

LIMBERNESS

Meaning: LIMBERNESS (noun): the quality of being flexible and agile, allowing for easy movement and graceful execution of physical activities.

1. Her limberness allowed her to execute the dance moves with incredible grace.
2. The athlete's limberness was evident in his ability to perform complex stretches effortlessly.
3. Yoga practice can significantly improve your limberness and overall flexibility.
4. The gymnast's limberness set her apart from her competitors during the routine.
5. With age, he noticed a decline in his limberness, prompting him to adopt a more regular stretching regimen.

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