

# heaves *(heaves)*

## Definition

v. to lift or throw something with effort.

## Example Sentence

The sailor **heaves** the anchor overboard.

## More Example Sentences

She **heaves** the box onto the shelf.

## Synonyms

lifts; throws; pushes

## Antonyms

digging

Join thousands of students and teachers using Vocab Loco to master spelling and vocabulary through fun games, interactive activities, and engaging lessons. Make learning words an adventure!

[vocabloco.com](https://vocabloco.com)