

Name: _____

Date: _____

components of fitness

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

Muscular endurance

Muscular strength

Aerobic endurance

Body composition

reaction time

co-ordination

Flexibility

balance

Agility

power

Speed