



GLOSSARY

1. Barbell=A long metal bar to which discs of varying weights are attached at each end.
2. Champion=A person who vigorously supports or defends a person or cause.
3. Federation=A group of state with a central government but independence in internal affairs.
4. Hoist=An act of raising or lifting something.
5. Hydraulic=Relating to a liquid moving in a confined space under pressure.
6. Paddles=A short pole with a broad blade at one or both ends.
7. Platform=A raised level surface on which people or things can stand.
8. Power=The ability to do something or act in a particular way.
9. Strength=The quality of being physically strong.
10. Squat=Unlawfully occupy an uninhabited building or settle on a piece of land.