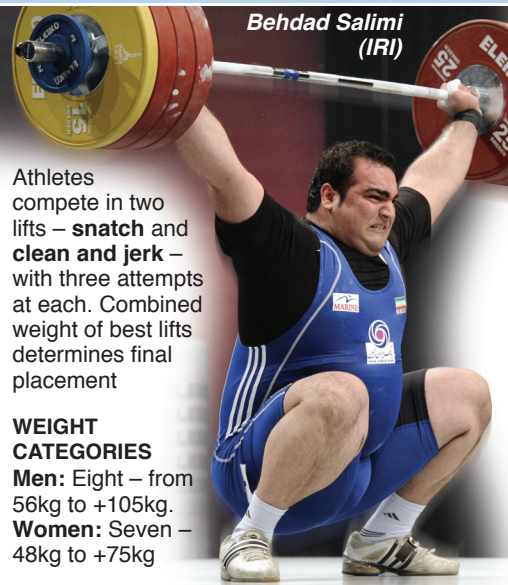


# Weightlifting *ExCel*

● *men* ● *women*



**Behdad Salimi**  
(IRI)

**Weights:** Range from 0.5kg to 25kg. Weight increased by at least 1kg for each attempt

**Bar weight**  
20kg (men)  
15kg (women)

Athletes compete in two lifts – **snatch** and **clean and jerk** – with three attempts at each. Combined weight of best lifts determines final placement

## WEIGHT CATEGORIES

**Men:** Eight – from 56kg to +105kg.  
**Women:** Seven – 48kg to +75kg

## WORLD RECORDS

### Snatch

- **Behdad Salimi (IRI)**  
214kg (2011)
- **Tatiana Kashirina (RUS)**  
147kg (2011)

### Clean and jerk

- **Hossein Rezazadeh (IRI)**  
263.5kg (2004)
- **Jang Mi-Ran (KOR)**  
187kg (2009)

**SNATCH:** Most difficult lift, weight pulled up in one motion

Wide grip on bar, initial lift uses legs and hips

Pull – bar reaches pelvis, body extends to propel bar upwards

Squat under bar

Finish – lifter standing in static position

**CLEAN AND JERK:** Two separate moves, allowing heaviest lifts

Narrower grip

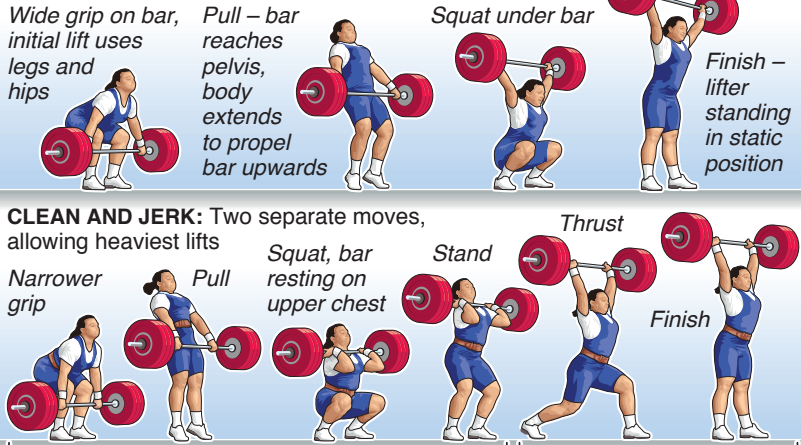
Pull

Squat, bar resting on upper chest

Stand

Thrust

Finish



**Clean**

**Jerk**