

# STRIGOUS

*Meaning: Strigous (adjective): characterized by strictness, severity, or harshness in demands or conditions.*

1. The strigous demands of the program left many students feeling overwhelmed.
2. In the strigous environment of the elite academy, only the most resilient thrived.
3. Her strigous workout regimen transformed her into a formidable athlete.
4. Faced with strigous deadlines, the team had to work tirelessly to complete the project.
5. The strigous competition for the scholarship pushed applicants to their limits.

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

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