



yǎng wò qǐ zuò

仰卧起坐

noun · sit-up (exercise)

Example Sentences

Tā měi tiān zuò yǎng wò qǐ zuò

他每天做仰卧起坐。

He does sit-ups every day.

Yǎng wò qǐ zuò kě yǐ duàn liàn fù bù jī ròu

仰卧起坐可以锻炼腹部肌肉。

Sit-ups can exercise the abdominal muscles.

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

仰	仰	仰	仰	仰	仰	仰	仰	仰		
卧	卧	卧	卧	卧	卧	卧	卧	卧	卧	卧
起	起	起	起	起	起	起	起	起	起	起
起	起									
坐	坐	坐	坐	坐	坐	坐	坐	坐	坐	坐