



duàn liàn

锻炼

Verb · to engage in physical exercise

Example Sentences

wǒ měi tiān duàn liàn shēn tǐ
我每天锻炼身体。

I exercise every day.

gōng sī gǔ lì yuán gōng dìng qī duàn liàn yǐ tí shēng gōng zuò xiào lǜ
公司鼓励员工定期锻炼，以提升工作效率。

The company encourages employees to exercise regularly to improve work efficiency.

duàn liàn néng ràng rén bǎo chí jiàn kāng
锻炼能让人保持健康。

Exercise can help people stay healthy.

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

锻	锻	锻	锻	锻	锻	锻	锻	锻	锻	锻
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炼	炼	炼	炼	炼	炼	炼	炼	炼	炼	炼