

Strength Muscle Building Program

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: the quality or state of being strong; bodily or muscular power. See examples of strength used in a sentence.

Jul 3, 2025 · Strength training activities like weightlifting, body weight exercises and resistance bands offer numerous health benefits, including a longer lifespan. Strength refers especially to physical, mental, or moral robustness or vigor: "enough work to do, and strength enough to do the work" (Rudyard Kipling). Want to reduce body fat, increase lean muscle mass and burn calories more efficiently? Strength training to the rescue! Strength training is a key component of overall health

and fitness for everyone.

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 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). The strength of an object or material is its ability to be treated roughly, or to carry heavy weights, without being damaged or destroyed. He checked the strength of the cables. Definition of strength noun in Oxford Advanced American Dictionary. Meaning, pronunciation, picture, example sentences, grammar, usage notes, synonyms and more. Feb 14, 2026 · Learn how to answer questions about your strengths and weaknesses for your next job interview.

Strength - Definition, Meaning & Synonyms | Vocabulary.com

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10 Examples of Strengths and Weaknesses for Job Interviews

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Strength training: Get stronger, leaner, healthier - Mayo Clinic

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strength noun - Definition, pictures, pronunciation and usage notes ...

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