



gàng líng

杠铃

noun · barbell

Example Sentences

tā jǔ qǐ le gàng líng

他举起了杠铃。

He lifted the barbell.

jiàn shēn fáng lǐ yǒu hěn duō gàng líng

健身房里有很多杠铃。

There are many barbells in the gym.

jǔ zhòng yùn dòng yuán xū yào dìng qī xùn liàn gàng líng dòng zuò

举重运动员需要定期训练杠铃动作。

Weightlifters need to regularly train barbell movements.

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

杠	杠	杠	杠	杠	杠	杠	杠	杠	杠	
铃	铃	铃	铃	铃	铃	铃	铃	铃	铃	铃
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