



fǔ wò chēng
俯卧撑

noun · push-up

Example Sentences

Tā měi tiān zuò èr shí gè fǔ wò chēng

他每天做二十个俯卧撑。

He does twenty push-ups every day.

Fǔ wò chēng kě yǐ duàn liàn xiōng jī hé shǒu bì lì liàng

俯卧撑可以锻炼胸肌和手臂力量。

Push-ups can strengthen chest muscles and arm strength.

Jiào liàn yāo qiú wǒ men lián xù zuò wǔ shí gè fǔ wò chēng

教练要求我们连续做五十个俯卧撑。

The coach asked us to do fifty push-ups in a row.

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

俯	俯	俯	俯	俯	俯	俯	俯	俯	俯	俯
俯	俯									

卧	卧	卧	卧	卧	卧	卧	卧	卧	卧	卧

撑	撑	撑	撑	撑	撑	撑	撑	撑	撑	撑
撑	撑	撑	撑	撑	撑	撑				