



fù jī
腹肌

noun · abdominal muscles; abs

Example Sentences

Tā yǒu liù kuài fù jī
他有六块腹肌。

He has six-pack abs.

Měi tiān zuò yǎng wò qǐ zuò kě yǐ duàn liàn fù jī
每天做仰卧起坐可以锻炼腹肌。

Doing sit-ups every day can train your abdominal muscles.

Tā de fù jī xiàn tiáo fēi cháng míng xiǎn yī kàn jiù zhī dào jīng cháng jiàn shēn
他的腹肌线条非常明显，一看就知道经常健身。

The lines of his abs are very distinct; you can tell at a glance that he works out often.

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

腹	腹	腹	腹	腹	腹	腹	腹	腹	腹	腹
腹	腹	腹	腹	腹						
肌	肌	肌	肌	肌	肌	肌	肌	肌		