



ENGLISH-CHINESE CLASSIFIED
WORD COLLECTION OF
OLYMPIC GAMES WITH
ILLUSTRATIONS

英 汉 图 解

卜纯英 主编
Bu Chunying Chief Editor

奥林匹克运动

词汇类编 7

举重 摔跤 柔道



兵器工业出版社

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CONTENTS

目 录

Preface (1)

前言

Weight Lifting (3)

举重

Wrestling (39)

摔跤

Judo (76)

柔道

Appendix (90)

附录

第 24 届夏季奥运会前三名

前 言

为迎接 2008 年在北京举办的奥林匹克运动会,帮助北京 60 万志愿者和全国所有关心支持北京举办“奥运”的朋友学习有关“奥运”项目的一些中英文术语和词汇,从而更多地了解“奥运”,更好地接待世界各国的体育健儿和嘉宾,我们特编纂了这套《英汉图解奥林匹克运动词汇类编》。

本书不同于普通英语口语类图书,它是辅助学习“奥运”英语的小型工具书,是《英汉对照分项图解奥林匹克运动百科全书》的简装普及本。其中包括足球、篮球、排球、乒乓球、田径、体操、举重、游泳、射击、轻艇等体育项目共计 10 册。该书简明易懂,可以图文对照学习英汉体育专业词语。

例如:Basketball 篮球

110 block 6-①
封堵、“盖帽”



Fig.6

1. 可以从“篮球”项目的英语词条后标示的“6-①”去找图 6 (Fig.6)中的分项图“①”,即可获得该运动项目的示意图。

2. 可以据图找寻英汉词语。如先从上例的分项图“①”查找“①”的外围数字“110”,此数字即为该运动项目的词条编号,据此便可找到相关的英汉词语。

现在,北京正全力以赴为举办历史上最完美的一届奥运盛会而努力。我们编纂这套书也是对 2008 年北京奥运会的真诚支持和参与。本书若有不当之处,敬请批评指正。

2001 年 9 月

Weight Lifting 举重

- | | | | | | |
|----|------------------------------------|---------------|----|---------------------------------------|--------------|
| 1 | abdominal boards | 7 - ③ 9 - ⑧⑫⑬ | 17 | alternate dumbbell cure | |
| | 仰卧起坐板 | | | 交替哑铃弯举 | |
| 2 | abdominal conditioner | | 18 | alternate forward raise with dumbbell | |
| | 腹肌练习器 | | | 持铃交替直臂前平举 | |
| 3 | abdominal cramping | | 19 | alternate grip | |
| | 坐姿两手放在大腿内侧 | | | 正反握 | |
| 4 | abdominal curl | 5 - ⑤⑥ | 20 | alternate press | 6 - ② |
| | 仰卧起坐 | | | (哑铃)交替推 | |
| 5 | abdominal curl with trunk twisting | | 21 | alternate set system | 13 - ① |
| | 仰卧起坐并转体 | | | 交替练习法 | |
| 6 | abdominal exercise | | 22 | American style | |
| | 腹部运动 | | | 美国式 | |
| 7 | abdominal girth | | 23 | ankle strap | 10 - ①②③ |
| | 腹围, 腰身 | | | 踝扎 | |
| 8 | abdominal knees curl | | 24 | ankle weight | 10 - ④ |
| | 仰卧两膝触胸 | | | 踝部加重袋 | |
| 9 | abdominal vacuum | | 25 | anyhow | |
| | 上体前倾两手扶膝 | | | 自选动作 | |
| 10 | abductor lift | | 26 | approach the bar | |
| | 直立提肘 | | | 走向杠铃 | |
| 11 | address the bar | | 27 | arm curl bench | 7 - ⑥ 11 - ④ |
| | 走向杠铃 | | | 屈臂练习凳 | |
| 12 | add weight to the bar | | 28 | arm extension | |
| | 加重 | | | 背后直臂上举 | |
| 13 | adjustable headstrap | 10 - ④ | 29 | arm girth | |
| | 可调式头带 | | | 臂围 | |
| 14 | adjustable incline bench | 7 - ⑪ 8 - ⑫ | 30 | arms backward lift | |
| | 活动斜凳 | | | 直臂后举 | |
| 15 | adjustable slant board | 9 - ⑧⑫⑬⑭ | 31 | arms forward lift | 5 - ⑩ |
| | 活动斜板 | | | 直臂前上举 | |
| 16 | alternate | | 32 | arms fully extended overhead | |
| | 普通正反握 | | | 两臂完全伸直 | |
| | | | 33 | arms overhead | |

