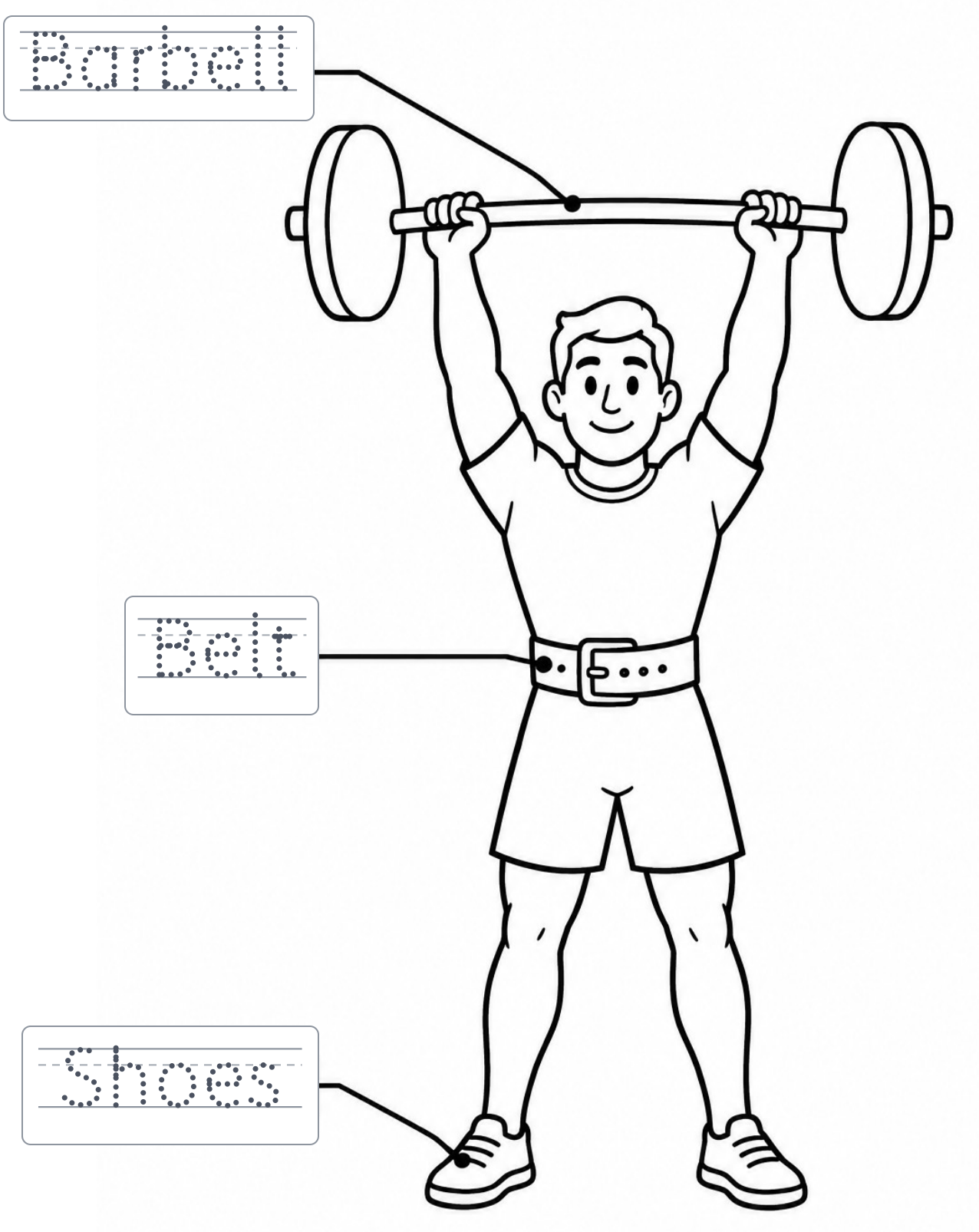
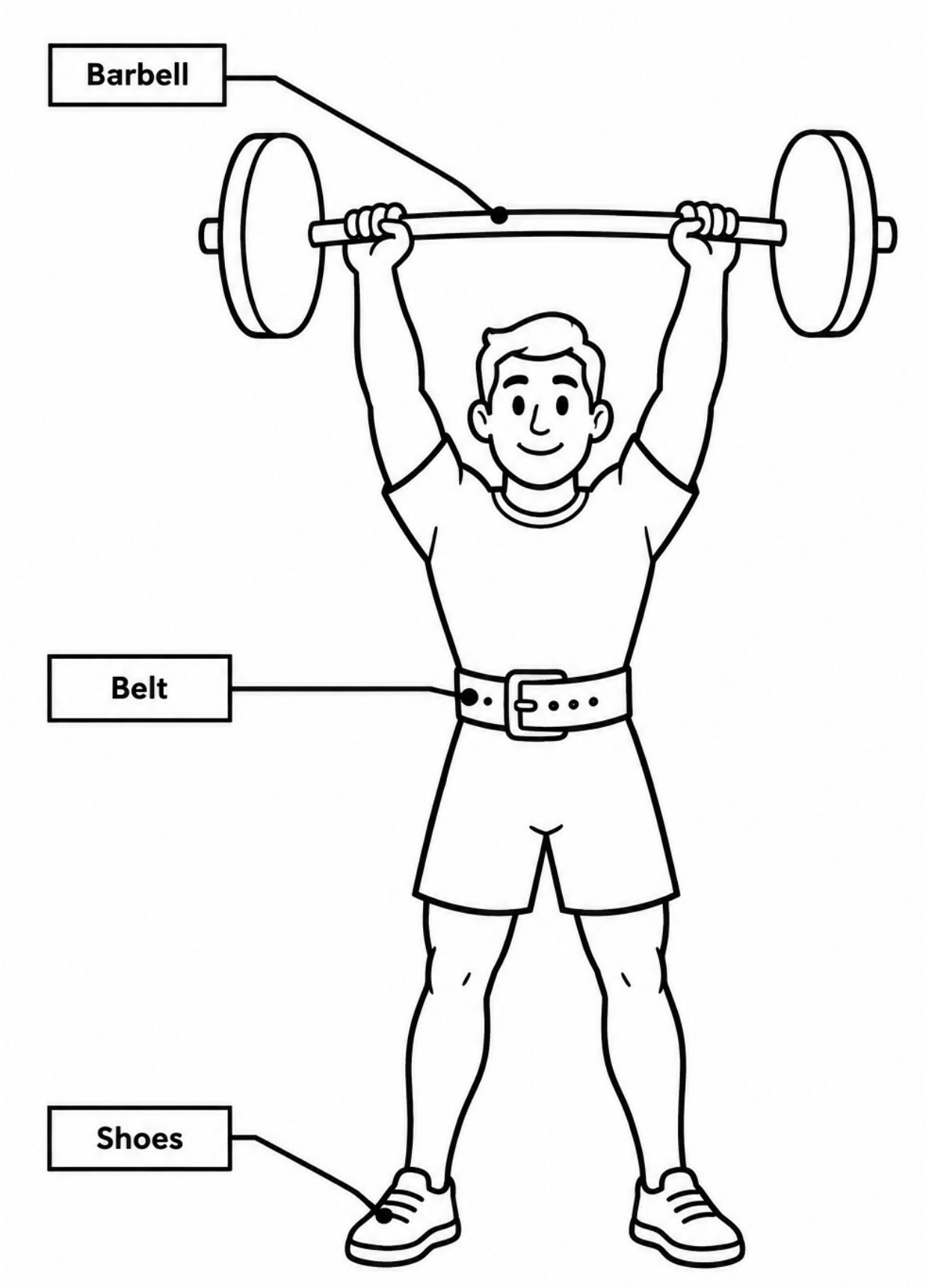
Trace the words. Then color the picture.

