

UNIMUSCULAR

Meaning: Unimuscular refers to a type of strength or muscle development that emphasizes the use of a single muscle group, often characterized by enhanced performance in specific physical activities.

1. The gymnast's performance was particularly impressive due to her unimuscular strength and agility.
2. In discussions about fitness, the term unimuscular often comes up to describe a specific type of muscle development.
3. Despite his unimuscular physique, he excelled in endurance sports, proving that strength isn't everything.
4. The artist's depiction of the unimuscular figure challenged traditional ideals of beauty and strength.
5. Training for a unimuscular approach requires a focus on functional movements and flexibility.

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