

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

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