

# LOOSEN

*Meaning: To make something less tight or to relax one's hold or tension.*

1. It's important to loosen the screws before attempting to disassemble the machine.
2. After a long day at work, she likes to loosen her grip on stress by practicing yoga.
3. The coach encouraged the players to loosen up before the big game to improve their performance.
4. He decided to loosen the tie around his neck, feeling the heat of the summer day.
5. To improve flexibility, it's essential to loosen your muscles with proper stretching exercises.
6. It's important to loosen the straps on the backpack before you take it off.
7. The teacher asked the students to loosen their grips on the pencils to avoid breaking them.
8. She decided to loosen her schedule to allow for more free time during the week.
9. The mechanic recommended I loosen the bolts before attempting to remove the tire.
10. After a long day, I like to loosen up with some yoga to relieve my tension.

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Source: [sentences.whatistheurl.com](https://sentences.whatistheurl.com)

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