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

Components of fitness

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

   balance       flexibility       co-ordination       agility       reaction time       speed       power       body composition       strength       Muscular endurance       Cardiovascular fitness