4 Weight Lifting 举重

	两臂过头				杠铃架
34	arms sideward lift			50	brabell swing
	外展动作				两手持杠铃振臂上举
35	asistance exercise			51	barbell windmill rotating
	辅助练习				直臂持杠铃杆旋转
36	ask for another weight			52	bar touching the body
	要求加重				杠铃接触身体
37	asistance movement			53	BAWLA
	辅助动作				英国业余举协
38	back dead lift			54	BCWLF
	后硬举,后硬拉				英联邦举重协会
39	back hyperextension chair	7 - ②		55	behind-the-back dead weight lift
	山羊挺身椅				体后硬举
40	back press	1 - ⑩		56	bench
	头后推举				力量练习凳
41	back squat	2 - ⑨		57	bench press
	后深蹲				卧推
42	backward press			58	bend over rowing
	体后持铃直臂后伸				俯卧
43	band	10 - ⑨		59	bending the arm with wrist turn and
	(加重)缠带				knee bend
44	bantamweight				拉臂翻腕屈膝下蹲(抓举动作)
	最轻量级(52公斤~56公斤)			60	bent arm lateral raise
45	barbell	8 - ⑪			屈臂侧举(哑铃)
	杠铃			61	bent-arm lateral raise standing with
46	barbell curl	6 - ④			dumb bell
	弯举				站立持哑铃屈臂侧举
47	barbell one hand seesaw movement			62	bent arm pullover, bench position
	弓身(胯间)单臂持铃做(上下)腕屈伸动作				仰卧屈臂拉起
48	barbell quarter roll-up			63	bent-forward rowing
	仰卧胸前持铃抬上体				弓身划船练习
49	barbell stand	7 - ④ 8 - ⑮		64	bent forward triceps press
					弓身体侧屈伸臂(哑铃练习)

65	bent over	3 - ⑩⑪	加铃铁靴		
	头后持铃弓身		81	box	8 - ⑫
66	bent-over lateral arm raise	5 - ⑪		垫木	
	弓身直臂持铃上举		82	box clear	3 - ⑥
67	bent-over rowing	4 - ⑬ 5 - ④		垫木上拉	
	屈臂提铃至胸, 弓身提拉, 弓身划船动作		83	bring back the feet	
68	bent press			收腿	
	屈弓单臂推举, 斜板推举		84	bring the barbell up to the chest	2 - ② 3 - ③
69	bent rowing	14 - ②		提铃至胸	
	划船动作		85	bring up from the ground to the shoulders	
70	biceps machine	7 - ⑥		提铃至肩	
	二头肌练习器		86	broad grip	3 - ⑨
71	block			宽握	
	垫木		87	butterfly	11 - ⑧ 12 - ①
72	board ladder	9 - ①		胸扩收练习	
	放板梯		88	butterfly machine	11 - ⑧ 12 - ①
73	body builder			胸扩收练习器	
	健身者(用杠铃、哑铃等锻炼身体的人); 锻炼肌肉的器械		89	cable back stretch	11 - ③
74	body building			头后拉弹簧	
	健身, 身体训练		90	calf machine	
75	body-building exercise			提踵架	
	健身操		91	calf machine to raise	
76	body drop			顶肩提踵(在器械上做)	
	把身体降至杠下(以支撑杠铃)		92	calf raise	7 - ⑤
77	body weight			负重起踵, 提踵	
	体重		93	callisthenics	
78	bodyweight category			健身操, 健美操	
	体重级别		94	CJ = clean and jerk	1 - ①
79	bodyweight classes			挺举	
	按体重分级		95	category	
80	boot bar	9 - ⑥⑦		级别	

