

Match the component of fitness to the performer

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| 1. Speed | A. Rugby winger |
| 2. Balance | B. 100m sprinter |
| 3. Flexibility | C. Table tennis |
| 4. Agility | D. High jumper |
| 5. Coordination | E. Tennis player |
| 6. Power | F. Badminton player |
| 7. Reaction time | G. Gymnast |
| 8. Cardiovascular fitness | H. Weightlifter |
| 9. Muscular endurance | I. Tour de France cyclist |
| 10. Muscular strength | J. Rower |