

OVERTIRE

Meaning: OVERTIRE (verb): To exhaust or fatigue someone or something by excessive effort or strain.

1. If you push yourself too hard during training, you might overtire your muscles.
2. It's important to take breaks while studying to avoid overtiring your mind.
3. The long hike seemed enjoyable at first, but I overtired myself by not pacing properly.
4. Parents often worry that their children will overtire themselves during busy school weeks.
5. To prevent injuries, athletes should be mindful not to overtire themselves before competitions.
6. She tends to overtire herself when she takes on too many responsibilities at work.
7. It's important to pace yourself during long workouts to avoid the risk of overtiring your muscles.
8. Overtiring the children with too many activities can lead to meltdowns and exhaustion.
9. He realized he had overtired himself after struggling to keep his eyes open during the meeting.
10. The coach warned the players not to overtire themselves before the crucial tournament.

Source: sentences.whatistheurl.com

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