96	chalk up one's hands 摸粉		挺举	
97	change of grip 换握		113	clean and jerk with the left arm 左手单臂挺举
98	cheating barbell curl 摆动弯举		114	clean and jerk with the right arm 右手单臂挺举
99	cheating technique 借力动作		115	clean and press 推举
100	chest-expander 拉力器,扩胸器	11-⑥	116	clean position 提铃至胸支撑姿势
101	chest crossovers 持铃扩胸	6-⑤	117	clean pull from floor 地上翻
102	chest crossovers, bent over (屈臂)持铃扩胸		118	clean pull from knee height 膝上翻
103	chest developer 拉力器,扩胸器	11-⑥	119	clean the weight to the chest 提铃至胸
104	chest exercise 胸部运动	11-⑧	120	clean to the chest 高翻
105	chest press 卧推,胸推	2-④	121	clerk of the scales 量重员
106	chest rest 提铃至胸支撑姿势	1-④⑧	122	collar (杠铃上的)卡箍
107	chest weight 拉力器,扩胸器	11-⑥	123	collar-to-collar grip 最大握距
108	chinning 引体向上	5-②	124	colophony powder 松香粉
109	chinning station (力量练习综合器的)引体向上位置		125	come to erect position and bring feet together (从分腿姿势)两腿收回直立
110	choice of grip 选择握距		126	commence the trial 开始试举
111	chrome dumbbell 镀铬哑铃	8-②	127	commencing position 预备姿势
112	clean and jerk 挺举	1-①	128	compete in a heavier class

- | | | | |
|--------------------------------|-------|---|--------------|
| 越级参加比赛 | | 直臂站立硬拉姿势 | |
| 129 compete in a lighter class | | 145 dead hang snatch | |
| 降级参加比赛 | | (下蹲式或剪步式)连续抓举 | |
| 130 complete a lift | | 146 dead lift | 1 - ⑥⑨ |
| 完成一次试举 | | 硬拉, 硬举 | |
| 131 complete the clean | | 147 dead lift position | |
| 完成提铃至胸 | | 硬拉(举)姿势 | |
| 132 continental | | 148 deep knee bend board | |
| 欧洲式提铃 | | | 7 - ③ 9 - ③⑬ |
| 133 continentalizing | | 屈腿仰卧起坐板 | |
| 提铃至胸(先至腰部) | | 149 deep knee-bend | 2 - ⑨ |
| 134 continental jerk | | 深蹲 | |
| 欧洲式挺举(法) | | 150 deep knee-bend on toes | |
| 135 continental press | | 深蹲接提踵 | |
| 欧洲式推举(法), 老式推举(上体前倾, 上推时上体后仰) | | 151 deep knee-bend on toes, holding weight-overhead | 3 - ⑤ |
| 136 controlling mirror | | 直臂宽握持铃深蹲起 | |
| 动作检查镜 | | 152 deep knee-bend with barbell on shoulders | 2 - ⑨ |
| 137 correct | | 后深蹲 | |
| 改正动作 | | 153 deep knee-bend with feet flat | 2 - ⑨ |
| 138 crouch position | | 两脚平行站立深蹲 | |
| 预备姿势 | | 154 deep split | 1 - ⑧ |
| 139 crucifix | 5 - ⑩ | 深箭步 | |
| 直臂持铃上举 | | 155 deep squat | |
| 140 crucifix exercise | | 深蹲 | |
| 两臂侧屈伸练习 | | 156 deluxe abdominal board | 9 - ⑫ |
| 141 curl under arm | | 直腿仰卧起坐板 | |
| 两臂在体侧交替提举哑铃 | | 157 deluxe floor ladder | 9 - ⑪ |
| 142 dead hand clean | | 直立地面固定梯 | |
| 悬垂窄拉 | | 158 deluxe wall ladder | 9 - ⑨ |
| 143 dead hang clean | | 直立贴墙梯 | |
| 膝上膝下提铃 | | 159 dick | 8 - ⑧ |
| 144 dead hang position | 1 - ⑨ | | |

