

Name: _____

Date: _____

Components of fitness

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

Cardiovascular endurance

Muscular endurance

Reaction time

Coordination

Flexibility

Strength

Agility

Balance

Speed

Power