

# Components of Fitness

F L E X I B I L I T Y T C S I O N  
Y Q T X M U K T Y O U Y A G A I V  
P C O O R D I N A T I O N M Y Z R  
H T G N E R T S S U Z D S W A E T  
Q Z S M X G K T R L S P Z Z A L C  
Q D D O W S C I Z T A J N C X I S  
R T P Q L P J A M K Z V T E B X D  
H W C I M A N Y D E Q I R O A M V  
C M Y W P P N I N T O D R E Y D S  
D G Q O G R Z D W N Z E E Q T J O  
W K W A J F U A T J A C S I B N Z  
C E G J S R K I S N N N U P P D I  
R I G M A V M Y W A R P H O E I C  
C M T N N E T H L H K J K J M E O  
V T C A V H L A D A N A I B T M D  
C E F V T V B Z T L F U A E A D H  
D D B E I S P E K A T A J Y F Y Q

reaction time  
endurance  
dynamic  
static

coordination  
interval  
balance  
power

flexibility  
strength  
aerobic  
speed