

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

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

# Components of fitness

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

Cardiovascular fitness

Muscular endurance

body composition

co-ordination

reaction time

flexibility

strength

balance

agility

speed

power