

Weightlifting – strength and skill

Athletes are allowed three attempts at any given weight. If the first lift is successful then 4.5kg is added to the bar. A further minimum of 2.5kg is added if the second lift is successful

Risks of injury

Sprained wrists, torn calluses on hands and strained elbows

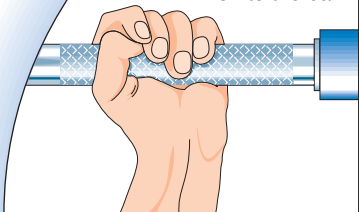
Dislocation of shoulders

Belts reduce risk of ruptures in abdominal wall and discs in lower spine

Inflammation of knees and hips

The 'hook' grip

The fingers are used to lock the thumb on to the bar



Weight divisions

		Olympic rings	
1	up to 52 kg	6	82.5 kg
2	56	7	90
3	60	8	100
4	67.5	9	110
5	75	10	over 110

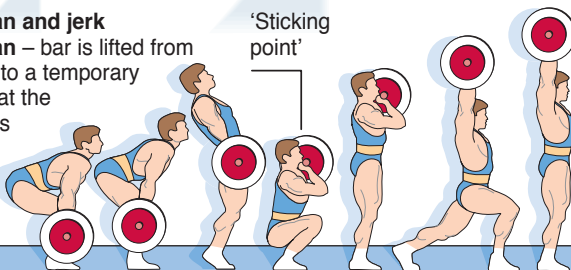
The clean and jerk

The clean – bar is lifted from the floor to a temporary position at the shoulders

'Sticking point'

The jerk

bar is lifted from shoulder to maximum arm extension



The snatch

Bar is lifted from the floor to maximum arm extension in one move

Squat to get under bar

