

EXERCENT

Meaning: 'Exergent' refers to the act of actively exercising or enhancing one's skills or physical abilities.

1. The coach encouraged the players to exergent their skills during practice.
2. Her passion for fitness led her to create a program that exergents both strength and flexibility.
3. To truly excel in a sport, one must exergent their physical and mental capabilities.
4. The new training regime is designed to exergent the athletes' performance levels significantly.
5. Incorporating diverse workouts can help exergent different muscle groups effectively.

Source: sentences.whatistheurl.com

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