

SPARTAN

Meaning: Spartan refers to a lifestyle or design characterized by simplicity, discipline, and minimalism, often devoid of luxury or excess.

1. The Spartan lifestyle emphasizes simplicity and discipline over luxury and excess.
2. He admired the Spartan architecture, which was both functional and aesthetically pleasing.
3. During the competition, her Spartan mentality drove her to push beyond her limits.
4. They followed a Spartan training regimen that focused on strength and endurance.
5. The novel depicted a Spartan society where bravery and honor were paramount values.

Source: sentences.whatistheurl.com

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