

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

**Baharuddin Baharuddin, Hesti
Fibriasari, Juniastel Rajagukguk**

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