



jǔ zhòng
举重

Noun · Weightlifting

Example Sentences

wèi le zēng qiáng hé xīn lì liàng tā měi zhōu jiān chí jǔ zhòng sān cì
为了增强核心力量，他每周坚持举重三次。

To strengthen his core strength, he insists on weightlifting three times a week.

zài ào yùn huì shàng jǔ zhòng xiàng mù zǒng shì bèi shòu zhǔ mù
在奥运会上，举重项目总是备受瞩目。

At the Olympic Games, the weightlifting event is always in the spotlight.

jǔ zhòng shì yī xiàng hěn hǎo de yùn dòng
举重是一项很好的运动。

Weightlifting is a great sport.

Trace each character, then write the word on your own.

举	举	举	举	举	举	举	举	举	举	举
举										
重	重	重	重	重	重	重	重	重	重	重
重										