DUMB-BELL

Meaning: DUMB-BELL: A heavy weight, typically consisting of a short bar with a weight at each end, used for exercise and strength training.

1. He lifted the dumb-bell with ease, showcasing his strength at the gym.
2. After a long day, she found comfort in her routine of lifting dumb-bells at home.
3. The coach recommended incorporating dumb-bell exercises to improve overall fitness.
4. She accidentally dropped the dumb-bell, causing a loud thud that echoed in the gym.
5. Using a dumb-bell can enhance your workout by targeting specific muscle groups effectively.

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