

Name: _____

Date: _____

Components of Fitness and Fitness Testing

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

Multi Stage Fitness Test
Harvard Step Test
Sergeant Jump
Coordination
One Rep Max
Wall Squat
Illinois
Agility
Health

Cardiovascular Endurance
Fitness Testing
Sit and Reach
Qualitative
Flexibility
Cooper Run
Strength
Balance
T Run

Muscular Endurance
Anaerobic Power
Reaction Time
Sprint Test
Ruler Drop
Press Up
Fitness
Sit Up
Speed