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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.

Olympic weightlifting - Wikipedia

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Olympic Weightlifting Author of one of the best books on Olympic weightlifting, Olympic Weightlifting: A Complete Guide for Athletes & Coaches, Greg Everett found the sport as an adult, but didn't let it stop him from pursuing his dream. He is now the owner of Catalyst Athletics and Performance Menu.

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Olympic Weightlifting: A Complete Guide for Athletes & Coaches

Olympic Lifting vs. Powerlifting .

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