

# muscle endurance *(mus-cle-en-dur-ance)*

## Definition

n. The ability of a muscle or group of muscles to sustain repeated contractions against a resistance for an extended period of time.

## Example Sentence

Athletes often train to improve their **muscle endurance** for better performance in long-duration sports.

## More Example Sentences

**Muscle endurance** is crucial for activities such as cycling, swimming, and running.

## Synonyms

stamina; resilience; perseverance

## Antonyms

fatigue; weakness; fragility

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