Name _____ Date _____

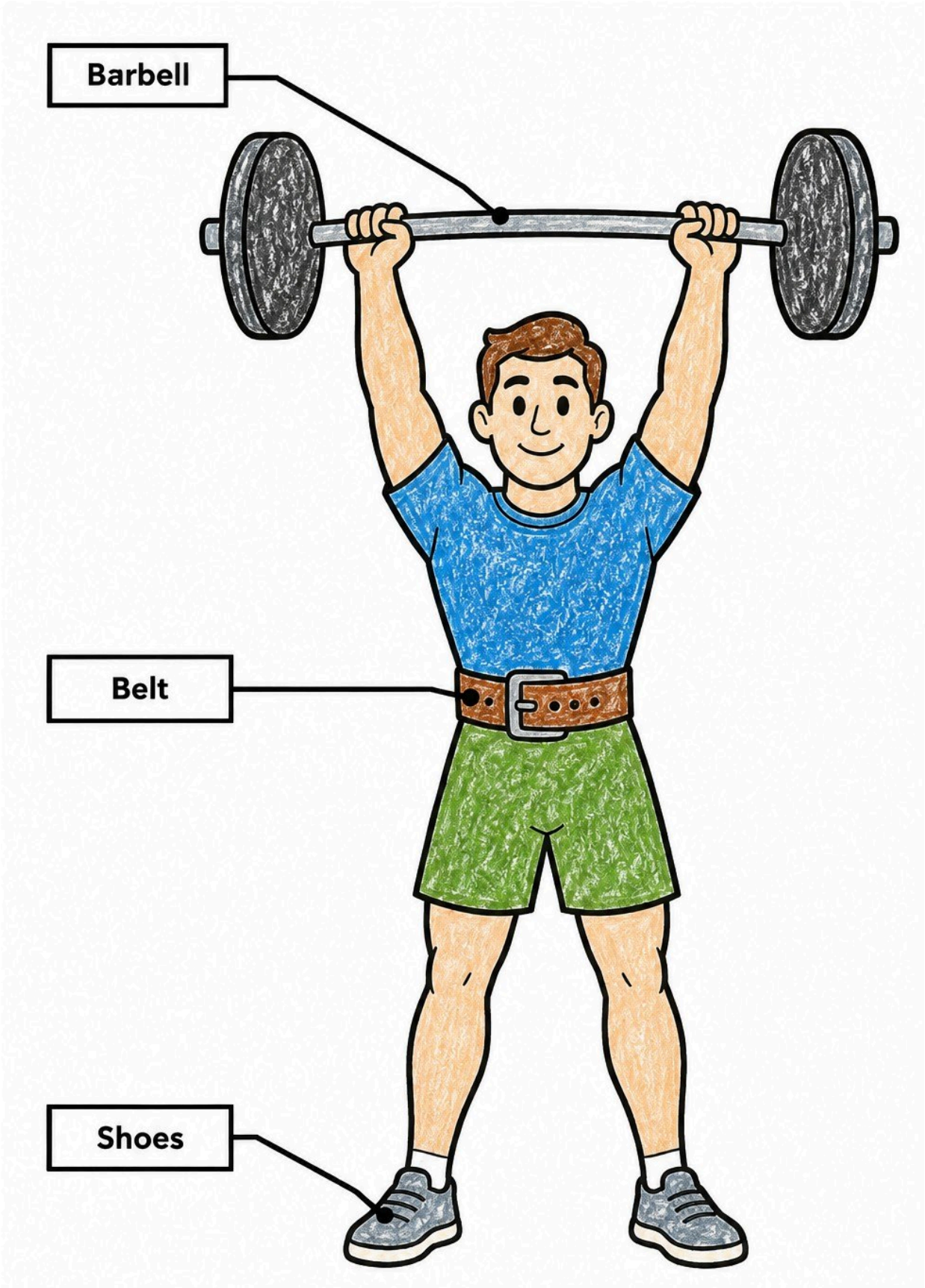
Weightlifter and Basic Gear



Weightlifter and Basic Gear



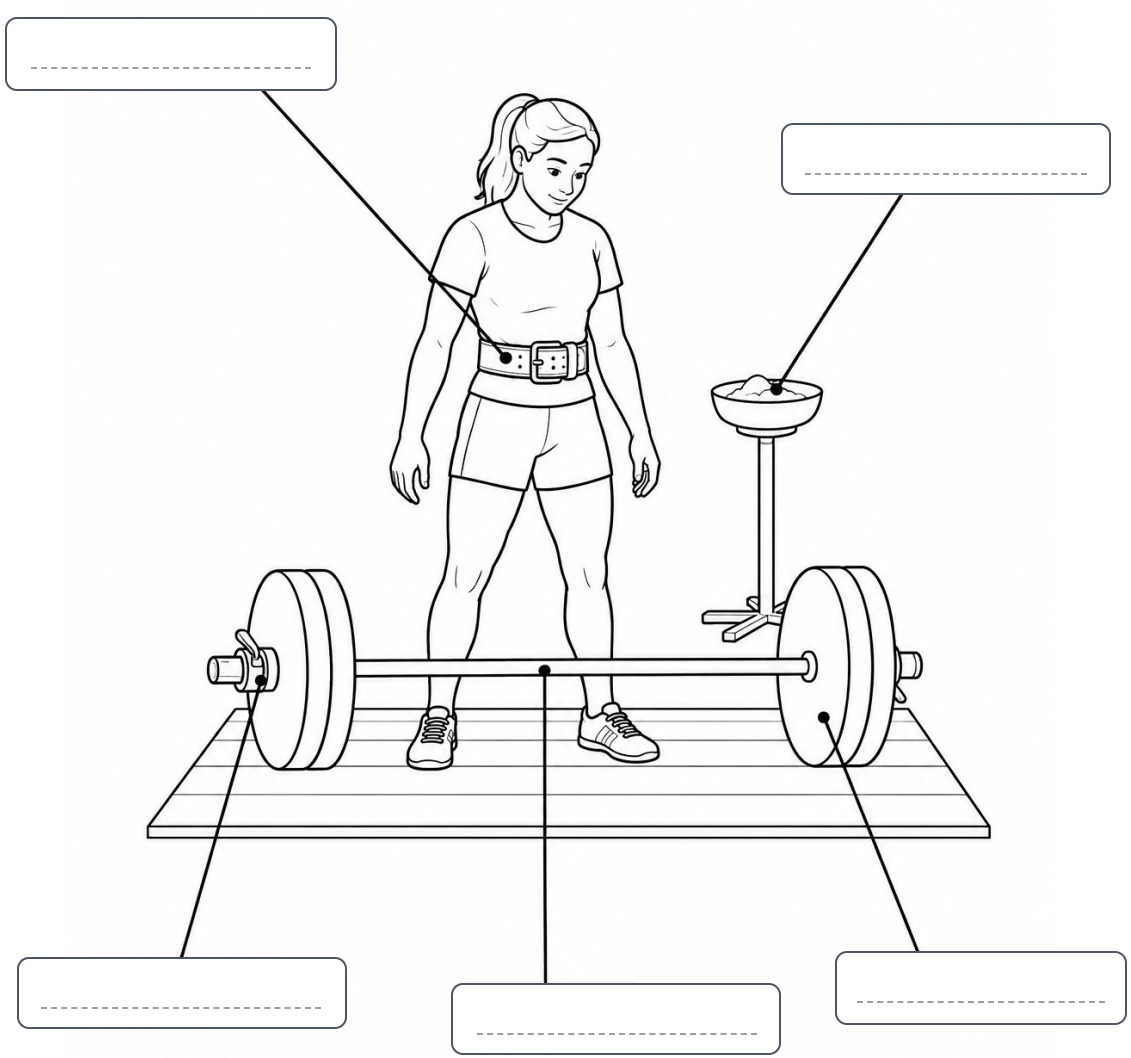
Weightlifter and Basic Gear



Write the missing words. Use the word bank.

