

MUSCULARIZE

Meaning: MUSCULARIZE (verb): To develop or enhance muscle mass and strength through targeted exercise or training.

1. To achieve her fitness goals, she decided to muscularize her routine with strength training.
2. His coach encouraged him to muscularize his physique to enhance his performance in the upcoming competition.
3. The bodybuilder aimed to muscularize his arms through a series of targeted exercises.
4. In order to muscularize her legs, she incorporated squats and lunges into her workout.
5. Many athletes seek to muscularize their bodies to improve both strength and endurance for their sports.

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