

strenuous['strenjvəs] *a*

1. требующий силы, усилий, напряжения
strenuous work - трудная /напряжённая/ работа
strenuous profession - трудная /тяжёлая/ профессия
2. энергичный; усердный; напряжённый
strenuous life - деятельная жизнь
strenuous opposition - энергичное сопротивление
strenuous supporter - страстный /рьяный/ защитник /поборник/
through strenuous work - благодаря усердной /напряжённой/ работе

strenuous

Oxford Advanced Learners Dictionary 8th Ed.

strenu-ous *BrE* ['strenjuəs] ^m *NAmE* ['strenjuəs] ^e *adjective*

1. needing great effort and energy

Syn: ↑arduous

- a strenuous climb
- Avoid **strenuous exercise** immediately after a meal.
- How about a stroll in the park? **Nothing too strenuous** .

2. showing great energy and determination

- The ship went down although **strenuous efforts** were made to save it.
- The plan has met with strenuous opposition.

Derived Word ↑strenuouslyWord Origin:[**strenuous strenuously**] early 17th cent.: from Latin **strenuus** 'brisk' + ↑-ous.Example Bank:

- Avoid tasks which require strenuous physical activity.

strenuous

Longman DOCE 5th Ed. (En-En)

strenu-ous /'strenjuəs/ *BrE* ^e *AmE* ^e *adjective*[**Date:** 1600-1700; **Language:** Latin; **Origin:** strenuus]

1. needing a lot of effort or strength:

- " a strenuous climb
- " The doctor advised Ken to avoid strenuous exercise.

2. active and determined:

- " Sherry's been making a strenuous effort to lose weight.

—strenuously *adverb:*

- " Barrett strenuously denied rumors that he would resign.

strenuous

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