

# superstrained

**The past tense of superstrain is superstrained**

Table Of Contents:

- [superstrained](#)
- [The Forms of Superstrain](#)
- [Conjugate Superstrain](#)
- [Superstrain in Present Simple \(Indefinite\) Tense](#)
- [Superstrain in Present Continuous \(Progressive\) Tense](#)
- [Superstrain in Present Perfect Tense](#)
- [Superstrain in Present Perfect Continuous Tense](#)
- [Superstrain in Past Simple \(Indefinite\) Tense](#)
- [Superstrain in Past Continuous \(Progressive\) Tense](#)
- [Superstrain in Past Perfect Tense](#)
- [Superstrain in Past Perfect Continuous Tense](#)
- [Superstrain in Future Simple \(Indefinite\) Tense](#)
- [Superstrain in Future Continuous \(Progressive\) Tense](#)
- [Superstrain in Future Perfect Tense](#)
- [Superstrain in Future Perfect Continuous Tense](#)

## 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**