

# superstrained

**The past tense of superstrain is superstrained**

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## The Forms of Superstrain

Infinitive	<b>to superstrain</b>
Present Tense	<b>superstrain / superstrains</b>
Past Tense	<b>superstrained</b>
Present Participle	<b>superstraining</b>
Past Participle	<b>superstrained</b>

## Conjugate Superstrain

**Superstrain in Present Simple (Indefinite) Tense**

**Singular**

**Plural**

I **superstrain**                      We **superstrain**  
You **superstrain**                  You **superstrain**  
He/She/It **superstrains**      They **superstrain**

**Superstrain in Present Continuous (Progressive) Tense**

**Singular**

**Plural**

I **am superstraining**              We **are superstraining**  
You **are superstraining**        You **are superstraining**  
He/She/It **is superstraining**    They **are superstraining**

**Superstrain in Present Perfect Tense**

**Singular**

**Plural**

I **have superstrained**              We **have superstrained**  
You **have superstrained**        You **have superstrained**  
He/She/It **has superstrained**    They **have superstrained**

**Superstrain in Present Perfect Continuous Tense**

**Singular**

**Plural**

I **have been superstraining**        We **have been superstraining**  
You **have been superstraining**    You **have been superstraining**  
He/She/It **has been superstraining**    They **have been superstraining**

**Superstrain in Past Simple (Indefinite) Tense**

**Singular**

**Plural**

I **superstrained**                      We **superstrained**  
You **superstrained**                  You **superstrained**  
He/She/It **superstrained**        They **superstrained**

**Superstrain in Past Continuous (Progressive) Tense**

**Singular**

**Plural**

**I was superstraining**

**We were superstraining**

**You were superstraining**

**You were superstraining**

**He/She/It was superstraining** **They were superstraining**

**Superstrain in Past Perfect Tense**

**Singular**

**Plural**

**I had superstrained**

**We had superstrained**

**You had superstrained**

**You had superstrained**

**He/She/It had superstrained** **They had superstrained**

**Superstrain in Past Perfect Continuous Tense**

**Singular**

**Plural**

**I had been superstraining**

**We had been superstraining**

**You had been superstraining**

**You had been superstraining**

**He/She/It had been superstraining** **They had been superstraining**

**Superstrain in Future Simple (Indefinite) Tense**

**Singular**

**Plural**

**I will superstrain**

**We will superstrain**

**You will superstrain**

**You will superstrain**

**He/She/It will superstrain** **They will superstrain**

**Superstrain in Future Continuous (Progressive) Tense**

**Singular**

**Plural**

**I will be superstraining**

**We will be superstraining**

**You will be superstraining**

**You will be superstraining**

**He/She/It will be superstraining** **They will be superstraining**

**Superstrain in Future Perfect Tense**

**Singular**

**Plural**

**I will have superstrained**

**We will have superstrained**

**You will have superstrained**

**You will have superstrained**

**He/She/It will have superstrained**

**They will have superstrained**

**Superstrain in Future Perfect Continuous Tense**

**Singular**

**Plural**

**I will have been superstraining**

**We will have been superstraining**

**You will have been superstraining**

**You will have been superstraining**

**He/She/It will have been superstraining**

**They will have been superstraining**