

muscle strength *(mus-cle-strength)*

Definition

n. The ability of a muscle or group of muscles to exert force against resistance.

Example Sentence

Regular exercise can significantly improve **muscle strength**.

More Example Sentences

The athlete's **muscle strength** allowed him to lift the heavy weights with ease.

Synonyms

power; force; might

Antonyms

weakness; frailty; feebleness

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