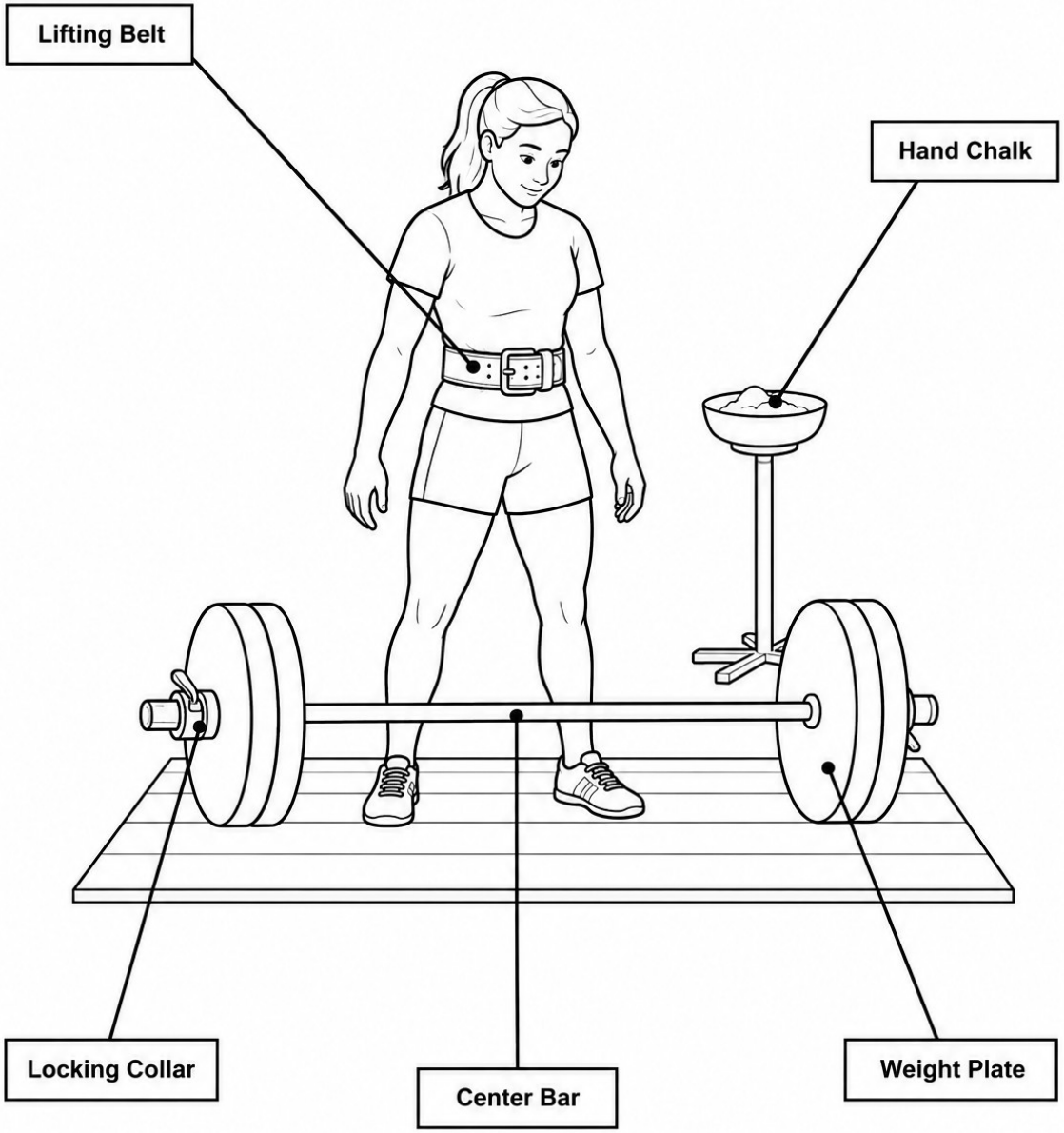
Name _____ Date _____

Barbell Parts and Chalk

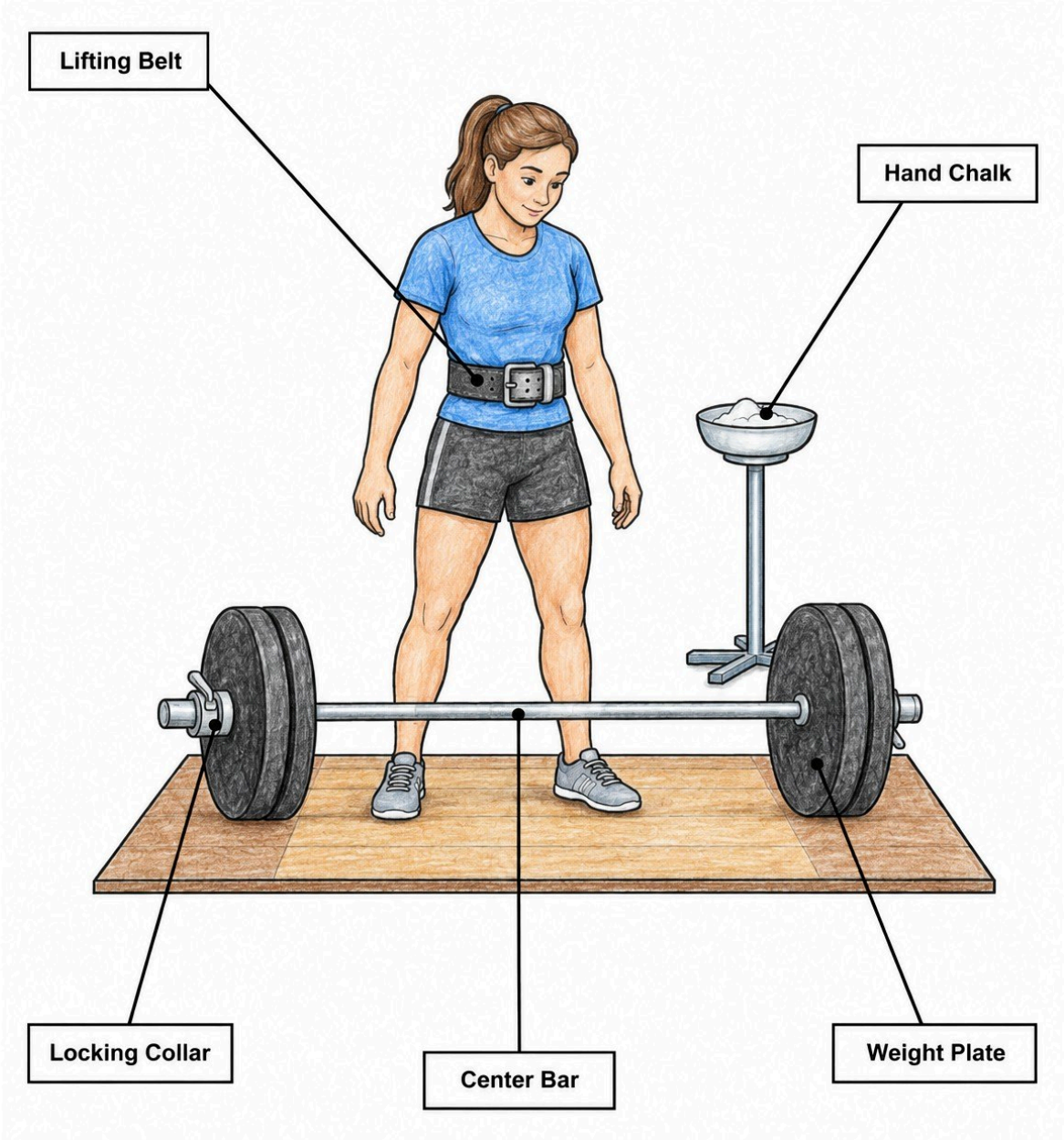


WORD BANK Center Bar • Lifting Belt • Weight Plate • Locking Collar • Hand Chalk

Barbell Parts and Chalk



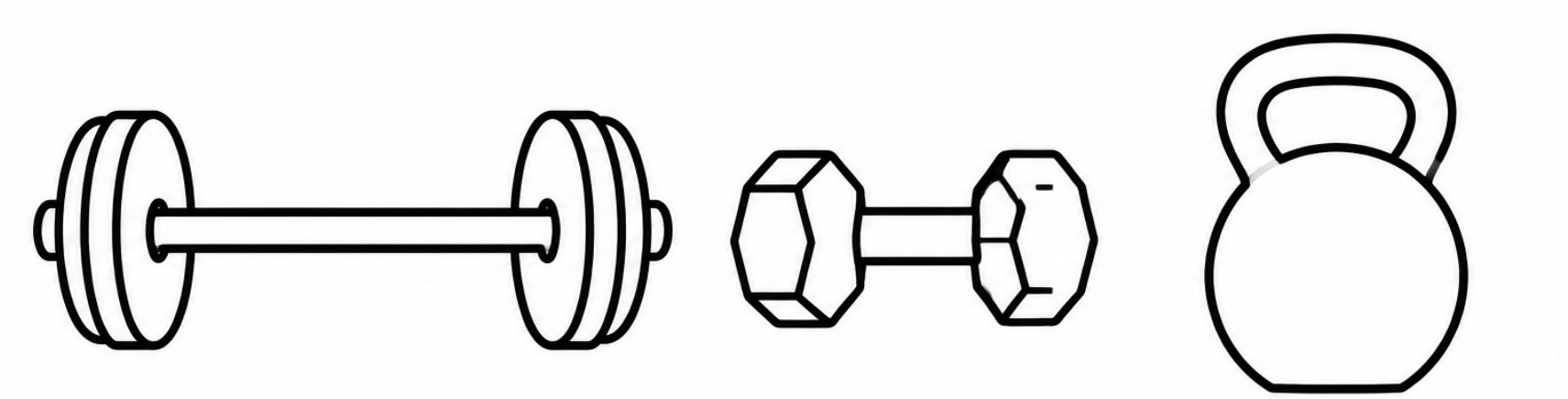
Barbell Parts and Chalk



Trace the words. Then color the picture.

