

### Primary Components of Fitness

| Components | Definition |
|------------|------------|
|------------|------------|

|                          |                 |
|--------------------------|-----------------|
| Cardiovascular Endurance | utilizes oxygen |
|--------------------------|-----------------|

|                   |                                                                        |
|-------------------|------------------------------------------------------------------------|
| Muscular Strength | maximum force generated in single contraction (higher wts. lower reps) |
|-------------------|------------------------------------------------------------------------|

|                    |                                                                       |
|--------------------|-----------------------------------------------------------------------|
| Muscular Endurance | ability to apply force over period of time. (higher reps. lower wts.) |
|--------------------|-----------------------------------------------------------------------|

|             |                                        |
|-------------|----------------------------------------|
| Flexibility | ROM around specific joint of the body. |
|-------------|----------------------------------------|

### Components of Group Fitness Class

Warm-up, Cardio Activities, Post Cardio  
Cool down, Muscular Conditioning,  
Balance, & neuromotor exercises, Flexibility

### Secondary Components of Fitness

Secondary Components: Balance, Agility,  
Speed, Power, Reaction Time, Coordination,  
Mental Capability



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