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Packet 14: Weightlifting. Watch the video before answering the questions below using complete sentences. What are some of the physical benefits to be gained from weightlifting? *. Name at least two...

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Gym: Weightlifting Packet. STUDY. Flashcards. Learn. Write. Spell. Test. PLAY. Match. Gravity. Created by. teaghan0605. Terms in this set (12) what are some of the physical benefits of lifting weights? define overall fitness w/ a well muscled, defined and toned physique and increased skills.

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Physical Education Learning Packets #14 Weightlifting Text © 2008 The Advantage Press, Inc. head position in one smooth, rapid motion). 2. The clean and jerk (moving a barbell first from the floor to the level of the shoulders (the clean), then overhead (the jerk), in two smooth, quick motions).

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