

strength exercise *(strength---ex---ercise)*

Definition

n. A physical activity designed to improve muscular strength and endurance, often involving resistance training or weight lifting.

Example Sentence

Incorporating **strength exercise** into your routine can help build muscle and increase metabolism.

More Example Sentences

She dedicated three days a week to **strength exercise** to enhance her overall fitness.

Synonyms

resistance training; weightlifting; powerlifting

Antonyms

cardio; aerobic exercise; stretching

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