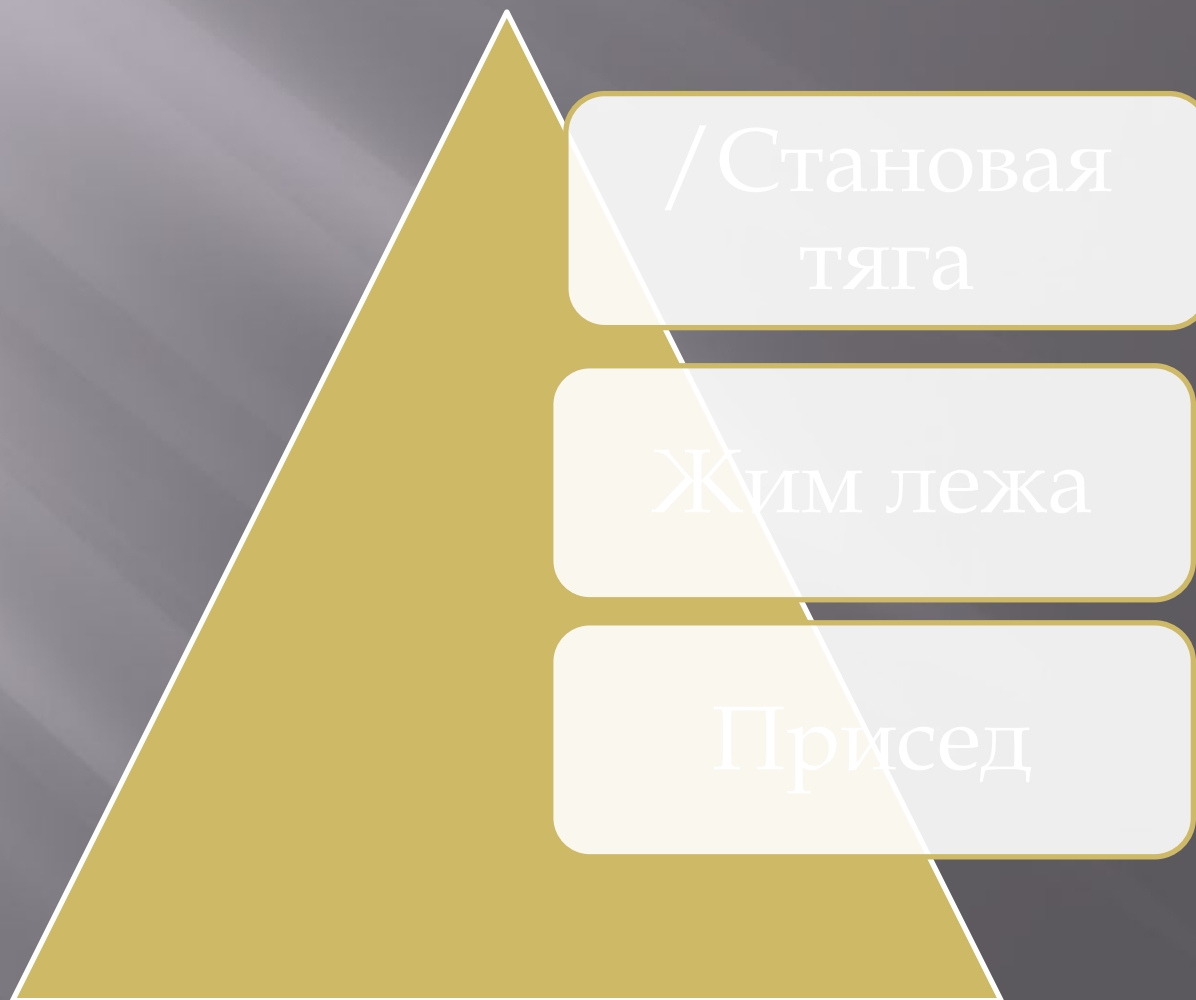


WEIGHTLIFTING

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.

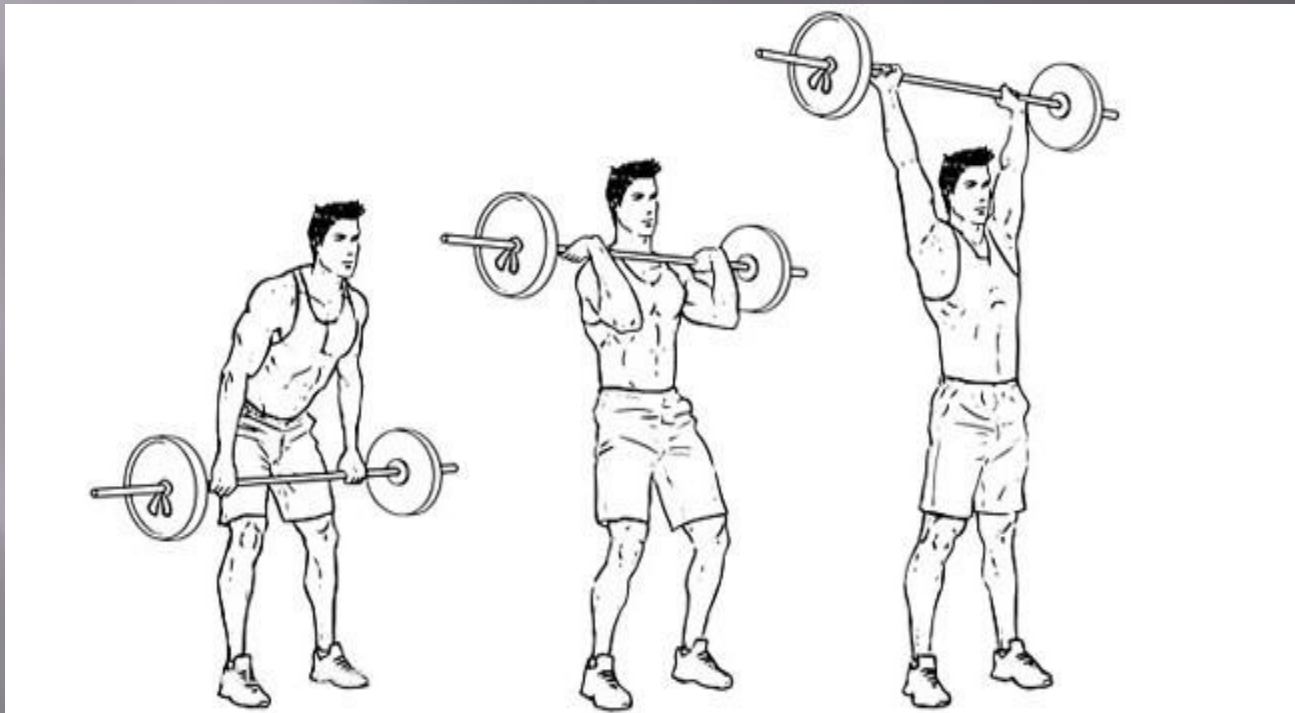


Types of exercises in weightlifting

- 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

