

# resistance exercises *(re-sist-ance-ex-er-cis-es)*

## Definition

plural n. Exercises that cause the muscles to contract against an external resistance, with the expectation of increases in strength, tone, mass, and/or endurance.

## Example Sentence

**Resistance exercises** are an effective way to build muscle strength and improve overall fitness.

## More Example Sentences

Incorporating **resistance exercises** into your routine can help enhance muscle tone and endurance.

## Synonyms

strength training; weightlifting; bodybuilding

## Antonyms

aerobic exercises; cardio; endurance training

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](https://vocabloco.com)