Name _____ Date _____

Three Kinds of Weights

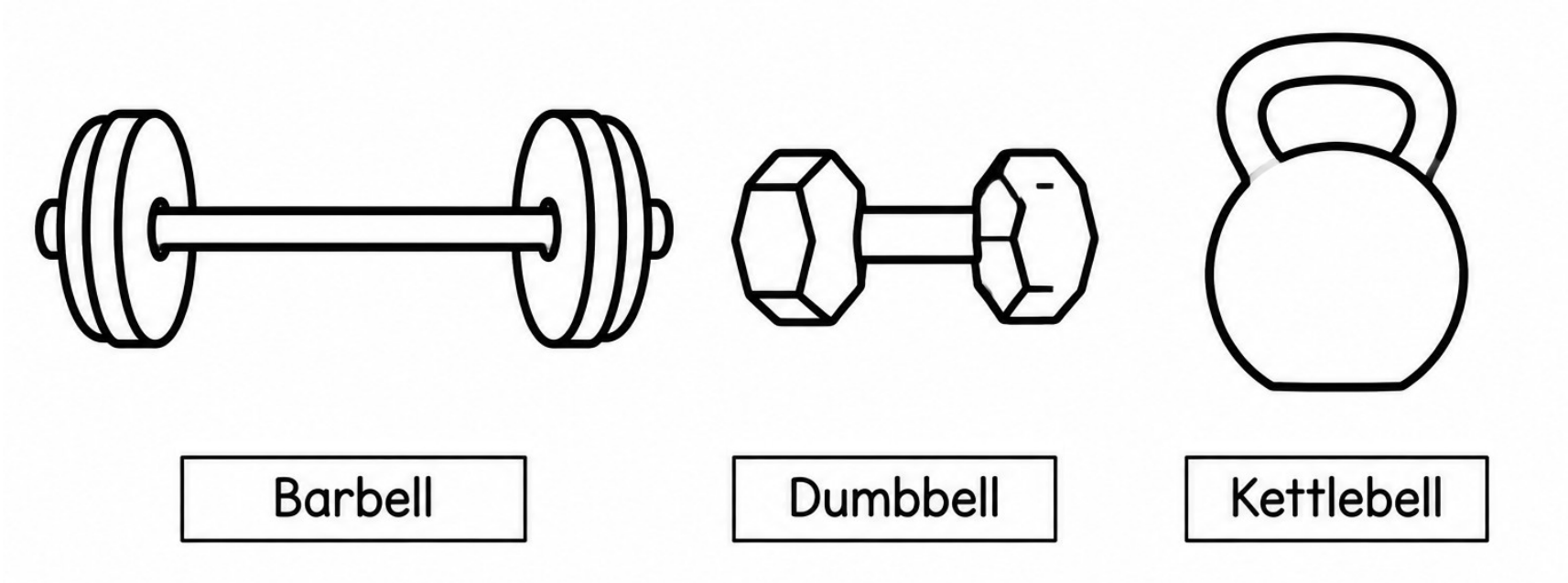


Barbell

Dumbbell

Kettlebell

Three Kinds of Weights

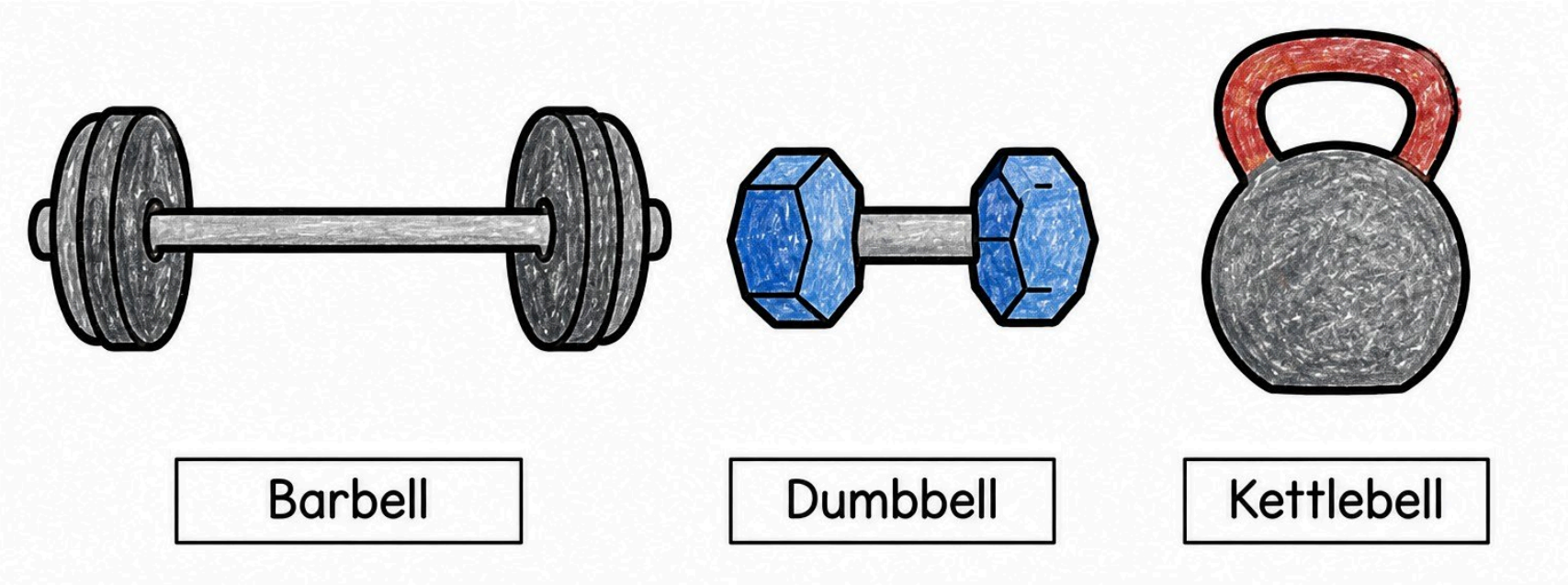


Barbell

Dumbbell

Kettlebell

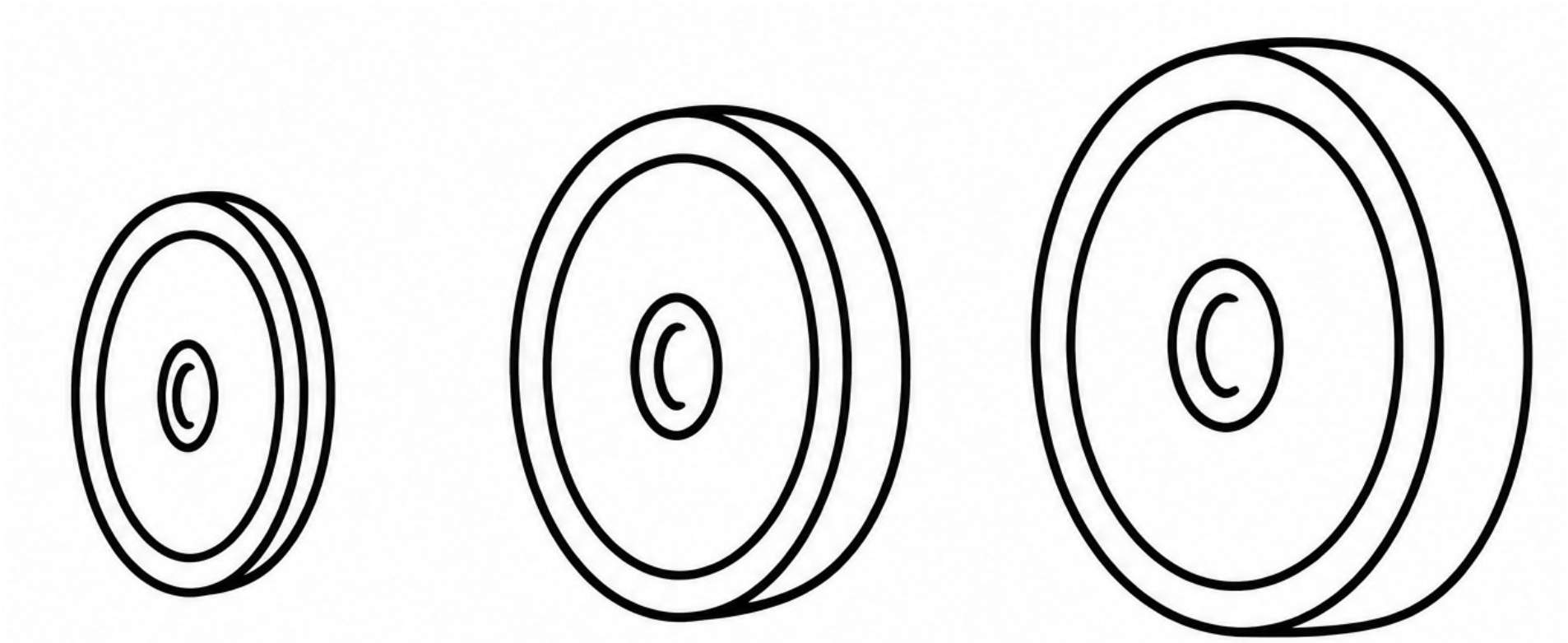
Three Kinds of Weights



Trace the words. Then color the picture.

