

GAINAGE

Meaning: Gainage refers to exercises focused on developing core stability and strength.

1. Gainage exercises are essential for building core stability and strength.
2. Incorporating gainage into your workout routine can enhance overall athletic performance.
3. The trainer emphasized the importance of proper form during gainage to prevent injury.
4. Many athletes incorporate gainage techniques to improve their endurance and power.
5. Achieving a strong foundation through gainage can lead to better results in various sports.

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