

Frank Medrano S Routine Workouts

Frank definition: Open and sincere in expression; straightforward. Apr 19, 2026 · From Middle English frank, from Old French franc (“free”), in turn from the name of an early Germanic confederation, the Franks, from Proto-West Germanic *frankō (“javelin, spear”). ... frank'able, adj. frank'er, n. 1. unrestrained, free, bold, uninhibited. Frank, candid, open, outspoken imply a freedom and boldness in speaking. Frank is applied to one unreserved in expressing the truth and ... FRANK definition: 1. honest, sincere, and telling the truth, even when this might be awkward or make other people.... Learn more. Frank is a 2014 black comedy film directed by Lenny Abrahamson from a screenplay by Jon Ronson and Peter Straughan. It stars Michael Fassbender, Domhnall Gleeson, Maggie Gyllenhaal, Scoot ... Find out everything you need to know about drugs, their effects and the law. Talk to Frank for facts, support and advice on drugs and alcohol today. 13 meanings: 1. honest and straightforward in speech or attitude 2. outspoken or blunt 3. open and avowed; undisguised 4. → an.... Click for more definitions. 1 frank / 'fræŋk/ adjective franker; frankest Britannica Dictionary definition of FRANK [also more frank; most frank] — used to say that someone is speaking or writing in a very direct and honest way The meaning of FRANK is marked by free, forthright, and sincere expression. How to use frank in a sentence. Did you know? Synonym Discussion of Frank. Frank, n.¹ & adj.¹ meanings, etymology, pronunciation and more in the Oxford English Dictionary

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