

# 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

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Fibriasari, Juniastel Rajagukguk**

## **Framework Fitness Training Manual:**

## Unveiling the Magic of Words: A Report on "**Framework Fitness Training Manual**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Framework Fitness Training Manual**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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