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|---------------------------|---------|--|------------------------------------|-------|--|
| 铃片 | | | 176 dorsiflexor | | |
| 160 dimension of bandage | | | 踝关节内翻练习 | | |
| 绑带的长宽(按规则规定) | | | 177 double bent arm pull over | | |
| 161 dimension of ring | | | 仰卧屈臂持铃经头至胸部 | | |
| 举重台面积 | | | 178 drop behind the back | | |
| 162 dip of knees | | | (杠铃)背后脱落 | | |
| 屈膝下蹲(以支撑杠铃) | | | 179 drop jerk | | |
| 163 dipping | | | 下蹲挺 | | |
| 双臂屈伸(练习) | | | 180 drop shoulders | | |
| 164 dipping belt | 10 - ⑨⑭ | | 肩部下降 | | |
| 垂吊皮带 | | | 181 drop the bar | | |
| 165 dipping station | | | 脱手让杠铃掉下 | | |
| 双臂屈伸位置 | | | 182 drop the body under the weight | | |
| 166 direction of pull | | | 把身体降至横杠下面(以支撑杠铃) | | |
| 拉力方向 | | | 183 dumbbell exercise | | |
| 167 disc | | | 哑铃练习 | | |
| 铃片 | | | 184 dumbbell screw curl | | |
| 168 disk | 8 - ⑧ | | 持哑铃弯举 | | |
| 杠铃片 | | | 185 dumbbell sets | 8 - ③ | |
| 169 disk edge | | | 组合哑铃 | | |
| 杠铃片外缘 | | | 186 dumbbell squat | 6 - ⑬ | |
| 170 disk-loading bar-bell | 8 - ⑧⑩ | | 持哑铃深蹲起 | | |
| 可加重的杠铃 | | | 187 during the clean | | |
| 171 disposition of feet | | | 提铃至胸阶段 | | |
| 两脚位置 | | | 188 Egyptian style | | |
| 172 dive | | | 埃及式 | | |
| 运动式预备姿势 | | | 189 elbows pointing downward | | |
| 173 diving style | | | 两肘朝下 | | |
| 高臀式预备姿势 | | | 190 elbows pointing inward | | |
| 174 donkey lift | | | 两肘内收 | | |
| “骑驴”练习(“负人”做半蹲提踵) | | | 191 elbows pointing outward | | |
| 175 donkey raise | | | 两肘分开 | | |
| “骑驴”练习 | | | 192 empty bar | | |

- 不加杠铃片的杠杆
- 193 erect twist
直体转体
- 194 ergometer 13 - ⑤
测功计, 测力计
- 195 European Weightlifting Federation
欧洲举重协会
- 196 even pulling 1 - ⑨
硬拉
- 197 EWF = European Weightlifting Federation
欧洲举重协会
- 198 examine weight
检查(杠铃)重量
- 199 exceed the limit of weight class
超过报名级别的重量
- 200 exercise with weights strapped to the body
身体负重练习
- 202 extend the ankle, knee and hip joints
展体
- 203 extension press 6 - ②⑦
哑铃伸臂练习
- 204 extra attempt
第四次试举
- 205 failed lift
失败的举重动作
- 206 false grasp
犯规的握法
- 207 featherweight
次轻量级(56公斤~60公斤)
- 208 FHI = Fédération Haltérophile Internationale
国际举重总会
- 209 FIH = Fédération Internationale Haltérophile
国际举重联合会
- 210 F.I.H.C. = Fédération Internationale Haltérophileet Culturiste = International Weightlifting and Physical Culture Federation
国际举重和健身联合会
- 211 final attempt
末次试举
- 212 finger flips off a wall
手指推墙练习
- 213 finish a lift
试举成功, 完成一次试举
- 214 first phase
第一阶段
- 215 first pull
第一次发力, 上拉至膝
- 216 fitness
身体素质, 身体适应能力, 健康
- 217 fitness products corporation
健身器材公司
- 218 fixed dumbbell rack 7 - ⑧⑨
固定哑铃架
- 219 fixed barbell sets 8 - ⑬
可固定组合杠铃
- 220 flat bench
卧推架
- 221 flexor
屈伸动作
- 222 flip snatch
不分腿的发力抓举, 直腿抓

