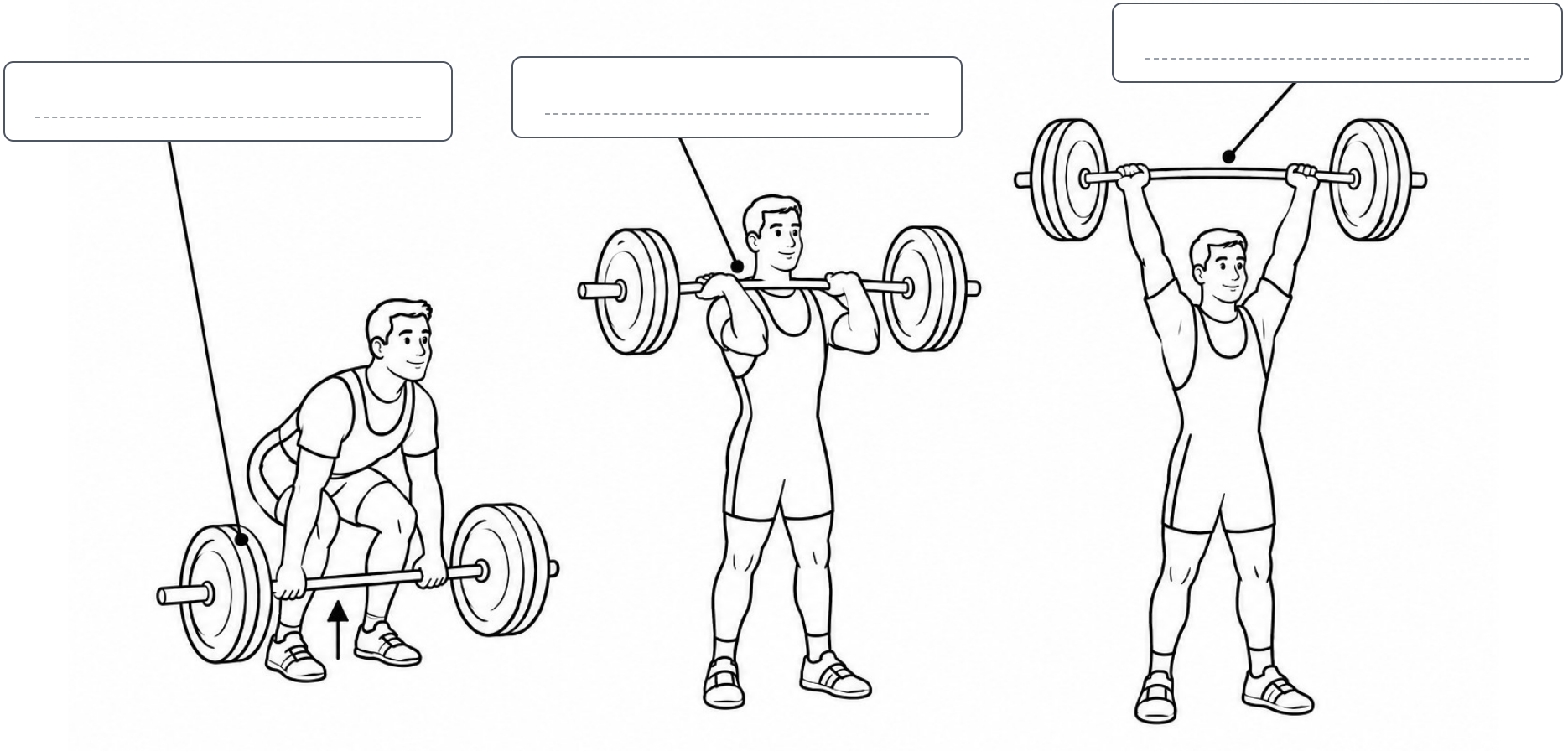
Write the missing words. Use the word bank.

