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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.

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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 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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Olympic Weightlifting: A Complete Guide for Athletes & Coaches ... There is no better book I know about to learn Olympic style weight lifting. Greg Everett has competed in the Olympics as a weightlifter and as a coach. He is a great communicator and author. I can't recommend this book more.

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Weightlifting competition is conducted in eight bodyweight categories for the men, ranging from 56 kg. (123.46 lb.) to 105+ kg. (over 231.49 lb.), and seven bodyweight categories for the women,....

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