

# OVERWRESTLE

*Meaning: Overwrestle: to exert excessive effort or engage in wrestling practice beyond one's physical limits, often leading to fatigue or injury.*

1. The coach warned the team not to overwrestle during practice to prevent injuries.
2. After a lengthy match, the wrestler realized he had a tendency to overwrestle, exhausting himself too quickly.
3. In an effort to secure the win, he began to overwrestle, losing his technique and focus.
4. Her strategy was to avoid overwrestling and conserve energy for the final rounds of the tournament.
5. Despite his strength, overwrestling cost him the championship title in the final seconds of the match.

---

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

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