

What is Flex? Most people have used Flex without even knowing it!

Flex is a word that appears quite commonly on social networking platforms such as Facebook, YouTube or TikTok. However, not everyone understands the meaning of this word. Invite you to learn in the article below to know what flex or flexing is.

Flex is a word that appears quite popular on social networking platforms such as Facebook, YouTube or TikTok and is becoming a trend that many people follow. However, not everyone understands the meaning of this word. Invite you to learn in the article below to know what flex is or what flexing is.



What is Flex?

"Flex" is an English slang word for showing off one's muscles and strength that has been widely used since the 1990s. At that time, "Flex" was used by rappers in their works to refer to the act of showing off too much, making people around uncomfortable.

But now "Flex" has become popular on social media and is used by young people to make fun of when someone accidentally or intentionally shows something or makes jokes about themselves.

On social networking sites, it will not be difficult to come across content related to "flexing" such as showing off branded clothes, showing off luxury cars, showing off good watches.

Eg:

1. I just bought the car after earning a few billions with a new project.
2. Wow, her legs are too long to fit in these LV pants.

Flex is so popular that there's even a group on Facebook called "Flex to the Last Breath," which creates posts to gleefully brag about the achievements of yourself or someone you know. The number of members of the group has increased tremendously, reaching 470k members in less than 2 months and still growing.

It turns out that the word flex is not strange, but quite familiar, we may even have "flex" a few times before without even knowing it!

Hopefully, the above explanation has helped you understand what Flex is, what Flex movement is. To find out the hot trending words on social networks used by young people, you can visit the 'What' section of TipsMake.com.

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