

PRONATE

Meaning: To pronate means to rotate or turn a body part, such as a wrist or foot, so that the palm or sole faces downward or inward.

1. To effectively throw the ball, you need to pronate your wrist at the last moment.
2. Athletes often need to pronate their feet to improve their running efficiency.
3. The physical therapist demonstrated how to pronate the forearm during the exercise.
4. When performing the yoga pose, it's essential to pronate your hands to achieve proper alignment.
5. He learned to pronate his hand while playing the guitar to create a smoother sound.

Source: sentences.whatistheurl.com

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