

OVEREXERT

Meaning: To overexert means to exert oneself excessively, often resulting in physical or mental strain or injury.

1. He tends to overexert himself during workouts, leading to frequent injuries.
2. It's important not to overexert your mind while studying for long hours.
3. She realized she had overexerted herself at work after collapsing from exhaustion.
4. If you overexert your body too quickly, it can delay your recovery.
5. Coaches often warn athletes not to overexert themselves in the early stages of training.

Source: sentences.whatistheurl.com

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