

5 COMPONENTS OF PHYSICAL FITNESS

Muscular Strength



This is the “power” that helps you to lift and carry heavy objects.

Cardiovascular endurance is your body’s ability to keep up with exercise.



Cardiovascular Endurance

Muscular Endurance



Endurance is the ability of your muscles to perform contractions for extended periods of time.

Body composition refers to the amount of fat on your body.



Body Composition

Flexibility



Flexibility training ensures that your body can move through its entire range of motion without pain or stiffness.

Health And Fitness

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