



shēn qiáng lì zhuàng

## 身强力壮

adj./idiom · (of a person) strong and tough

## Example Sentences

wǒ gē ge měi tiān jiān chí duàn liàn suǒ yǐ shēn qiáng lì zhuàng  
我哥哥每天坚持锻炼，所以身强力壮。

My older brother exercises every day, so he is strong and tough.

nà ge shēn qiáng lì zhuàng de gōng rén yí ge rén jiù bǎ dà xiāng zì bān shàng le lóu  
那个身强力壮的工人一个人就把大箱子搬上了楼。

That strong and tough worker carried the big box upstairs all by himself.

yé ye suī rán nián jì dà le dàn yī rán shēn qiáng lì zhuàng hái néng xià dì gàn huó  
爷爷虽然年纪大了，但依然身强力壮，还能下地干活。

Although Grandpa is old, he is still strong and tough, and can still work in the fields.

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

|   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|
| 身 | 身 | 身 | 身 | 身 | 身 | 身 | 身 | 身 | 身 |   |
| 强 | 强 | 强 | 强 | 强 | 强 | 强 | 强 | 强 | 强 | 强 |
| 强 | 强 | 强 | 强 |   |   |   |   |   |   |   |
| 力 | 力 | 力 | 力 | 力 |   |   |   |   |   |   |
| 壮 | 壮 | 壮 | 壮 | 壮 | 壮 | 壮 | 壮 | 壮 |   |   |