

《单词百科:lunges是什么意思?lunges怎么发音?lunges的解释和用法》

英语单词lunges是什么意思?lunges怎么读?lunges怎么发音?简答网为您整理了lunges的解释、用法、例句、词组等相关学习资料。下面跟小编一起来看看吧！



lunges怎么读

lunges的读音:[l nd z]

lunges的意思

- 1、v.猛扑；猛冲
- 2、lunge的第三人称单数

lunges的双语例句

- 1、Lunges are also an excellent exercise for maintaining quadriceps and hamstring strength.

弓步也是维持股四头肌和腿筋力量的一种好练习。

2、Because you're using your own body weight, lunges both strengthen your lower body and increase overall flexibility.

因为你一直运用整个身体的力量弓箭步既可以加强下身的力量也可以增加整个身体的灵活性。

3、They even sang while on feeding lunges more than 100 meters below the surface.

这些座头鲸甚至能在低于水平面100米的地方用肺部唱歌。

4、Do lunges correctly without a personal trainer.

在没有个人教练的情况下，自己正确地做弓箭步。

5、Every other day I do lunges and squats, and I lift free weights.

每两天我会做下蹲和弓步，还有举杠铃。

6、Examples include squats, lunges, and push ups.

比如下蹲，突然跃进，上推等。

7、You are perfectly OK doing exercises such as squats and lunges without weights.

进行诸如不负重的蹲下跳起的锻炼是极好的。

8、Focus on squats, lunges, leg lifts, and leg extensions。

重点做蹲起，跳跃，抬腿和腿部伸展等运动。

9、Anna lunges at Jack and locks her wrists behind his back in her famous bear hug.

安娜运用她著名的熊抱把用手腕锁住了杰克的后背。

10、Various squats, lunges, jumps and sprints are incorporated for the humans.

主人们还要下蹲、弓步、跳跃和短跑等训练。

11、Mary lunges at Carol in fury, swinging her right fist at Carol's breasts.

她暴怒的向凯洛冲去，摆动她的右手打向凯洛的胸部。

12、It then lunges into the water immediately snapping at the bikini-clad woman who desperately begins fighting it off.

随后，鳄鱼立即跃进水中，咬住穿比基尼女泳装的女子，她开始拼命挣扎。

13、The exercises include hopping sideways, fast-paced squats, lunges and squat jumps.

这些运动项目包括横向跳跃、快速蹲起、弓步和蹲跳。

14、In one video posted to YouTube he can be seen waiting behind a car and as Ms Skora gets closer he lunges towards the torch.

在YouTube视频网站的一段视频中，可以看到他当时正躲在一辆车的背后等着。斯科拉手持火炬跑近时，他冲出去抢夺火炬。

15、It gets you out of your comfort zone of doing old-school squats and lunges, and challenges your brain, which is also a key factor in shaping up.

它使你从做老式深蹲和弓步这些舒服区走出来，挑战你的大脑，大脑在塑造过程中也是重要的因素。

16、Then he lunges backwards, landing right-side-up, and the villagers erupt in cheering and chanting.

然后他向后一挺，笔直地站在地上；村民们爆发出一片欢呼、赞叹声。

以上是简答网为您整理的lunges怎么读的相关信息，希望对大家有一定的帮助。查看更多关于lunges的

用法、lunges的释义、lunges的相关详情请点击：<https://dict.jiandongshicai.cn/lunges>