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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 petition lifts in order are the snatch and the  
clean and jerk the snatch is a wide grip one  
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types standard and olympic standard bars are  
one inch in diameter with 1 inch holes through  
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aren t suitable for heavy lifting the bars bend  
easily and usually can t hold more than 200  
pounds olympic bars are typically 7 feet long  
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