

# PHYSICAL FITNESS FRAMEWORK

## Health-Related Fitness Components

- **Cardiovascular Endurance**  
Your body's ability to deliver oxygen to working muscles during exercise.
- **Muscular Endurance**  
your muscles' ability to exert force repeatedly or for an extended period of time.
- **Muscular Strength**  
Your muscles' ability to exert a maximum amount of force in one effort.
- **Flexibility**  
Your muscles' and joints' ability to move through their full range of motion.
- **Body Composition**  
Your body's ratio of lean muscle to stored fat.

## Skill-Related Fitness Components

- **Speed**  
The ability to perform actions or cover distance quickly.
- **Power**  
The ability to combine both speed and force in movements and actions.
- **Agility**  
The ability to quickly change direction without losing speed or power.
- **Balance**  
The ability to stabilize the body both in movement and when maintaining stillness.
- **Coordination**  
The ability to use your senses in combination with your actions when in movement.
- **Reaction Time**  
The ability to respond quickly to what you feel, see or hear.

# Framework Fitness Training Manual

**RJ Alexander**



## **Framework Fitness Training Manual:**

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