

Name: _____

Date: _____

FITNESSGRAM AND THE 5 COMPONENTS OF FITNESS

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

healthyfitnesszone

muscular strength

fitnessgram

practice

pushups

muscular endurance

bodycomposition

flexibility

curlups

pacer

fitnesscomponents

heightandweight

sitandreach

fitness