

Components of Fitness

Muscular Endurance- The ability to use muscles over an extended period of time

FG test-Curl-ups

Activities- curl ups, planks and lunges

Flexibility- Ability of your joints to move to a full range of motion

FG test- Sit and reach or shoulder stretch

Activities- stretching, yoga, gymnastics

Muscular strength- The ability of your muscles to move maximum weight one time

FG test- push ups

Activities- pull-ups, push-ups, weight training

Body Composition- The percent of fat compared to muscle

FG test- Height and weight

Activities- Being active and eating healthy

Cardiovascular Endurance- Ability of your heart and lungs to work together over a period of time.

FG test- Pacer and mile run

Activities- running, jumping rope, basketball, soccer, biking