

Primary Components of Fitness

Components	Definition
------------	------------

Cardiovascular Endurance	utilizes oxygen
--------------------------	-----------------

Muscular Strength	maximum force generated in single contraction (higher wts. lower reps)
-------------------	--

Muscular Endurance	ability to apply force over period of time. (higher reps. lower wts.)
--------------------	---

Flexibility	ROM around specific joint of the body.
-------------	--

Secondary Components of Fitness

Secondary Components: Balance, Agility, Speed, Power, Reaction Time, Coordination, Mental Capability

Components of Group Fitness Class

Warm-up, Cardio Activities, Post Cardio Cool down, Muscular Conditioning, Balance, & neuromotor exercises, Flexibility

C

By **rbid_1975**
cheatography.com/rbid-1975/

Not published yet.
Last updated 5th December, 2023.
Page 1 of 1.

Sponsored by **Readable.com**
Measure your website readability!
<https://readable.com>