

Dumbbell Training For Strength And Fitness

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the meaning of strength is the quality or state of being strong capacity for exertion or endurance how to use strength in a sentence synonym discussion of strength

strength definition 1 the ability to do things that need a lot of physical or mental effort 2 the degree to which learn more

strength refers especially to physical mental or moral robustness or vigor enough work to do and strength enough to do the work rudyard kipling

strength definition the quality or state of being strong bodily or muscular power see examples of strength used in a sentence

your strength is the physical energy that you have which gives you the ability to do things such as lift heavy objects

in strength in the full force or numbers of a group or organization they came out in strength to support a change in the law idioms on the strength of on the basis of solely on the strength of his

strength definition the state or quality of being strong physical power or capacity

4 days ago if you re curious about starting a resistance training routine and not sure where to begin start with these expert recommended movements

definition of strength noun from the oxford advanced learner s dictionary uncountable singular the quality of being physically strong he pushed against the rock with all his strength it may take a few

jan 20 2026 strength countable and uncountable plural strengths the quality or degree of being strong antonym weakness it requires great strength to lift heavy objects

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