|  |  |
| --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

5 Aspects of Health Based Fitness

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

   hamstrings       quadriceps       triceps       biceps       breath       squats       gymnastics       lungs       heart       body mass index       swimming       push ups       sit ups       bench press       jogging       muscular endurance       body composition       muscular strength       flexibility       cardiovascular endurance