

# overstrain *(o-ver-strain)*

## Definition

v. to strain or exert too much force.

## Example Sentence

Lifting weights without using the proper form can **overstrain** your back.

## More Example Sentences

Do not **overstrain** yourself during the game.

## Synonyms

overwork; exhaust; fatigue

## Antonyms

rest; relax; ease

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