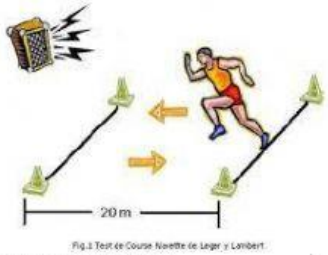
# Homework 1: Physical Conditioning Abilities

**Exercise 1: match each physical ability with its correct definition:**

| | |
|---|---|
| **Endurance** | It is the ability to exert a force against a resistance made by a muscle or a group of muscles, it allows us to move or raise heavy things. |
| **Flexibility** | It is the ability that allows us to maintain an effort for a relatively long time. It is also related to the capacity of recovering after an effort. |
| **Speed** | It is the ability of performing a movement or covering a distance as fast as possible. |
| **Strength** | It is the ability to achieve an extended range of motion without damage, thanks to joint mobility and elasticity of the tissues. |

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Exercise 2: Choose the name of the correct Physcal Conditioning Ability that belongs to each exercise

| | | | |
|---|---|---|---|
| <br>**ENDURANCE**<br>**FLEXIBILITY**<br>**SPEED**<br>**STRENGTH** | <br>**ENDURANCE**<br>**FLEXIBILITY**<br>**SPEED**<br>**STRENGTH** | <br>**ENDURANCE**<br>**FLEXIBILITY**<br>**SPEED**<br>**STRENGTH** | **ENDURANCE**<br>**FLEXIBILITY**<br>**SPEED**<br>**STRENGTH** |
| <br>**ENDURANCE**<br>**FLEXIBILITY**<br>**SPEED**<br>**STRENGTH** | <br>**ENDURANCE**<br>**FLEXIBILITY**<br>**SPEED**<br>**STRENGTH** | <br>**ENDURANCE**<br>**FLEXIBILITY**<br>**SPEED**<br>**STRENGTH** | <br>**ENDURANCE**<br>**FLEXIBILITY**<br>**SPEED**<br>**STRENGTH** |
| <br>**ENDURANCE**<br>**FLEXIBILITY**<br>**SPEED**<br>**STRENGTH** | <br>**ENDURANCE**<br>**FLEXIBILITY**<br>**SPEED**<br>**STRENGTH** | <br>**ENDURANCE**<br>**FLEXIBILITY**<br>**SPEED**<br>**STRENGTH** | <br>Fig.1 Test de Course Navette de Leger y Lambert<br>**ENDURANCE**<br>**FLEXIBILITY**<br>**SPEED**<br>**STRENGTH** |
| <br>**ENDURANCE**<br>**FLEXIBILITY**<br>**SPEED**<br>**STRENGTH** | <br>**ENDURANCE**<br>**FLEXIBILITY**<br>**SPEED**<br>**STRENGTH** | <br>**ENDURANCE**<br>**FLEXIBILITY**<br>**SPEED**<br>**STRENGTH** | <br>**ENDURANCE**<br>**FLEXIBILITY**<br>**SPEED**<br>**STRENGTH** |

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