

# Crossfit Strength Bias Program

i m not being lazy i m just conserving my strength for later you must eat to keep your strength up the team will need all the strength they can muster to win this game this will be a severe test of our

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

your strength is the physical energy that you have which gives you the ability to do things such as lift heavy objects

define strength strength synonyms strength pronunciation strength translation english dictionary definition of strength n 1 the state or quality of being strong physical power or capacity the

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jan 20 2026 strength countable and uncountable plural strengths the quality or degree of being strong antonym weakness it requires great strength to lift heavy objects

definition of strength noun in oxford advanced learner s 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 meaning 1 the quality or state of being physically strong 2 the ability to resist being moved or broken by a force

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