

# rigor

 (*rig-or*)

## Definition

n. strictness, severity, or harshness in discipline or treatment; a condition that makes something difficult or demanding.

## Example Sentence

The law was enforced with great **rigor**.

## More Example Sentences

The **rigor** of the training program ensured that every participant was fully prepared.

## Synonyms

strictness; severity; precision

## Antonyms

leniency; softness; flexibility

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