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The term **beast mode** has become common slang, but what does it really mean? According to Urban Dictionary, **beast mode** is defined as the mode that you switch into when doing hardcore activities; having beast-like characteristics. Most often, it's used to describe someone who works at high intensity in the gym.

[Learn What the Term 'Beast Mode' Actually Means](#) : [learn-what-the-term-beast-mode-actually-means](#) wellness360magazine : [learn-what-the-term-beast-mode-actually-means](#) [frif 2024](#)

Beast mode is an extremely aggressive or energetic style or manner that someone (such as an athlete) adopts temporarily (as to overpower an opponent in a fight or competition).

[Beast mode Definition & Meaning - Merriam-Webster](#) : [merriam-webster-dictionary](#) [frif 2024](#)

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