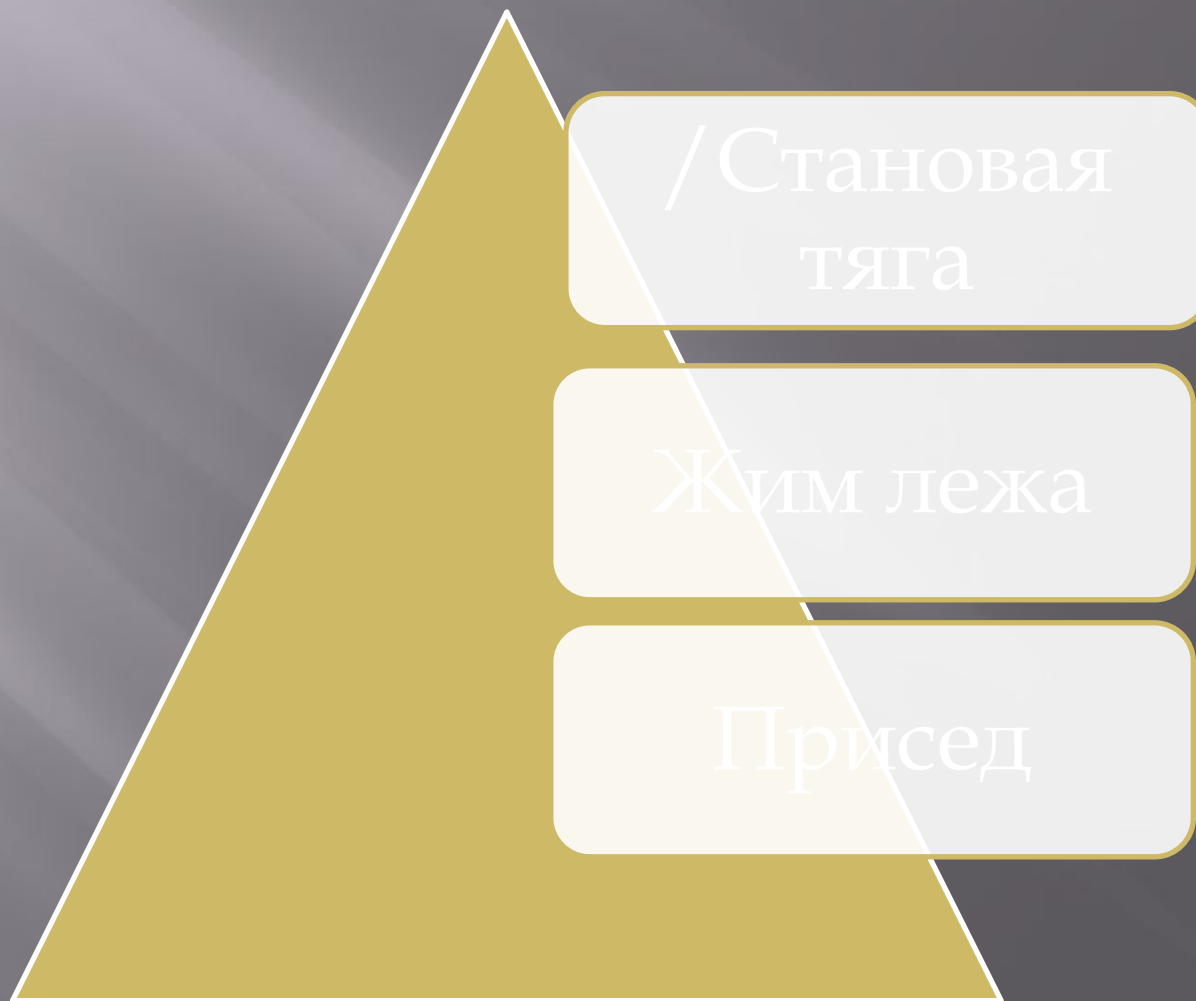


# WEIGHTLIFTING

# Пауэрлифтинг



- weightlifting is a power sport, which is based on the performance of exercises to lift the bar above the head. It has been part of the Olympic games programme since 1896.

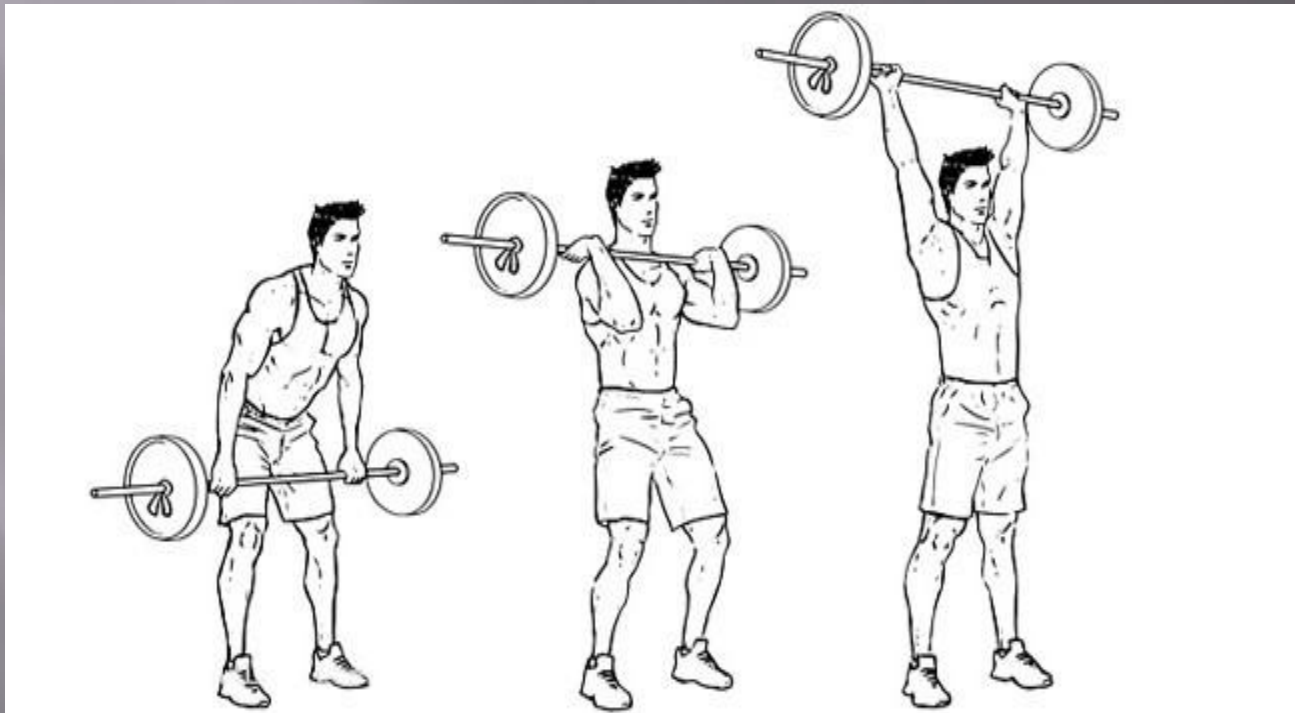


# Types of exercises in weightlifting

- Rod jerk
- exercise in which the athlete carries out lifting of a bar over the head one merged movement directly from a platform on completely straightened hands, at the same time squatting under it. Then, holding a bar over the head, the athlete rises, completely straightening legs.



# Rod jerk



# Push rod

