

# Crossfit Strength Bias Program

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strength definition 1 the ability to do things that need a lot of physical or mental effort 2 the degree to which learn more

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

find out how to do these strength exercises which you can do at home to help improve your health and mobility

strength definition the quality or state of being strong bodily or muscular power see examples of strength used in a sentence

strength refers especially to physical mental or moral robustness or vigor enough work to do and strength enough to do the work rudyard kipling

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 can be further divided into static the muscles contract and hold one position and dynamic the muscles move contracting and extending and explosive strength or power the muscle

strength definition the state or quality of being strong physical power or capacity

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

the strength of an object or material is its ability to be treated roughly or to carry heavy weights without being damaged or destroyed

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