

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.

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.
3. The Snatch: is one single continuous movement.
4. The Clean and Jerk: is a lift of two movements with a recovery in between; it's also known as 'The King of lifts'.

Q. What does a weightlifters usually wear?

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

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.
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.