

# strained *(strained)*

## Definition

v. to make something tighter or to exert effort.

## Example Sentence

He **strained** to lift the heavy weight with every fiber of his body.

## More Example Sentences

He **strained** to lift the heavy box.

## Synonyms

stretched; tightened; pulled

## Antonyms

relaxed; loosened; eased

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)