Components of Fitness

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

   Coordination       Agility       Reaction Time       Speed       Flexibility       Muscular Endurance       Explosive strength       Dynamic Strength       Static Strength       Strength       Cardio Vascular Endurance