

Weightlifting

Catherine Brentnall

Verse 1

The mood is tense,
And the weightlifter's ready to commence,
As he enters the crowd is in suspense,
Can he take the heat?
He understands,
His time has come, so he goes to chalk his hands,
Then walks over to the barbell and stands,
Ready to compete.

Chorus

The barbell is lifted it rises up high,
Then goes crash!

Verse 2

But it's okay,
'Cause he gets three attempts so no delay,
He steps up for the second time today,
He knows what to do.
He finds his grip,
He's determined that he won't let it slip,
Sure that first lift was nothing but a blip,
Time to start anew.

Chorus

The barbell is lifted it rises up high,
Then goes crash!



Verse 3

The tension grows,
There's just one more attempt left and he knows,
This is it now, he's nervous and it shows,
Hope's starting to fade.
His muscles ache,
As he bends down his legs begin to shake,
He can't help but think of all that's at stake,
Will he make the grade?

Chorus

The barbell is lifted, it rises up high,
And stays up!