223	floor press	2-④	提铃前的预备姿势
	仰卧推举		
224	flushing		239 give sign for the completion of the trial
	肌肉发胀		给完成试举的信号
225	flyweight		240 gliding ring of fixing fetters
	次最轻量级(52公斤以下)		锁握挡环
226	forearm wist	6-⑩	241 good lift
	前臂练习,旋腕练习		成功
227	form-improving period		242 good morning exercise 3-⑩
	改进技术动作阶段		弓身动作,体前倾
228	forward bent		243 granting a second movement
	弓身		两次预蹲(犯规动作)
229	forward raise		244 hack lift
	直臂提铃前上举		(半蹲)体后提拉
230	French-press		245 hack squat
	法国式推举(坐在凳上向颈后推举)		(双臂伸直)体后硬拉
231	frequency of training		246 half clean 1-②
	训练次数		半高翻
232	front raise		247 half knee-bend 2-⑥
	(双手握铃)直臂前举		半蹲
233	front squat	2-⑧	248 half press 1-⑦
	前蹲起(提铃胸前做蹲起动作),前深蹲		半推
234	full arm curl		249 half squat 2-⑥
	弯举		半蹲
235	full knee bend	2-⑧⑨	250 halting
	深蹲		停顿
236	full length costume with athletic support	6-⑭	251 halting dead lift
	举重服(连衣背心裤)		(正反握)硬拉至腋
237	get set		252 halting high dead lift
	预备姿势		悬垂硬拉
238	get set style		253 hand clap
			击掌
			254 hand curl

- | | | | | | |
|-----|-------------------------------------|--------|-----|--------------------------------------|-------------|
| | 单臂屈伸,单臂弯举 | | 270 | heavy duty press standing power rack | |
| 255 | hand helper | 10 - ⑩ | | 静力架 | |
| | 握力练习器 | | 271 | heavy weight | |
| 256 | hands clean or continental and jerk | | | 重量级(90公斤~110公斤) | |
| | behind neck | | 272 | heel raise | 2 - ③ 7 - ⑤ |
| | 双手提铃至胸(先至腰部)再至颈后的上提 | | | 举踵,提踵,起踵 | |
| 257 | hands continental jerk | | 273 | heft | |
| | 双手提铃至胸(先停放腰部)的挺举 | | | 举,举起试测……的重量 | |
| 258 | hands dead hang snatch | 3 - ⑧ | 274 | hexagonal dumbbell | 8 - ① |
| | 悬垂抓举 | | | 六角形哑铃 | |
| 259 | hands press behind neck | 1 - ⑩ | 275 | high clean | 1 - ④ |
| | 双手颈后推 | | | 高翻 | |
| 260 | hand swing | | 276 | high kick with legbell | |
| | (哑铃)甩臂 | | | 脚负重高踢脚 | |
| 261 | handstand press-up | | 277 | high lat | |
| | 倒立推 | | | (跪姿)屈臂下压练习 | |
| 262 | hands to shoulder and bent press | | 278 | high pull | |
| | 双手提铃至胸屈臂推举 | | | 上拉 | |
| 263 | hand swing | | 279 | high pull up | |
| | (哑铃)甩臂 | | | 膝上硬举 | |
| 264 | hang | | 280 | high snatch | 3 - ① |
| | 悬吊(提铃状态) | | | 高抓举 | |
| 265 | hang clean | | 281 | hip abductor lift | |
| | 膝上膝下提铃 | | | 侧卧举腿动作(练髋关节) | |
| 266 | headstand press-up | | 282 | hip extensor lift | |
| | 头着地的倒立推 | | | 俯卧伸腿动作(练髋关节) | |
| 267 | head strap exercise | 10 - ⑭ | 283 | hip flexor lift | |
| | 头负重屈伸练习 | | | 直坐(两臂支撑)弯抬腿动作(练髋关节) | |
| 268 | health shoes | 9 - ⑥⑦ | 284 | hips thrust | |
| | 加重鞋 | | | 引膝(进髋) | |
| 269 | heave press with barbell | 1 - ③ | 285 | hold out in front | |
| | 借力推 | | | 直立直臂平举 | |