Name _____ Date _____

Light to Heavy Plates

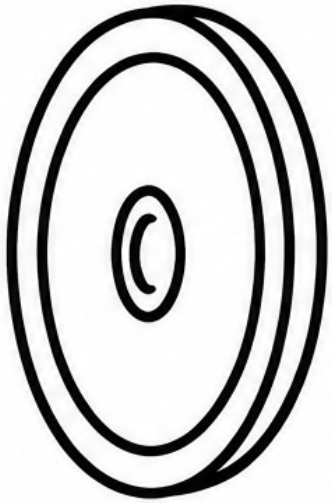


light

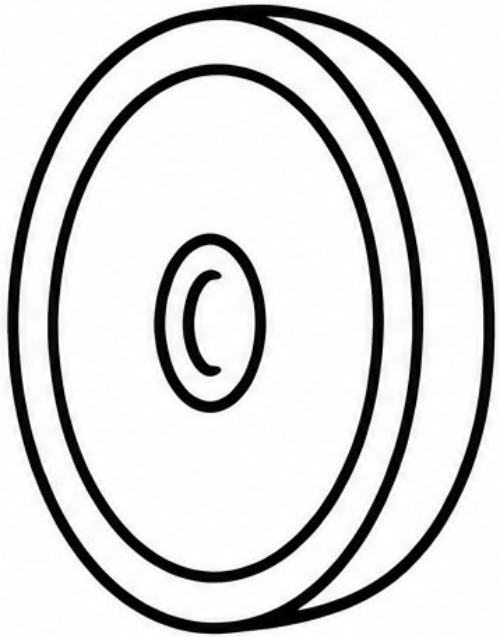
Medium

Heavy

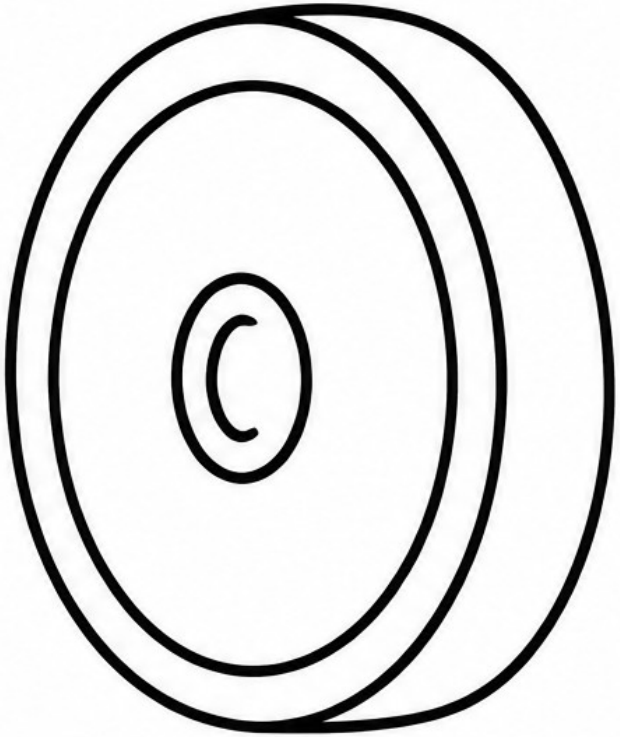
