

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Components of Fitness



Muscular endurance

Muscular strength

Aerobic endurance

Body composition

Reaction time

Coordination

Flexibility

Agility

Balance

Power

Speed

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