 

Cardiorespiratory Endurance

Ability for your heart, lungs and muscles to work aerobically over an extended period of time.

 

Muscular Strength

Amount of force that your muscles can exert against resistance.

(Max repps.)

 
Muscular Endurance

Ability of muscles to sustain repeated contractions against a resistance for an extended period of time. (15 + Repps)



Flexibility

Range of movement in joints, Length in muscles that cross the joints.

 

Body Composition

Fat and Fat free mass in the body. (Percentage of body fat)