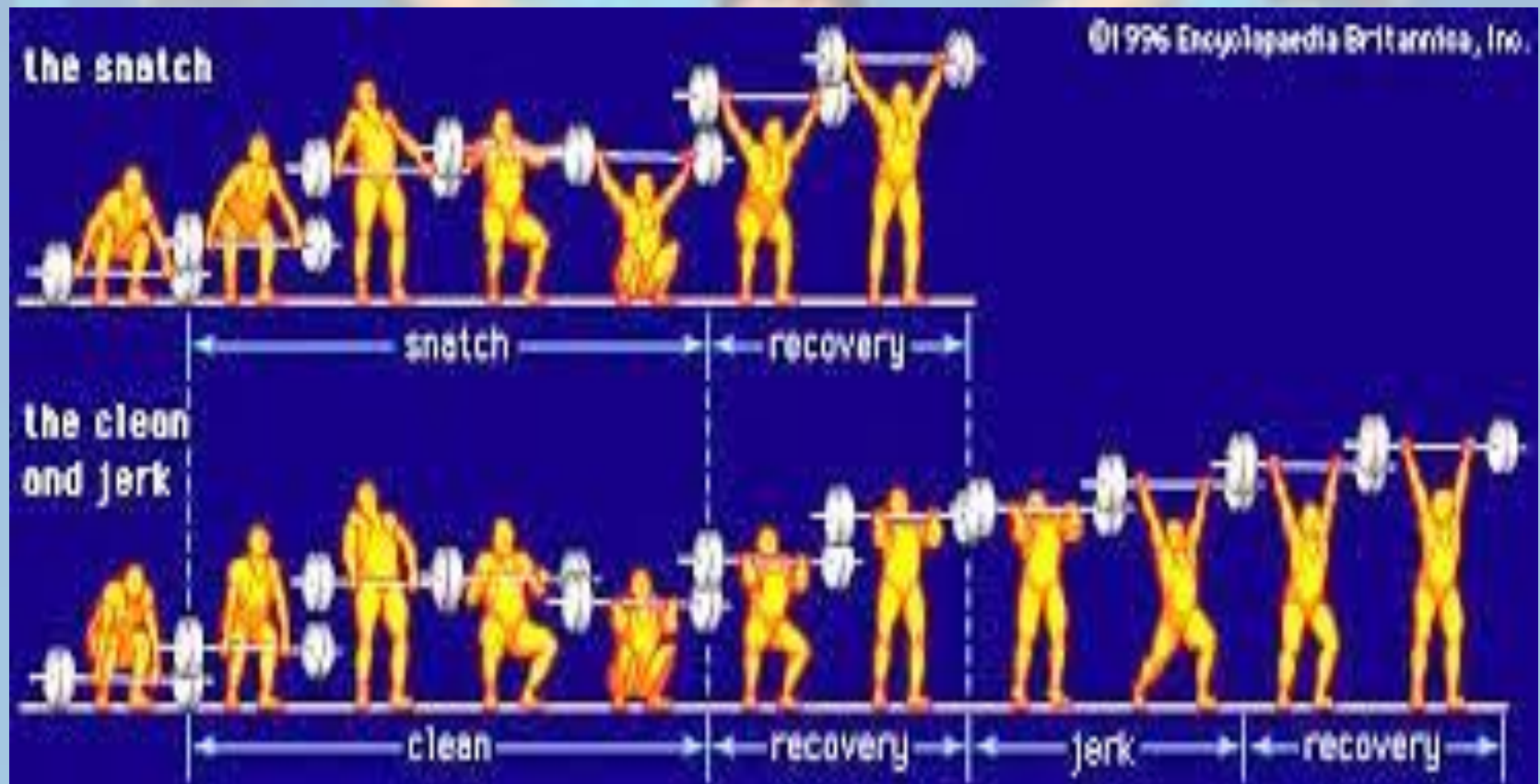
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Weightlifting

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.



A weightlifter in a blue singlet is performing a clean and jerk lift with a barbell. The background is a light blue gradient with faint circular patterns.

Q. Complete the following sentences:

1. In weightlifting, the red light means no lift, while the white light means good lift.

2. Hook is the only permitted grip.

Q. What does a weightlifters usually wear?

1. Full-length costume.
2. Belt.
3. Boots.



A weightlifter in a blue singlet is shown in the background, holding a barbell above their head. The image is semi-transparent and serves as a background for the text.

Q. Put the words in order and make true sentence:

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

2. on a platform/ must take/ All lifts/ place.

3. the Snatch/ are/ There/ and the Clean and Jerk/ two current Olympic weightlifting/ events.

A weightlifter in a blue singlet is performing a clean and jerk lift with a barbell. The lifter is in the middle of the jerk phase, with arms extended upwards and the barbell held high. The background is a light blue gradient with faint circular patterns.

4. a full-length costume/ wear/

Weightlifters/ belt and boots.

5. white,/ it/ When the light/ is/ a “good lift”/ is .

6. is/ a “no lift”/ is/ red/ it/ When the light.

References:

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