

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

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