

FITNESS-RELATED COMPONENTS

HEALTH-RELATED FITNESS

CARDIOVASCULAR
ENDURANCE



MUSCULAR
STRENGTH



MUSCULAR ENDURANCE



FLEXIBILITY

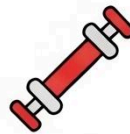


FLEXIBILITY



BODY COMPOSITION

SKILL-RELATED FITNESS



AGILITY



BALANCE



COORDINATION



POWER



REACTION TIME

SPEED