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The Portable Greg Everett: Collected Articles 2005-2012 (Greg Everett) Today, the world's strongest weights lift the heaviest weights as world records. The event, Olympic weightlifting, was an inaugural modern sport in the Olympic Games in 1896 and was removed in 1924 due to its abolition. But there are still some athletes in the world that can hold eight world records. Why? Because these athletes are experts in Olympic weightlifting. They train for years. Before the advent of computers, they must use their own mind to lift those heavy weights. Details Olympic weightlifting consists of different categories: the snatch - a single set of five lifts (each one consisting of two exercises) the clean - two sets of three exercises (each one consisting of two exercises) the jerk - a single set of three exercises (each one consisting of two exercises) some weightlifters train in two more categories: the total - three sets of five lifts (each one consisting of two

exercises) the snatch + clean + jerk - six exercises (each one consisting of two exercises) Olympic weightlifting is an international sport in the weight category (W) and with different categories (Sn, Cn, Jn). In the Soviet Union, the best lifters were part of the national team and trained for the two-year period prior to the Olympics. In the United States, there were four weight categories: W, Sn, Cn, and Jn (which was later changed to Total). The weight classes have not changed until the Olympics of the 2000s, which have five weight categories: W, Sn, Cn, Jn and T. In the 2014 World Championships in the weight category Sn + Jn, Ukraine lifted the world record (men). Russia was second and Latvia third. In the 2016 Olympics in the weight category Sn + Jn, Russia lifted the world record (men). Germany was second and Sweden third. In the 2018 World Championships, Russia again lifted the world record in the Sn + Jn weight category. Basic principles of weightlifting technique Defined the number of different weight categories in weightlifting, the number of sets and exercises for each weight categories, and the rules of the competition. Generalities Olympic weightlifting is one of the strongest sports in the world. Each weightlifter (gymnast) attempts to

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