

Primary Components of Fitness

Components	Definition
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Cardiovascular Endurance	utilizes oxygen
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Muscular Strength	maximum force generated in single contraction (higher wts. lower reps)
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Muscular Endurance	ability to apply force over period of time. (higher reps. lower wts.)
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Flexibility	ROM around specific joint of the body.
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Components of Group Fitness Class

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

Secondary Components of Fitness

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



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