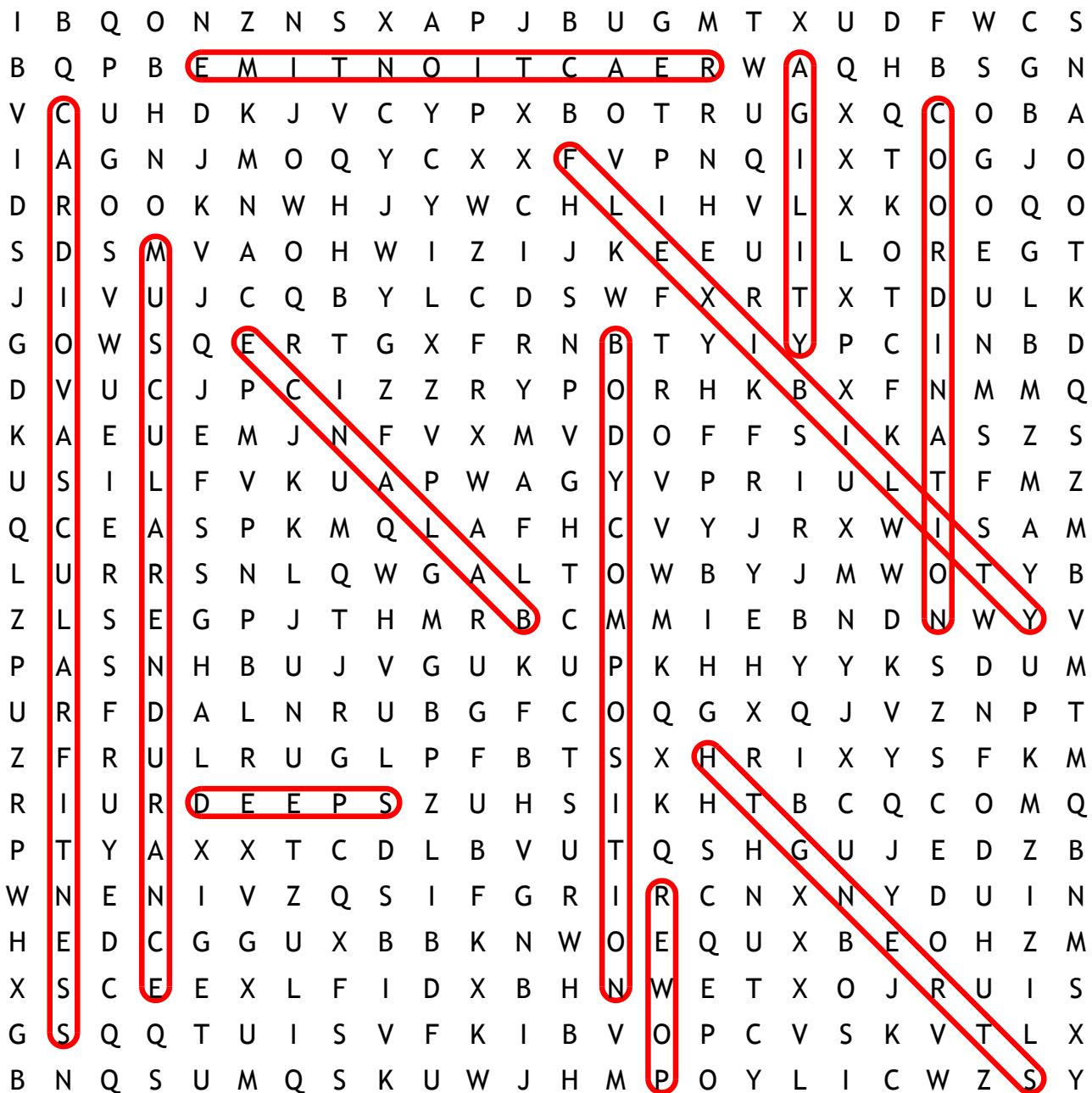


Name: _____

Date: _____

Components of fitness



Cardiovascular fitness

co-ordination

strength

speed

Muscular endurance

reaction time

balance

power

body composition

flexibility

agility