

LIFTER

Meaning: LIFTER: a person who engages in weightlifting or strength training, often competitively, to enhance physical fitness and strength.

1. The gym was filled with dedicated lifters, each focused on achieving their personal best.
2. As a competitive lifter, she dedicated countless hours to perfecting her technique and building strength.
3. The construction crew relied on a powerful lifter to hoist heavy materials to the upper floors of the building.
4. His enthusiasm for fitness inspired many to join the local lifters club and pursue their own goals.
5. In weightlifting competitions, the lifter's form and discipline are just as crucial as the amount of weight they can lift.

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