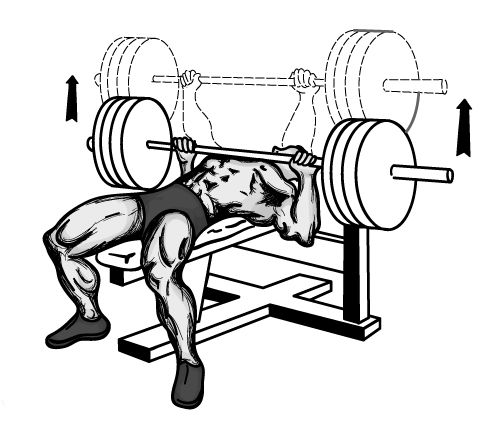
 

Cardiorespiratory Endurance

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

[](http://www.google.com/imgres?q=muscular+strength+cartoons&um=1&hl=en&safe=active&biw=1024&bih=652&tbm=isch&tbnid=H2eghMF-ArR9KM:&imgrefurl=http://www.clipartof.com/interior_wall_decor/details/Wedge-Of-Orange-Swiss-Cheese-Mascot-Cartoon-Character-Showing-His-Strength-By-Flexing-His-Strong-Bicep-Arm-Muscles-Poster-Art-Print-16743&docid=bSbR0BM-F865BM&imgurl=http://images.clipartof.com/small/16743-Wedge-Of-Orange-Swiss-Cheese-Mascot-Cartoon-Character-Showing-His-Strength-By-Flexing-His-Strong-Bicep-Arm-Muscles-Poster-Art-Print.jpg&w=450&h=465&ei=d7yOT7PSH-fo0QHjmLCGDw&zoom=1&iact=hc&vpx=93&vpy=108&dur=44&hovh=228&hovw=221&tx=54&ty=94&sig=108295512153765129133&page=1&tbnh=136&tbnw=130&start=0&ndsp=15&ved=1t:429,r:5,s:0,i:78) 

Muscular Strength

Amount of force that your muscles can exert against resistance.

(Max repps.)

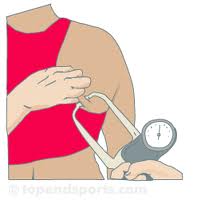
 [](http://www.google.com/imgres?q=resistance+bands&um=1&hl=en&safe=active&biw=1024&bih=652&tbm=isch&tbnid=yjpgGPSQV60IHM:&imgrefurl=http://sicksport.com/fitness-resistance-bands-c-86_87&docid=7jVDq9ugfNcL6M&imgurl=http://sicksport.com/images/resistance_bands_bulk_resistance_tubing_84401-QF-EL.jpg&w=489&h=750&ei=Xb6OT8uxFcHW0QHcvJGDDw&zoom=1&iact=rc&dur=189&sig=108295512153765129133&page=2&tbnh=149&tbnw=95&start=10&ndsp=22&ved=1t:429,r:0,s:10,i:100&tx=25&ty=77)  
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.

[](http://www.google.com/imgres?q=body+composition+tests&um=1&hl=en&safe=active&biw=1024&bih=652&tbm=isch&tbnid=W9947UoE95GfpM:&imgrefurl=http://www.topendsports.com/testing/anthropometry.htm&docid=Xi_8XqBXaZ9quM&imgurl=http://www.topendsports.com/testing/images/skinfold-measurement.gif&w=252&h=251&ei=XMGOT-OEJMrg0QHT_8ilDw&zoom=1&iact=hc&vpx=780&vpy=155&dur=36&hovh=200&hovw=201&tx=145&ty=94&sig=108295512153765129133&page=1&tbnh=155&tbnw=159&start=0&ndsp=17&ved=1t:429,r:5,s:0,i:77) [](http://www.google.com/imgres?q=body+composition+tests&um=1&hl=en&safe=active&biw=1024&bih=652&tbm=isch&tbnid=Fc7CuSOyhf9wOM:&imgrefurl=http://www.thehealthymonk.com/body-composition-test/&docid=mDI4a_07LZVx9M&imgurl=http://www.thehealthymonk.com/wp-content/uploads/2011/05/BodyCompositionTest.png&w=267&h=240&ei=XMGOT-OEJMrg0QHT_8ilDw&zoom=1&iact=hc&vpx=556&vpy=304&dur=85&hovh=192&hovw=213&tx=54&ty=126&sig=108295512153765129133&page=2&tbnh=150&tbnw=167&start=17&ndsp=20&ved=1t:429,r:13,s:17,i:137)

Body Composition

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