**Lecture 10 الأسبوع العاشر**

**4.1. 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”; 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.

dumbbell : a short bar with a weight at each end, used for strengthening the arm and shoulder muscles.

barbell : a long metal bar with weights at each end, used in the sport of weightlifting and for exercise.

Only barbells, not dumbbells, are permitted in weightlifting competitions. They should meet the IWF (International Weightlifting Federation) specifications and approval.



