

# delayed onset muscle soreness *(de-layed-on-set-mus-cle-sore-ness)*

## Definition

n. Muscle pain and stiffness that occurs after exercise, typically peaking 24 to 72 hours post-exercise.

## Example Sentence

After his first day at the gym, he experienced **delayed onset muscle soreness** in his legs.

## More Example Sentences

Stretching and warming up can help reduce the severity of **delayed onset muscle soreness**.

## Synonyms

muscle ache; exercise-induced pain; post-exercise soreness

## Antonyms

immediate pain; acute soreness; instant discomfort

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