Light to Heavy Plates



Light

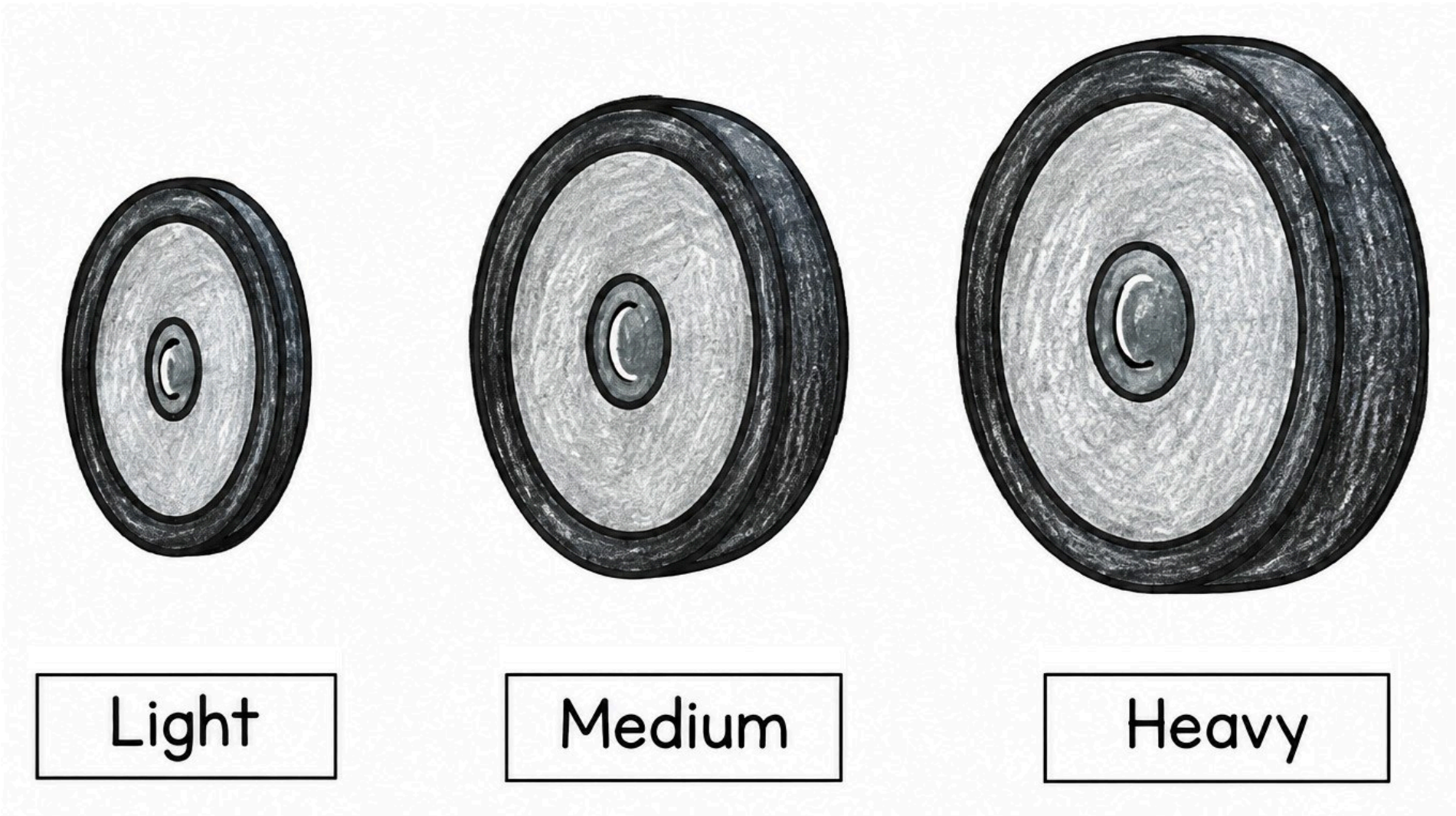


Medium



Heavy

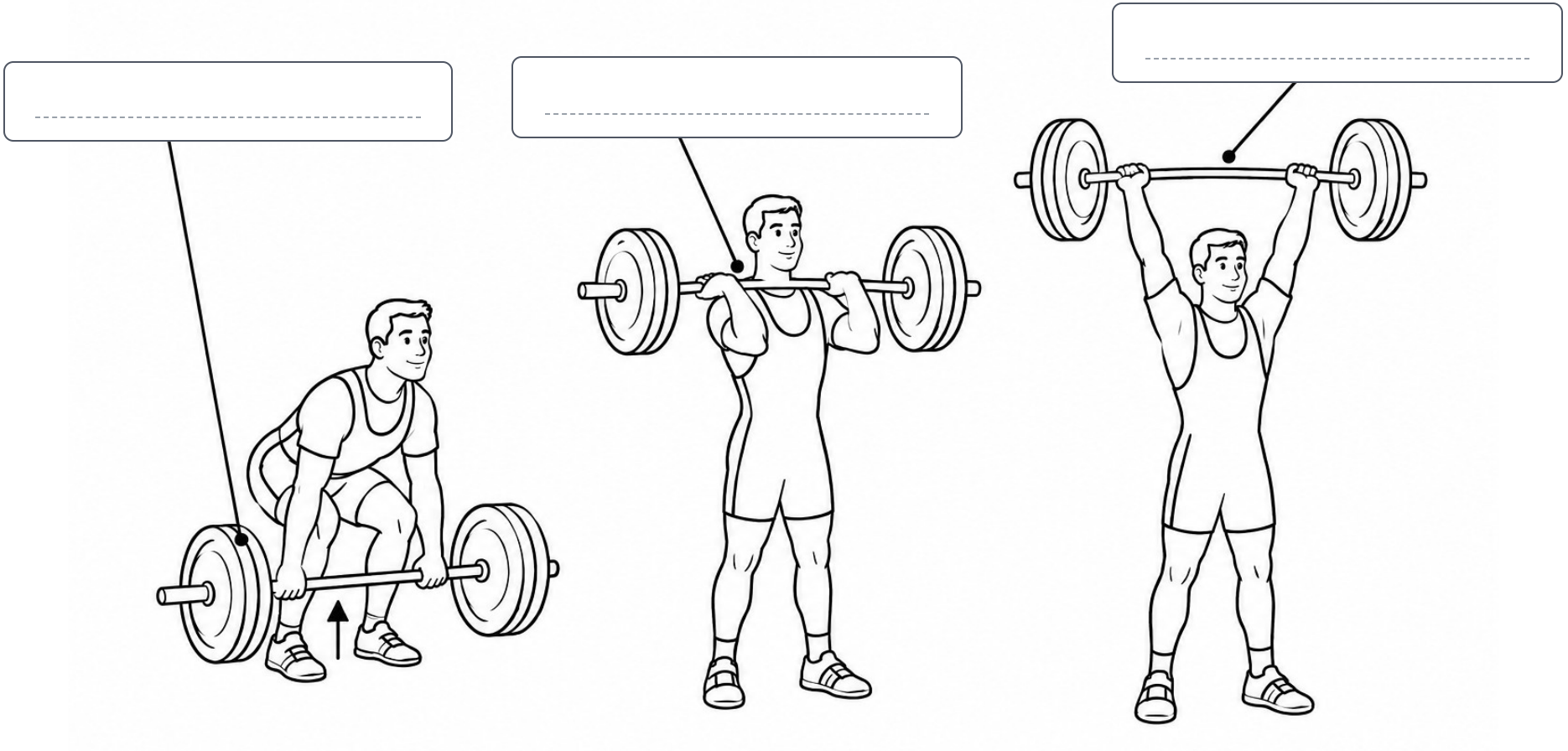
Light to Heavy Plates



Write the missing words. Use the word bank.

