

SUPPLENESS

Meaning: Suppleness refers to the quality of being flexible and limber, allowing for ease of movement and adaptability.

1. The dancer's suppleness allowed her to execute movements that seemed almost effortless.
2. Yoga can improve your body's suppleness, enhancing both flexibility and strength.
3. The athlete's training regimen focused on building muscle suppleness to prevent injuries.
4. In nature, the suppleness of certain materials can determine their suitability for various functions.
5. Her voice had a remarkable suppleness, effortlessly transitioning between deep tones and high notes.

Source: sentences.whatistheurl.com

<https://sentences.whatistheurl.com/sentence/suppleness>