

The Strength Training Anatomy Workout Ii

STRENGTH definition: 1. the ability to do things that need a lot of physical or mental effort: 2. the degree to which.... Learn more. 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. 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. Definition of strength noun in Oxford Advanced American Dictionary. Meaning, pronunciation, picture, example sentences, grammar, usage notes, synonyms and more. What are strengths and weaknesses? How do you identify your strengths and weaknesses? And how do you start turning your weaknesses into strengths? Find out here. The strength of an object or material is its ability to be treated roughly, or to carry heavy weights, without being damaged or destroyed. 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).

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