

# Grip Strength And Muscle Fatigue Lab Answers

To grip something is to hold it firmly. You might grip the TV remote to keep your roommate from trying to change the channel. A grip is a firm, strong hold on something. His strong hand eased the bag from her grip. The meaning of GRIP is to seize or hold firmly. How to use grip in a sentence. 1. the act or an instance of grasping and holding firmly: he lost his grip on the slope. 2. Also called: handgrip the strength or pressure of ... They developed a grip, similar to a handshake, that they would perform during in-person meetings. Her knuckles burn as she loosens ...

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