

Crossfit Strength Bias Program

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

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

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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

jan 13 2026 building your muscle strength could come with many health benefits allowing you to complete tasks easier and even adding to your life here s how to build

strength

the strength of an object or material is its ability to be treated roughly or to carry heavy weights without being damaged or destroyed

strength training can improve muscle strength and endurance make it easier to do daily activities slow disease related declines in muscle strength and provide stability to joints

definition of strength noun in oxford advanced learner s dictionary meaning pronunciation picture example sentences grammar usage notes synonyms and more

strength is the property of being physically strong you can do say 100 push ups or mentally strong you can calculate percentages in your head while people are shouting at you

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