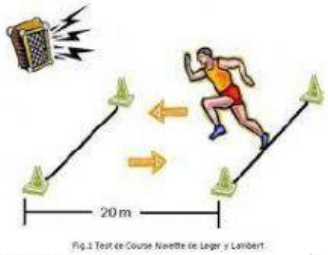
Homework 1: Physical Conditioning Abilities

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

 **ENDURANCE** **FLEXIBILITY** **SPEED** **STRENGTH**	 **ENDURANCE** **FLEXIBILITY** **SPEED** **STRENGTH**	 **ENDURANCE** **FLEXIBILITY** **SPEED** **STRENGTH**	**ENDURANCE** **FLEXIBILITY** **SPEED** **STRENGTH**
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 **ENDURANCE** **FLEXIBILITY** **SPEED** **STRENGTH**	 **ENDURANCE** **FLEXIBILITY** **SPEED** **STRENGTH**	 **ENDURANCE** **FLEXIBILITY** **SPEED** **STRENGTH**	 Fig.1 Test de Course Navette de Leger y Lambert **ENDURANCE** **FLEXIBILITY** **SPEED** **STRENGTH**
 **ENDURANCE** **FLEXIBILITY** **SPEED** **STRENGTH**	 **ENDURANCE** **FLEXIBILITY** **SPEED** **STRENGTH**	 **ENDURANCE** **FLEXIBILITY** **SPEED** **STRENGTH**	 **ENDURANCE** **FLEXIBILITY** **SPEED** **STRENGTH**

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