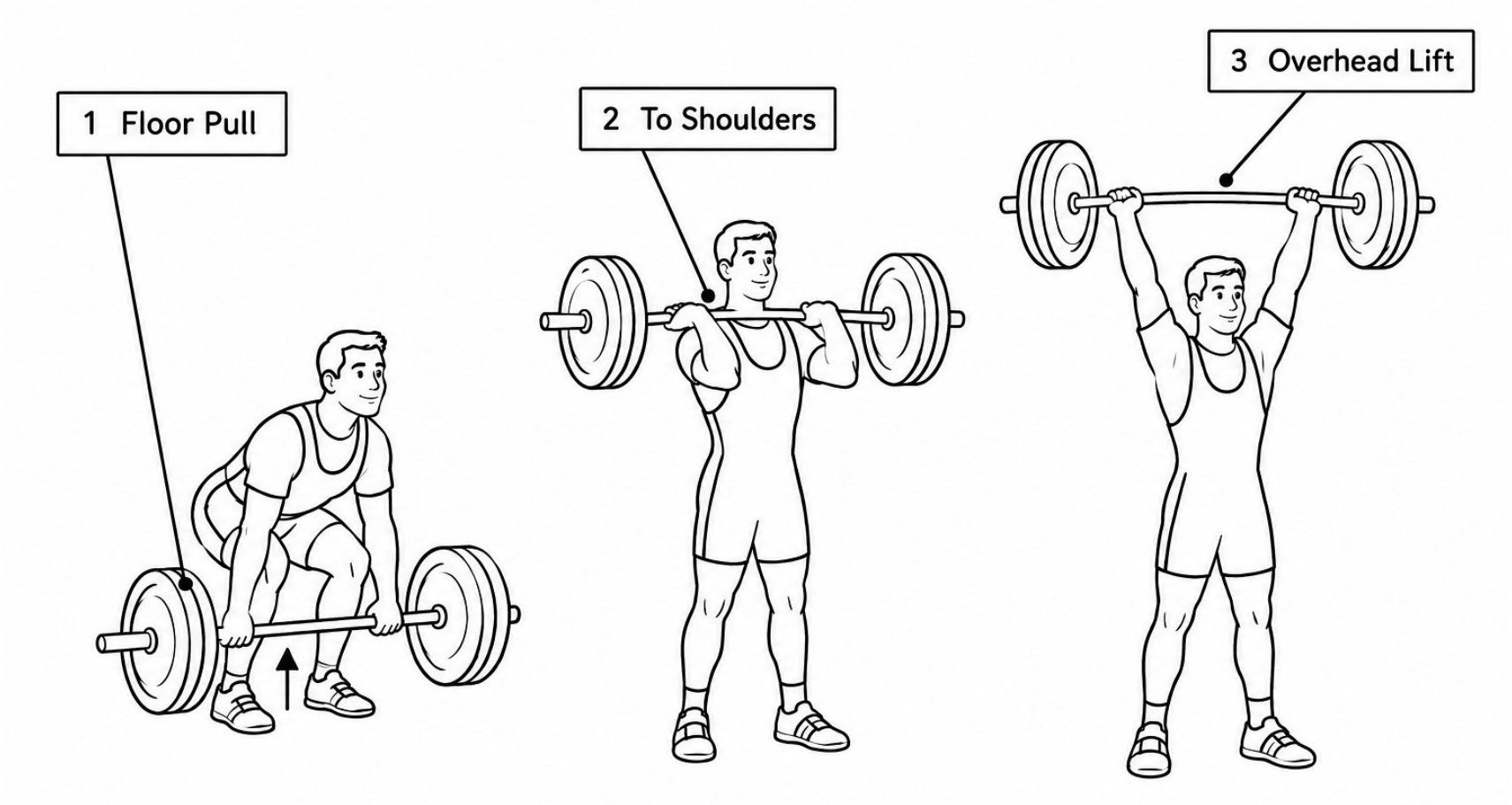
Name _____ Date _____

Clean and Jerk Steps



WORD BANK 1 Floor Pull • 3 Overhead Lift • 2 To Shoulders

Clean and Jerk Steps



Clean and Jerk Steps

