



fù zhòng

负重

Verb · Bear weight

Example Sentences

zhè pǐ mǎ kě yǐ fù zhòng liǎng bǎi gōng jīn
这匹马可以负重两百公斤。

This horse can bear a weight of two hundred kilograms.

yùn dòng yuán jīng cháng fù zhòng xùn liàn lái zēng qiáng lì liàng
运动员经常负重训练来增强力量。

Athletes often do weight training to build strength.

wèi le zēng qiáng tǐ néng tā měi tiān qīng chén dōu huì jìn xíng fù zhòng pǎo bù xùn liàn
为了增强体能，他每天清晨都会进行负重跑步训练。

To improve his physical fitness, he goes for weighted running training every morning.

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

负	负	负	负	负	负	负	负	负		
重	重	重	重	重	重	重	重	重	重	重
重										