

# heaving *(heav-ing)*

## Definition

v. 1 to push up or out with great effort; 2 to throw with great force; 3 to let out loudly or with difficulty; 4 to throw up from one's stomach.

## Example Sentence

He sat there **heaving** and puffing after the race.

## Synonyms

lift; throw with effort; fling; haul

## Antonyms

digging

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