

The 5 Fitness Components

Cardiovascular Endurance - a measure of how efficiently your heart and lungs work when you exercise and how quickly they return to normal when you stop.

Muscle Strength - measure of the most weight you can lift or the most force you can exert at one time.

Muscle Endurance - measure of a muscle's ability to repeatedly exert a force over a period of time.

Flexibility - ability of your body's joints to move easily through a full range of motion. Increases performance and decreases risk of injury.

Body Composition - the ratio of body fat to lean body tissue (bone, muscle, and fluids).