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Amazon.com: Ultimate Olympic  
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snatch and the clean and jerk. The snatch is a wide-grip, one-move lift. The clean and jerk is a close-grip, two-move lift.

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Olympic weightlifting - Wikipedia

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Weightlifting competition is conducted in eight bodyweight categories for the men, ranging from 56 kg. (123.46 lb.) to 105+

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kg. (over 231.49 lb.), and seven bodyweight categories for the women,...

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