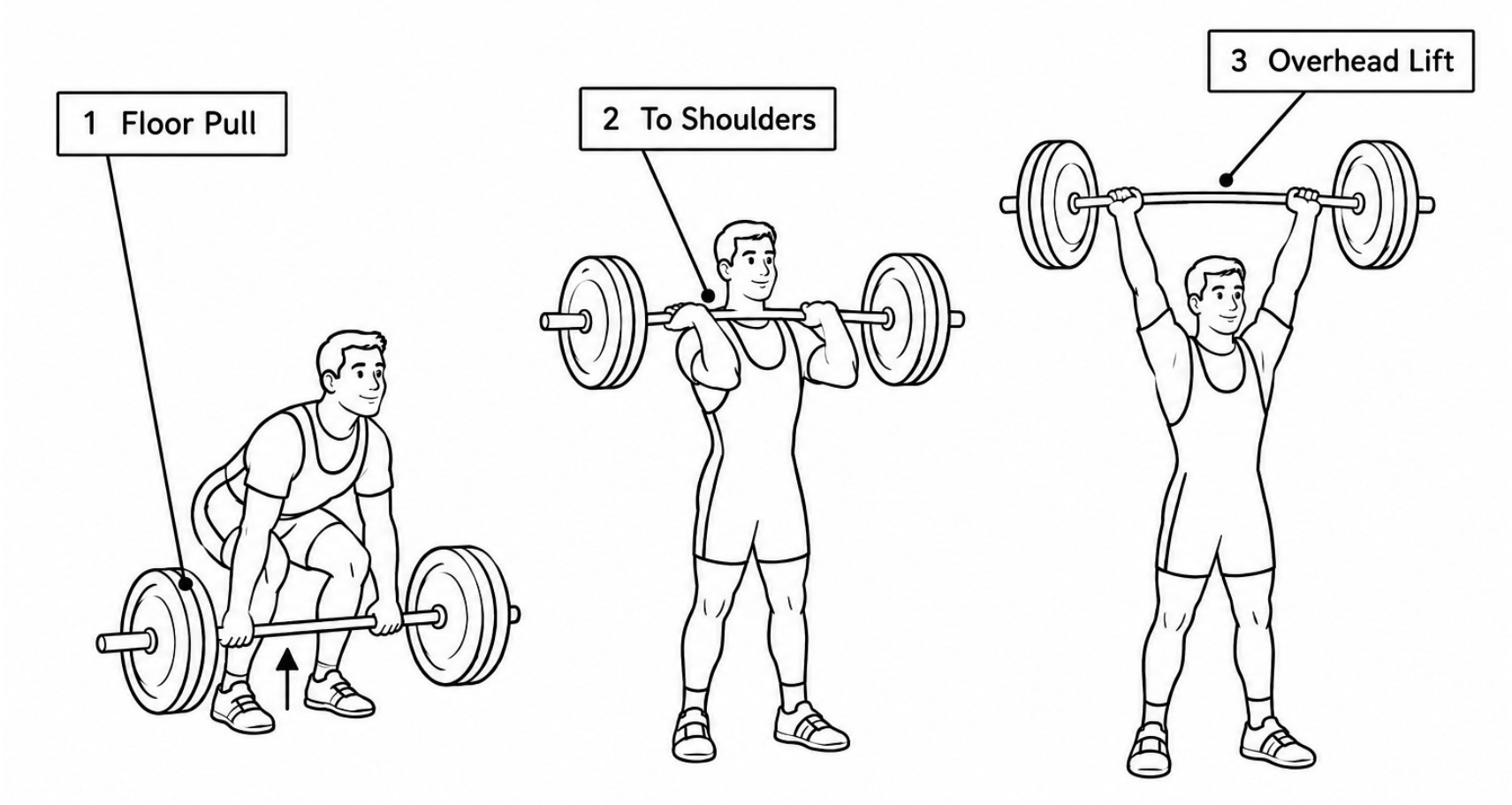
Name _____ Date _____

Clean and Jerk Steps

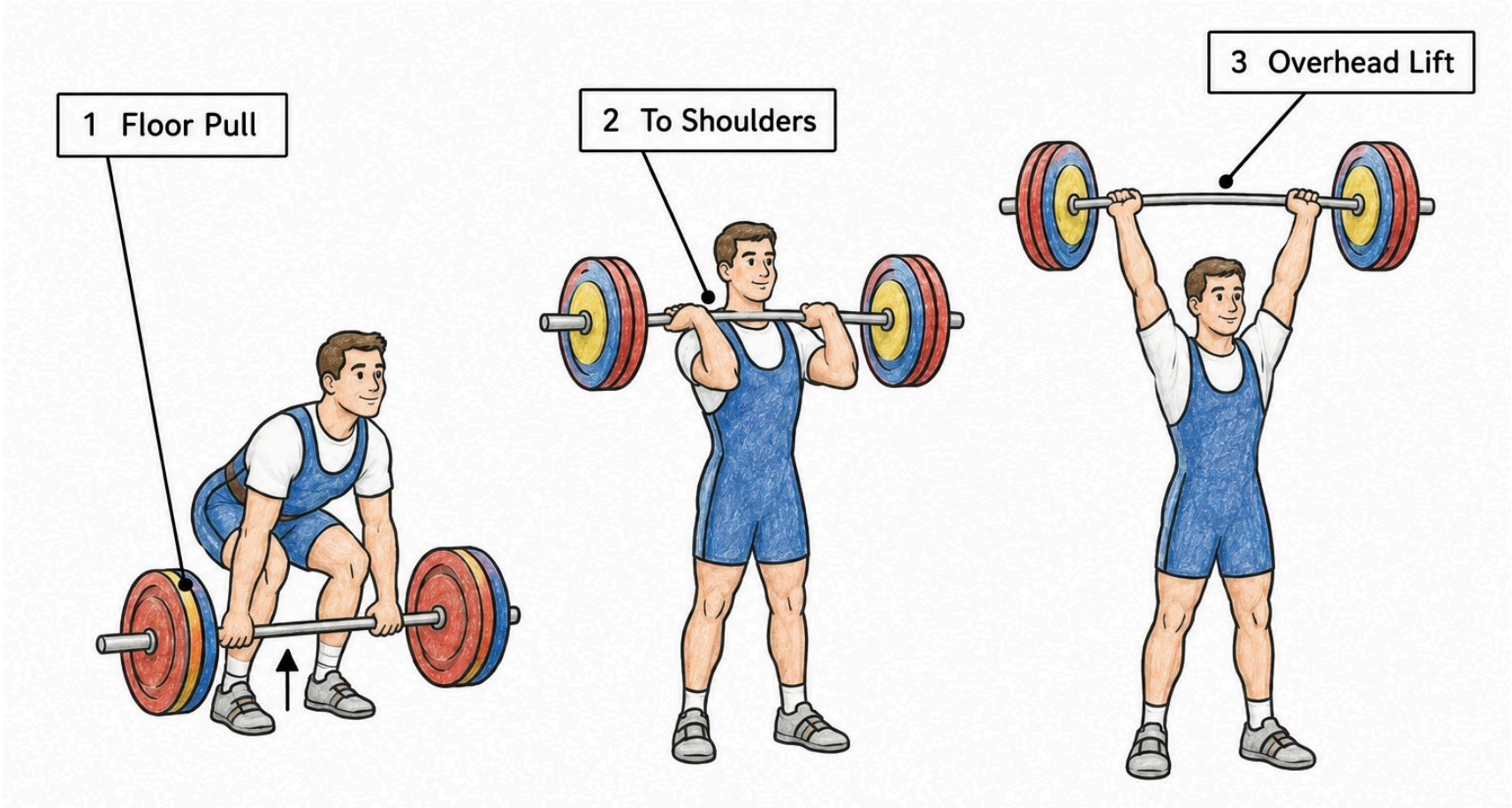


WORD BANK 1 Floor Pull • 3 Overhead Lift • 2 To Shoulders

Clean and Jerk Steps



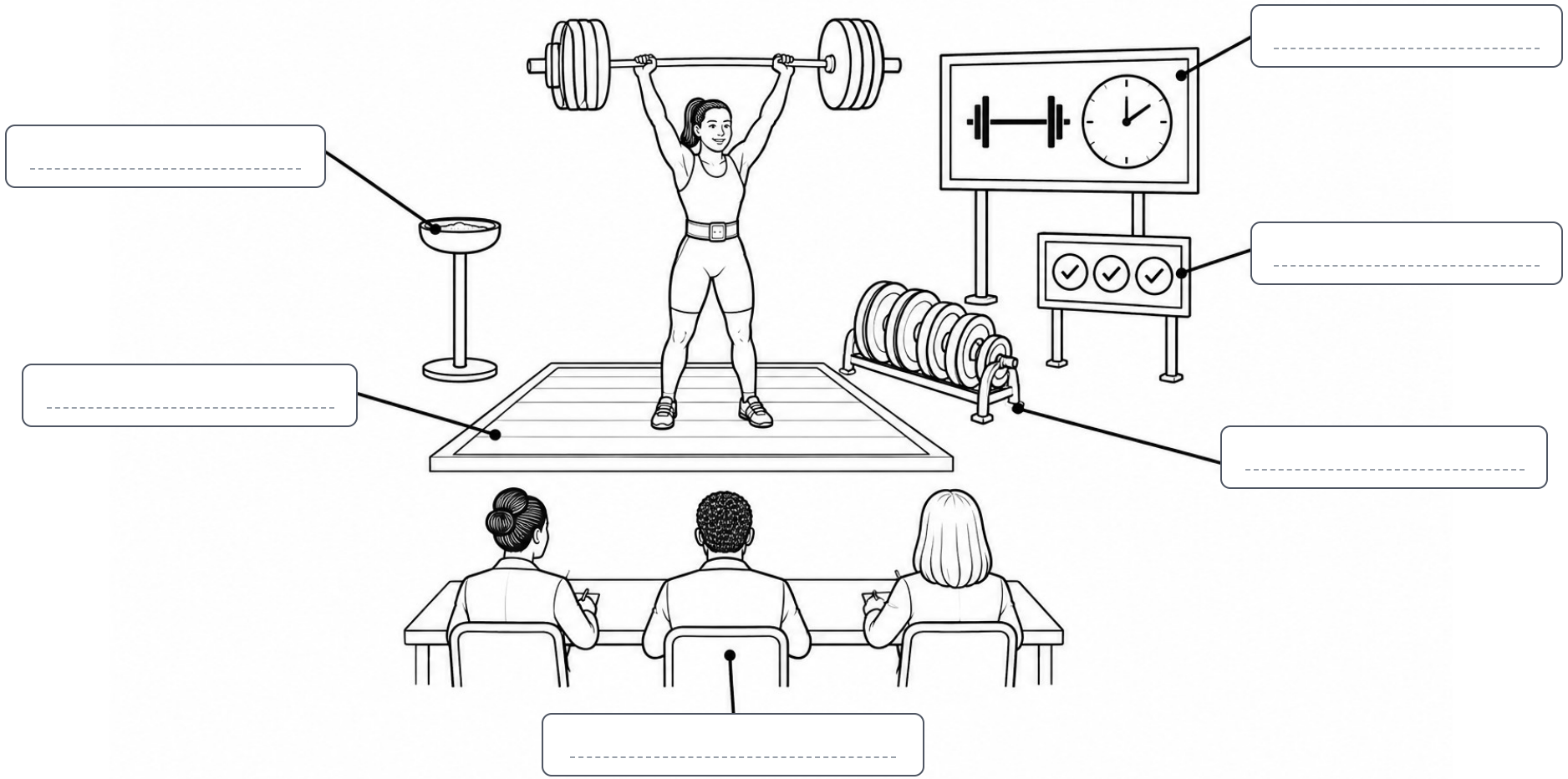
Clean and Jerk Steps



