Look at the pictures above and put the following sentences in order

1. The weightlifter lifts the weight onto his shoulders.
2. The weightlifter drops the weight to the ground.
3. The weightlifter lifts the weight above his head.
4. The weightlifter holds the weight above his head for as long as he can.

Rewrite the sentences in the correct order using first, second, third and finally.
Grade 9 English Giving Instructions worksheet

Using the structure found in the blog write a suitable response showing to how to life weights properly. Remember that your essay should include the following:

1. Introduction
2. Body
3. Conclusion