

# upheave *(up-heave)*

## Definition

v. to raise or lift with effort

## Example Sentence

We need to **upheave** the heavy rock into its place.

## Synonyms

raise; lift; heave

## Antonyms

lower

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)