Write the missing words. Use the word bank.

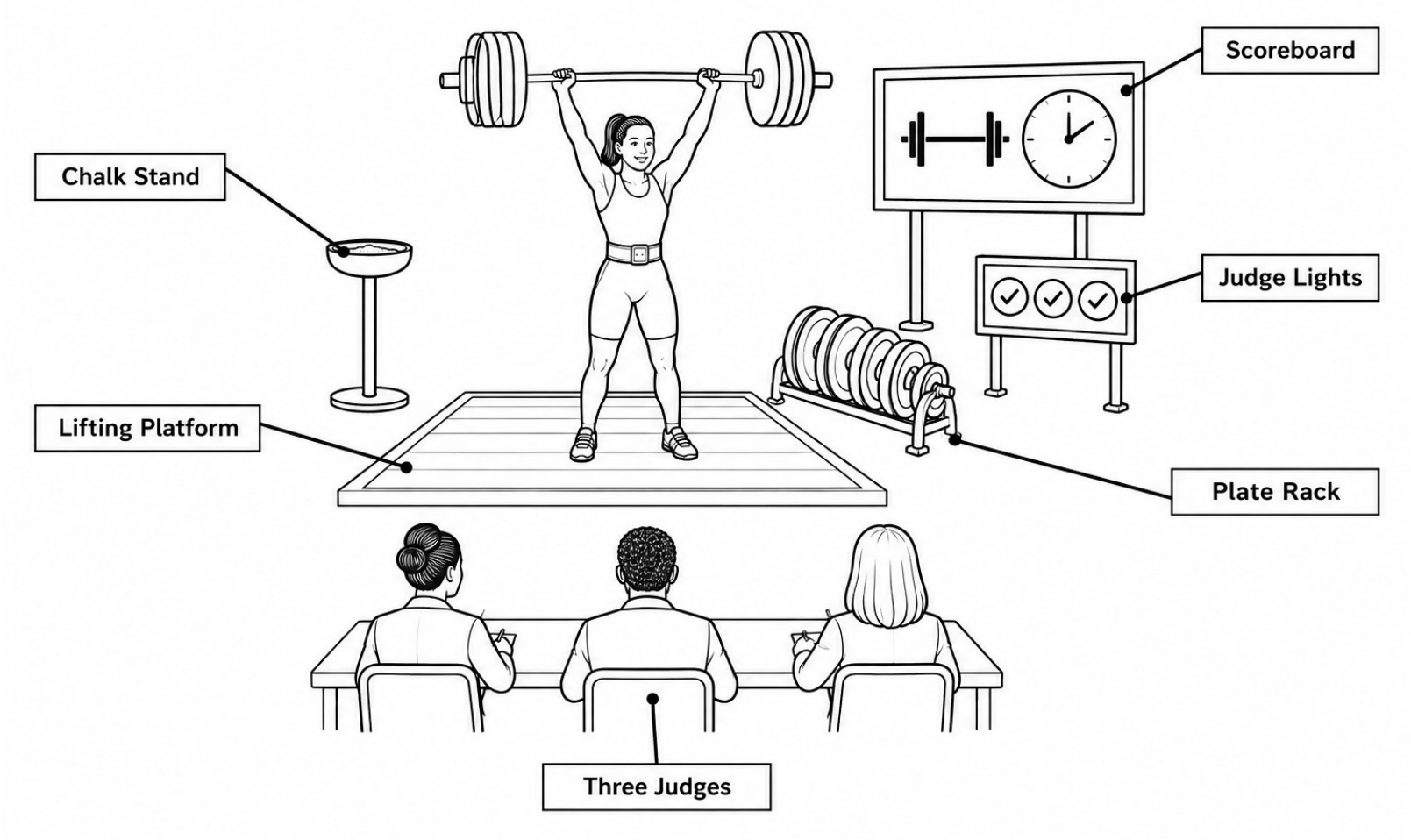
Name _____ Date _____

Weightlifting Competition Arena



WORD BANK Chalk Stand • Lifting Platform • Three Judges • Judge Lights • Plate Rack • Scoreboard

Weightlifting Competition Arena



Weightlifting Competition Arena

