

Strength Training Anatomy

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 ... Strength refers especially to physical, mental, or moral robustness or vigor: "enough work to do, and strength enough to do the work" (Rudyard Kipling). The strength of an object or material is its ability to be treated roughly, or to carry heavy weights, without being damaged or destroyed. Apr 30, 2026 · Noun strength (countable and uncountable, plural strengths) The quality or degree of being strong. Antonym: weakness It requires great strength to lift heavy objects. Strength definition: The state or quality of being strong; physical power or capacity. 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 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. Definition of strength noun in Oxford Advanced American Dictionary. Meaning, pronunciation, picture, example sentences, grammar, usage notes, synonyms and more. 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 definition: the quality or state of being strong; bodily or muscular power. See examples of strength used in a sentence.

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