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et devient le sujet principal à lire, les lecteurs. Olympic Weightlifting A Complete Guide for Athletes Coaches Olympic weightlifting, or Olympic-style weightlifting, often simply referred to as weightlifting, is a sport in which the athlete attempts a maximum-weight single lift of a barbell loaded with weight plates. The two competition lifts in order are the snatch and the clean and jerk. The snatch is a wide-grip, one-move lift. The clean and jerk is a close-grip, two-move lift. Each weightlifter receives three attempts in each, and the combined total of the highest two successful lifts determines the Olympic weightlifting - Wikipedia Olympic Weightlifting: A Complete Guide for Athletes & Coaches. \$44.95 View.

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to develop on the body, which also become stronger.

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