

# Special Strength Training Manual For Coaches

Apr 16, 2026 · Adjective special (comparative more special or specialer, superlative most special or specialest) Distinguished by a unique, particular, or unusual quality. SPECIAL definition: of a distinct or particular kind or character. See examples of special used in a sentence. Special, particular, specific refer to something pointed out for attention and consideration. Special means given unusual treatment because of being uncommon: a special sense of a word. Special definition: Surpassing what is common or usual; exceptional. SPECIAL definition: 1. not ordinary or usual: 2. especially great or important, or having a quality that most similar.... Learn more. Your many years of service put you in a special category. Why should you receive any special treatment? It takes a special quality to do what he did. Define special. special synonyms, special pronunciation, special translation, English dictionary definition of special. adj. 1. Surpassing what is common or usual; exceptional: a special occasion; a special treat. Someone or something that is special is better or more important than other people or things. You're very special to me, darling. There are strong arguments for holidays at Easter and Christmas ... Special means "better than ordinary." Like the self-portrait you lovingly painted as a surprise for your sweetie's birthday, something special is distinct, and surpasses the norm. Something special is ... special, especial, specific, particular, individual mean of or relating to one thing or class. special stresses having a quality, character, identity, or use of its own.

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