

strength training *(strength---train---ing)*

Definition

n. A type of physical exercise specializing in the use of resistance to induce muscular contraction, which builds the strength, anaerobic endurance, and size of skeletal muscles.

Example Sentence

Strength training is an essential component of a balanced fitness routine.

More Example Sentences

Incorporating **strength training** into your workouts can help increase muscle mass.

Synonyms

resistance training; weightlifting; bodybuilding

Antonyms

aerobics; cardio; endurance training

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