

# OVERSTRAIN

*Meaning: Overstrain (verb): to exert or stress something, especially muscles or resources, beyond their capacity, leading to potential injury or exhaustion.*

1. Overstraining your muscles during exercise can lead to serious injuries.
2. The manager warned that overstrain in the team's workload could result in burnout.
3. It is important to pace yourself during long runs to avoid overstrain and fatigue.
4. After weeks of overstrain without proper rest, she finally collapsed from exhaustion.
5. He learned the hard way that overstraining his mind while studying could hinder his performance.
6. You should be careful not to overstrain your muscles during intense workouts.
7. The constant pressure at work can easily lead to overstrain and burnout.
8. She realized she had overstrained her voice after singing for several hours.
9. Overstraining can result in long-term injuries that are difficult to recover from.
10. It's important to listen to your body and avoid overstrain when engaging in physical activities.

---

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

*<https://sentences.whatistheurl.com/sentence/overstrain>*