

Name: _____

Date: _____

Components of Fitness

muscular endurance

muscular strength

Aerobic endurance

bodycomposition

reaction time

coordination

flexibility

ballistic

anaerobic

balance

agility

static

power

speed



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