

Name: _____

Date: _____

Elements of Fitness

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

Cardiovascular endurance

Muscular Endurance

Muscular Strength

Body composition

Coordination

Flexibility

Anaerobic

Intensity

Frequency

Fitness

Aerobic

Balance