- | | | | | | | |
|-----|--|--------|--|-----|--|---------|
| 286 | hold weight over-head
支撑深蹲 | | | | 嵌式橡胶垫 | |
| 287 | hook grip
锁握 | 4 - ① | | 303 | invalid
无效 | |
| 288 | hooking
锁握 | 4 - ① | | 304 | invalid trial
试举无效 | |
| 289 | hyperextension
山羊挺身 | 7 - ② | | 305 | inverted bicycle ride
(足负重)仰卧蹬自行车 | 13 - ②④ |
| 290 | Hydra fitness
海得拉练习器(靠气筒来产生阻力) | | | 306 | iron boot exercise
负重鞋练习 | |
| 291 | incline bench
斜板(推架) | 7 - ① | | 307 | iron boots
负重鞋, 铁靴 | 9 - ⑥⑦ |
| 292 | incline bench press
斜板推 | 2 - ④ | | 308 | iron shoe
铁鞋, 哑铃靴 | 9 - ⑥⑦ |
| 293 | incline curl
(在斜板推架上仰卧做)握铃臂屈伸 | | | 309 | iron weight plate
铁铃片 | 8 - ⑧ |
| 294 | inclined curl
(斜板上)头朝下的仰卧起坐 | 5 - ⑥ | | 310 | isometric training stand
静力架, 支持架 | |
| 295 | inclined sit-up
斜面上仰卧起坐 | 5 - ⑥ | | 311 | IWF = International Weightlifting
Federation
国际举重联合会 | |
| 296 | inclined sit-ups with a twist
头朝下仰卧起坐转体 | | | 312 | IWLF = International Weight Lifting
Federation
国际举重联合会 | |
| 297 | incorrect movement
犯规动作 | | | 313 | Jefferson lift
杰斐逊式举, 腿间硬举 | |
| 298 | initial knees bend
预蹲 | | | 314 | jerk
上挺, 挺举 | 1 - ① |
| 299 | inside collar
内卡箍, 横杠内挡 | | | 315 | jerk balance
颈前箭步窄挺蹲 | |
| 300 | institutional combo bench
多功能凳 | 8 - ⑤ | | 316 | jerk from the neck
颈后挺 | 1 - ⑩ |
| 301 | intake
吸气 | | | 317 | jerk from the rack
架上挺 | 1 - ⑦ |
| 302 | interlocking rubber matting
嵌式橡胶垫 | 10 - ⑬ | | | | |

318	jerk off rack 架上挺	1 - ⑦	上体侧屈	
319	jerk press 借力推	1 - ③	335 lateral neck flexor 侧卧颈部屈伸	
320	jerk while pressing 借力推		336 lateral neck lift 侧卧头侧抬	
321	jump and skip 负铃跳跃练习	2 - ⑤	337 lateral raise 侧举(哑铃)	6 - ⑥
322	jump back 后跃		338 lateral raise lying 仰卧直臂持铃扩胸	5 - ⑫
323	jumping squat 头后持杠铃蹲跳起	4 - ⑨	339 lateral raise standing 直臂持铃侧平举	6 - ⑤
324	jump on toes with bar on neck 负铃提踵跳		340 latissimus machine 背阔肌练习器	9 - ⑮
325	keep close to the body 贴身		341 leading lifter 优秀举重运动员	
326	kettle-bell 壶铃	8 - ⑪	342 lean back with the trunk 上体后仰	
327	knee bend 屈膝,半蹲	2 - ⑥	343 leap 分腿跳	
328	knee-bending 屈膝,半蹲	2 - ⑥	344 leatherbelt 腰带	10 - ⑤
329	knee curl 小腿屈伸	11 - ⑤ 12 - ②	345 leather wrist strap 皮护腕	
330	knee extensor lift 直坐伸小腿动作	12 - ②	346 left hand bent press (体侧倾)左手单臂推举	
331	knee pull-in (坐姿手后撑)屈膝抬腿(静力)		347 left hand clean and jerk 左手单臂挺举	
332	knees bend down 屈膝		348 left hand curl 左手弯举	
333	knee up 举膝	10 - ⑩	349 left hand dead weight lift 跨举式左手硬拉	
334	lateral flexor		350 left hand snatch 左手单臂抓举	