

Crossfit Strength Bias Program

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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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