

Fitness components

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

reaction time

coordination

flexibility

components

endurance

strength

fitness

balance

power

speed