

# WEIGHTLIFTING

PACKET # 14

## INSTRUCTIONS

This Learning Packet has two parts: (1) text to read and (2) questions and puzzles.

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

Let's start with a few definitions:

### 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 an object to provide resistance to movement. Weight training is a form of resistance exercise.

### Free weights

Barbells, dumbbells, iron shoes, and other objects.

### Exercise machines

Machines designed to provide 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:

- I. The snatch (moving a barbell from the floor to an over-

# Physical Education Packet 15 Weight Lifting Answers

**Padhraic Smyth**



## **Physical Education Packet 15 Weight Lifting Answers:**

Eventually, you will no question discover a new experience and triumph by spending more cash. yet when? get you say yes that you require to acquire those every needs subsequent to having significantly cash? Why dont you try to acquire something basic in the beginning? Thats something that will guide you to understand even more more or less the globe, experience, some places, as soon as history, amusement, and a lot more?

It is your totally own times to play a role reviewing habit. along with guides you could enjoy now is **Physical Education Packet 15 Weight Lifting Answers** below.

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