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In this system, a
total lift that

matches a world
record is awarded

1,000.0000 ROBI
points. Example:

The world record in
the men's 67 kg. is

332 kg. Lifting 332
kg. at a ...

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weightlifting, or
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weightlifting, often
simply referred to
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a sport in which

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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-

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move lift.
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The Olympic weightlifting programme has evolved greatly over time. Today, weightlifters compete in snatch and clean and jerk, and are placed according to their total combined result. From the 2000 Olympic

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Games in Sydney, men have competed in eight weight categories and women in seven. This total of 15 events remains unchanged.

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PROJECT MA 01 at

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Bandung. Ma S N C

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By following the

programs,

exercises

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Quite simply,

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weightlifting can
completely change
one's holistic levels
of strength and
fitness.

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competition is
conducted in eight

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categories for the
men, ranging from
56 kg. (123.46 lb.)
to 105+ kg. (over
231.49 lb.), and
seven bodyweight
categories for the
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