

# overstrain *(o-ver-strain)*

## Definition

subject to an excessive demand on strength; resources; or abilities

## Example Sentence

Lifting weights without using the proper form can **overstrain** your back.

Join thousands of students and teachers using Vocab Loco to master spelling and vocabulary through fun games, interactive activities, and engaging lessons. Make learning words an adventure!

[vocabloco.com](https://vocabloco.com)