

ERGOMETER

Meaning: Ergometer: a device used to measure work output, often in the form of exercise, typically used for training or rehabilitation purposes.

1. The athlete used the ergometer to measure her performance during the training session.
2. In physical therapy, an ergometer can help patients rebuild strength and endurance.
3. The rowing ergometer provides an excellent workout that mimics the motion of rowing on water.
4. During the competition, participants were required to complete a timed ergometer test.
5. Many fitness enthusiasts prefer the ergometer for its low-impact, full-body workout capabilities.

Source: sentences.whatistheurl.com

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