



wò tuī

卧推

noun/verb · bench press

Example Sentence

tā jīn tiān zài jiàn shēn fáng zuò le wǔ zǔ wò tuī
他今天在健身房做了五组卧推。

He did five sets of bench press at the gym
today.

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

卧	卧	卧	卧	卧	卧	卧	卧	卧	卧	卧
推	推	推	推	推	推	推	推	推	推	推
推	推	推								