

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Components of fitness

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

muscular endurance

reaction time

cv endurance

Coordination

flexibility

strength

agility

balance

power

speed