

exert: apply force to something



<https://www.publicdomainpictures.net/en/view-image.php?image=378585&picture=push-up-exercise>

She is exerting force to do her exercise.

intact: something that is still whole,
not damaged



https://commons.wikimedia.org/wiki/File:Egyptian_mummies,_British_Museum.jpg

These mummies are still intact.

technique: a special way of doing something



<https://www.flickr.com/photos/roosterfarm/1524703591>

Coil technique was used to make these pots.