

MUSCULATION

Meaning: Musculation refers to the development and strengthening of muscles through exercise and training.

1. Musculation is essential for athletes seeking to improve their performance in competitive sports.
2. The study of musculation can reveal insights into effective strength training techniques.
3. Proper musculation not only enhances physical appearance but also contributes to overall health.
4. Many individuals engage in musculation to build muscle mass and increase their metabolic rate.
5. Nutrition plays a crucial role in supporting musculation and achieving desired fitness goals.

Source: sentences.whatistheurl.com

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