



SPORTS AND EXERCISE

Conversation Cheat Sheet

Create Your
FREE Lifetime
Account

CLICK



Sports and Activities

What sports do you like?

Nǐ xǐhuān shénme yùndòng?
你喜欢什么运动？

Do you like to work out?

Nǐ xǐhuān jiànshēn ma?
你喜欢健身吗？



I like ~.

Wǒ xǐhuān ~.
我喜欢 ~。

Yes/No.

Xǐhuān./Bù xǐhuān.
喜欢。/不喜欢。

1. ice skating

huábīng
滑冰

2. archery

shèjiàn
射箭

3. baseball

bàngqiú
棒球

4. golf

gāo'ěrfū
高尔夫

5. weightlifting

jǔzhòng
举重

6. track and field

tiánjìng
田径

7. bowling

bǎolíngqiú
保龄球

8. tennis

wǎngqiú
网球

9. volleyball

páiqiú
排球

10. badminton

yǔmáoqiú
羽毛球

11. basketball

lánqiú
篮球

12. soccer

zúqiú
足球

Being a Winner



first place

guànjūn

冠军

second place

yàjūn

亚军

third place

jījūn

季军

gold medal

jīnpái

金牌

silver medal

yínpái

银牌

bronze medal

tóngpái

铜牌

winner

huòshèng zhě

获胜者

loser

shībài zhě

失败者

Going to the Gym

gym

jiànshēnfáng

健身房

to go to the gym

qù jiànshēnfáng

去健身房

to exercise

qù duànliàn

去锻炼

gym member

jiànshēnfáng huìyuán

健身房会员

warm-up exercise

rèshēn yùndòng

热身运动

stretching

lā shēn

拉伸

to sweat

chū hàn

出汗

towel

máojīn

毛巾

shower

línǜ

淋浴

scale

tǐzhòng chéng

体重秤

to gain weight

zēng zhòng

增重

to lose weight

jiǎn zhòng

减重



Getting into Shape



walking

zǒulù

走路

running

pǎobù

跑步

treadmill

pǎobù jī

跑步机

bike

zìxíngchē

自行车

jumping

tiàoyuè

跳跃

weight training

fùzhòng xùnlìan

负重训练

yoga

yújiā

瑜伽

pilates

pǔ lā tí

普拉提

dancing

tiàowǔ

跳舞

strength training

lìliàng xùnlìan

力量训练

machine

qìxiàn

器械

dumbbell

yǎlīng

哑铃

Body Parts

abs

fù jī

腹肌

arm

shǒubì

手臂

shoulder

jiānbǎng

肩膀

chest

xiōngbù

胸部

knee

xīgài

膝盖

back

bèibù

背部

thigh

dàtuǐ

大腿

calf

xiǎotuǐ

小腿

