

Dynamic Stretching Guide

If you describe something as dynamic, you approve of it because it is very active and energetic. If a person, place, or thing is energetic and active, then it's dynamic. When things are dynamic, there's a lot going on. DYNAMIC definition: 1. having a lot of ideas and enthusiasm: 2. continuously changing or developing: 3. A dynamic.... Learn more. An interactive system or process, especially one involving competing or conflicting forces: "The traditional nineteenth-century dynamic between the sexes had begun to erode" (Jean Zimmerman). The meaning of DYNAMIC is marked by usually continuous and productive activity or change. How to use dynamic in a sentence. Mar 21, 2026 · Adjective dynamic (comparative more dynamic, superlative most dynamic) Changing; active; in motion. Group dynamics are important to consider. The dynamics of this class are different from those of other classes. Disease was a central dynamic in the decrease in population. Dynamics greatly affect the ... DYNAMIC definition: pertaining to or characterized by energy or effective action; vigorously active or forceful; energetic. See examples of dynamic used in a sentence. If you describe something as dynamic, you approve of it because it is very active and energetic. DYNAMIC meaning: 1. having a lot of ideas and enthusiasm: 2. continuously changing or developing: 3. A dynamic.... Learn more.

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