# **Good Strong(70 words)**

**acute**  (adjective) - Very sharp and intense.

**bolster**  (verb) - To support or strengthen; prop up

**bootcamp**  (noun) - A type of physical training that consists of many different types of exercise; or a short course of intensive study designed to provide someone with new skills

**brawny**  (adjective) - Physically strong; muscular

**caliber**  (noun) - The quality or standard of someone's ability or character.

**comprehensive**  (adjective) - Complete; including all or nearly all elements or aspects of something.

**contender**  (noun) - A person or group competing with others trying to achieve the same goal.

**crusade**  (noun) - An energetic campaign for political, social, or religious change

**devout**  (adjective) - Dedicated or loyal to a cause, activity, or person.

**dignified**  (adjective) - Having or expressing a sense of pride and self-respect.

**dignity**  (noun) - A sense of pride in oneself; self-respect.

**durable**  (adjective) - To be strong and last a long time in spite of challenging use

**emphatic**  (noun) - Communicating something strongly and clearly, without any possibility for doubt

**enforce**  (verb) - To make sure laws, rules, or regulations are obeyed.

**fend**  (verb) - To look after and provide for oneself, without any help from others

**fitness**  (noun) - The condition of being physically healthy and strong, often as a result of exercise and proper nutrition

**formidable**  (adjective) - Inspiring fear or respect as a result being impressively powerful, intense, or capable.

**fortitude**  (adjective) - Courage in enduring pain or hardship without giving up.

**impenetrable**  (adjective) - Difficult or impossible to understand or comprehend; or impossible to pass through or break into.

**impervious**  (adjective) - Not allowing something to pass through; impenetrable; not affected or influenced by something.

**imposing**  (adjective) - Demanding attention or respect due to size, power, or presence.

**impregnable**  (adjective) - Unable to be broken into or captured.

**impunity**  (noun) - Freedom from negative consequences or accountability for one’s actions.

**indispensable**  (adjective) - Impossible to replace or substitute due to its significance.

**industrious**  (adjective) - To work very hard

**ingrained**  (adjective) - Firmly fixed or established; difficult to change; deeply embedded and hard to remove.

**integrity**  (adjective) - The quality of being honest and consistently upholding strong moral principles.

**invincible**  (adjective) - Too powerful to be defeated or overcome

**ironclad**  (adjective) - So strong that it cannot be challenged or changed

**landmark**  (noun) - Characterized by an event, discovery, or change that marks an important turning point in events.

**legitimacy**  (noun) - The state of being accepted as valid, authentic, or justified; the quality of being lawful in accordance with established rules.

**leverage**  (noun) - The ability to influence people, situations, or decisions to gain an advantage

**linchpin**  (noun) - A central, essential, or most important person or thing that holds everything together.

**longevity**  (noun) - The ability to withstand the test of time and remain relevant or functional.

**mandatory**  (adjective) - Compulsory or obligatory, not voluntary – enforced by an authority.

**manifesto**  (noun) - A public declaration of intent, policy, aims, opinions, and objectives.

**mighty**  (adjective) - Having great power or strength — physically or mentally strong.

**noble**  (adjective) - Having high moral qualities such as honor, courage, and generosity.

**overpower**  (verb) - To defeat or overcome with superior strength, force, or pursuasiveness.

**panacea**  (noun) - A solution or remedy for all problems or difficulties.

**persistent**  (adjective) - Continuing firmly or stubbornly despite challenges or opposition.

**pervasive**  (adjective) - Existing or present everywhere, often in a subtle or unnoticed way; spreading widely throughout an area or a group of people.

**potent**  (adjective) - Strong, powerful, and effective

**procure**  (verb) - To obtain or secure something, often through deliberate effort, care, or special means.

**prowess**  (noun) - Skill or expertise in a particular activity or field

**pushback**  (noun) - A reaction against a proposal, idea, or action, often in the form of disagreement or objection.

**raging**  (adjective) - Happening with a lot of force

**regimented**  (adjective) - Referring to something that is arranged in a highly structured or ordered manner, often with little room for flexibility or deviation.

**reinforce**  (verb) - To make something stronger or more powerful, often by adding additional resources, effort, or structure.

**replenish**  (verb) - To fill something or restore it to its original level, especially after it has been used or diminished.

**resilient**  (adjective) - To withstand adversity; show a quick recovery following adversity.

**resounding**  (adjective) - Referring to something that is striking, definite, or leaves a strong impression, such as a victory or success.

**responsible**  (adjective) - To have control and authority over something or someone and the duty of taking care of it

**rigorous**  (adjective) - Extremely thorough, exhaustive, or accurate

**ringleader**  (noun) - Someone who is the main influence or motivator behind a particular action or event, especially a disruptive or controversial one.

**rugged**  (adjective) - (of ground or terrain) having a broken, rocky, and uneven surface

**significant**  (adjective) - Having a major impact or effect; something that carries weight or importance.

**singlehanded**  (adjective) - Done by one person alone, without assistance or collaboration from others.

**sober**  (adjective) - Serious and thoughtful in mood or behavior, not playful or exaggerated; or not under the influence of alcohol or drugs; clear-minded.

**stately**  (adjective) - An attitude that commands respect

**steadfast**  (adjective) - Loyal and devoted, especially in difficult times.

**sturdy**  (adjective) - Strong and solid and unlikely to break

**surefire**  (adjective) - Guaranteed to produce a desired result.

**sweeping**  (adjective) - Extensive or wide-ranging in effect or scope, having a major impact; far-reaching or thorough.

**tenacious**  (verb) - Not easily letting go or giving up.

**tenacity**  (noun) - Holding tightly onto a opinion or goal in a determined way

**undeniable**  (adjective) - Certainly true, so obvious that it cannot be doubted.

**unscathed**  (adjective) - Without suffering any injury, damage, or harm

**viable**  (adjective) - Able to survive or live under specific conditions; also feasible or practical to implement

**vigil**  (noun) - Staying awake, aware, and watchful at times when it's more usual to sleep.