

The Five Components of Fitness

Put in the right definition for each component of physical fitness.

1. Cardiovascular fitness

2. Muscular endurance

3. Muscular strength

4. Flexibility

5. Body composition

Which pictures show muscle strength, and
which pictures show muscle endurance?



Muscle Endurance

Muscle Endurance

Muscle Strength

Muscle Strength

Match the exercises with their component of fitness.

Cardiovascular Fitness	Muscular Endurance	Muscular Strength	Flexibility



Match the picture with the exercise that can help improve it.

Cardiovascular Fitness	Muscular Endurance	Muscular Strength	Flexibility

